HEALTH EDUCATION (HEALTHED)

Courses

HEALTHED 540 SECONDARY HEALTH EDUCATION 3 Units
An introduction to various health belief models and philosophies with particular emphasis on health education content at the secondary level.

HEALTHED 541 YOGA/STRESS REDUCTION 2 Units
A course designed to help students and professionals learn to effectively handle stress through specific Yoga training and mind/body connections.

HEALTHED 544 PREK-12 SEXUALITY EDUCATION 3 Units
This course will explore current practices associated with teaching sexuality education to preK-12 students. This pedagogy class will explore various sexuality education paradigms as well as address the complexities of teaching this area of study, with the goal of increasing the competency and comfort level of future teachers.

HEALTHED 560 CURRENT TOPICS IN HEALTH AND WELLNESS 3 Units
The course examines, interprets, and evaluates wellness as it relates to current topics in health, disease prevention, health promotion, and health education. Topics included are cardiovascular health, alcohol and other drugs, nutrition concepts, health hazards, tobacco, and topics related to public health such as physical activity and behavior changes.

HEALTHED 562 STRESS MANAGEMENT 3 Units
The course explains what stress is, its various causes and its effects. It helps develop a personal "Stress Profile" which enables the participants to pinpoint the specific sources and manifestations of stress and tension. The course shows how to combine biofeedback, relaxation techniques, exercise, diet, and other skills into an individualized "Stress Management System" that will help individuals feel healthier and cope better with daily pressure.

HEALTHED 582 ELEMENTARY HEALTH EDUCATION 2 Units
Teaching and learning experiences in selected content areas of health education. Designed for the elementary teacher.

HEALTHED 591 NUTRITION FOR HEALTH 3 Units
The course helps students plan, evaluate, and analyze dietary intake based on sound nutritional guidelines, principles, and knowledge for the purpose of health enhancement, improved mental and physical performance, and decreasing risk of disease.

HEALTHED 640 ADVANCED STRESS MANAGEMENT 3 Units
The class emphasizes on 1) facilitating stress management in others, 2) coping with "deep" stress such as trauma and low self-esteem, and 3) alternative avenues for coping such as Tai Chi, yoga, art therapy, and meditation. This course is appropriate for anyone in the helping professions.

PREREQ: HEALTHED 362/HEALTHED 562 OR SOCW 303 OR CONSENT OF INSTRUCTOR

HEALTHED 645 TEACHING HEALTH EDUCATION 3 Units
A study of philosophy, trends and teaching-learning strategies. Emphasis will be placed on developing and utilizing models and strategies in health education.

HEALTHED 665 HEALTH PROMOTION STRATEGIES 3 Units
This course will focus on: 1) the development, implementation and evaluation of worksite health promotion programs, and 2) examination of the relationship of these programs to the organization as a whole and to the benefits for both the employee and employer.

HEALTHED 670 FACILITATING HEALTH BEHAVIOR 3 Units
This course is designed as a capstone experience for non-teaching health minor students who have had at least 12 credits of work in the health minor. This course offers opportunities to gain the skills necessary for helping others with health behavior changes, while creating healthier environments in the home, workplace and community.

PREREQ: HEALTHED 360/HEALTHED 560 AND CONSENT OF INSTRUCTOR

HEALTHED 671 RESEARCH IN HEALTH AND PHYSICAL ACTIVITY 3 Units
The content of this course is from a psychophysiological perspective. Emphasis will be placed on research involving the effects of physical activity on psychological states and traits as well as how affect influences performance. Topic will include research design, motivation and adherence, attention, arousal, overtraining, behavior change, personality dynamics, and mental health.

PREREQ: JUNIOR/SENIOR STATUS OR CONSENT OF INSTRUCTOR

HEALTHED 680 HEALTH PROMOTION MANAGEMENT 3 Units
Theoretical considerations and practical applications of management, operations and programs for health promotion organizations. Begins with the planning, design, financing and construction of health promotion facilities. Includes the hiring and organization of staff members, the development and marketing of special programs and the administration and finance of health promotion organizations.

HEALTHED 690 WORKSHOP IN HEALTH Repeatable 1-6 Units
Variable topics. Group activity oriented presentations emphasizing "hands on" and participatory instructional techniques.

HEALTHED 696 SPECIAL STUDIES Repeatable 1-3 Units
Variable topics. Group activity. Not offered regularly in the curriculum but offered on topics selected on the basis of timeliness, need, and interest, and generally in the format of regularly scheduled Catalog offerings.

HEALTHED 745 EXERCISE AND HEALTH 3 Units
A course designed to introduce how exercise relates to an individual's health, specifically cardiovascular endurance, relaxation and nutrition. It will include background information regarding holistic health, exercise prescription, nutrition and relaxation. Application of this background information will also be a part of the course through evaluation of present levels and participation in individually designed programs.

HEALTHED 779 CAREER AND PROFESSIONAL DEVELOPMENT STRATEGIES 3 Units
Students will apply career and professional development theories to practice to inform professional advancement. Students will develop an understanding of networking and branding strategies for personal career advancement as well as methods to facilitate continuing education for employees within an organization. Cross-Listed: HEALEAD/PEPROF/
HEALTHED/RECREATN/COACHING 779

HEALTHED 781 CAPSTONE PORTFOLIO AND CAREER APPLICATION 3 Units
Students will make connections between research and practice appropriate to a capstone experience as the culminating requirement for graduate education resulting in a portfolio that includes a written product(s) along with reflection and/or other materials associated with the capstone experience. Cross-Listed: HEALEAD/PEPROF/HEALTHED/RECREATN/COACHING 781

HEALTHED 790 WORKSHOP 1-3 Units
Variable topics. Group activity oriented presentations emphasizing "hands on" and participatory instructional techniques.
HEALTHED 793 PRACTICUM  Repeatable  1-12 Units

HEALTHED 794 SEMINAR  1-3 Units
Variable topics. Group activity. An advanced course of study in a defined subject matter area emphasizing a small group in intense study with a faculty member.

HEALTHED 796 SPECIAL STUDIES  1-3 Units
Variable topics. Group activity. Not offered regularly in the curriculum but offered on topics selected on the basis of timeliness, need, and interest, and generally in the format of regularly scheduled Catalog offerings.

HEALTHED 798 INDIVIDUAL STUDIES  Repeatable  1-3 Units
Study of a selected topic or topics under the direction of a faculty member.

HEALTHED 799 THESIS RESEARCH  Repeatable  1-6 Units
Students must complete a Thesis Proposal Form in the Graduate Studies Office before registering for this course.