

HEALTH EDUCATION (HEALTHED)

Courses

HEALTHED 240 LIFE SYSTEMS 3 Units

In this course, the predominant life systems of the human body are studied along with influences of lifestyles and environmental conditions to explore the linkages to chronic diseases and injuries. Class discussions incorporate modern health promotion strategies, including client/patient involvement, behavior change, and long-term lifestyle management.

PREREQ: SOPHOMORE STANDING

HEALTHED 250 INTRODUCTION TO HEALTH EDUCATION 3 Units

An investigation of selected health behaviors as they relate to oneself, the community, and the world-at-large.

PREREQ: PEGNRL 192 PERSONAL HEALTH AND FITNESS

HEALTHED 265 POSITIVE MENTAL HEALTH AND WELL-BEING EDUCATION 3 Units

This course is designed to introduce students to topics of positive mental health through the lens of the new positive health theory of well-being. Topics include how to effectively teach and approach positive mental health topics in the classroom, and highlight the mind-body connection through relating those positive mental health topics to more traditionally taught health education topics.

HEALTHED 280 INTRODUCTION TO QUALITY OF LIFE AND HEALTH PROMOTION 3 Units

This course is the designated gateway course required for students who choose to minor in health promotion and should be taken within the first 6 units of declaring a health promotion minor. It serves as an introduction to knowledge, research, and application of skills necessary for promoting health.

HEALTHED 300 HEALTH LITERACY AND STANDARDS-BASED EDUCATION 3 Units

This course will introduce Skills-Based Health Education for PreK-12 students. There are eight national (and state) health education standards. Seven of those standards are skills. In this course students will explore each standard and key content that should be taught to PreK-12 students. This pedagogy class will expose students to unit and lesson planning while also focusing on what students will learn about health topics including nutrition, fitness, safety, and states legally required health topics.

HEALTHED 305 CURRICULUM PLANNING FOR CONTENT IN STANDARDS-BASED HEALTH 3 Units

This course will focus on students learning about theories, principles and strategies to plan and teach Skills-Based Health Education for PreK-12 students. There are eight national (and state) health education standards. Seven of those standards are skills. In this course students will develop and practice teaching strategies to develop health skills using and key content that should be taught to PreK-12 students. This pedagogy class will have students develop unit and lesson plans while also focusing on what students will learn about health topics including anatomy, body image, mental health topics, hygiene, abstinence, and states legally required health topics.

PREREQ: HEALTHED 300 AND PHYSICAL EDUCATION MAJOR

HEALTHED 310 IMPLEMENTATION OF CONTENT IN STANDARDS - BASED HEALTH 3 Units

This course will focus on students applying strategies to teach Skills-Based Health Education for PreK-12 students. There are eight national (and state) health education standards. Seven of those standards are skills. Students will develop unit and lesson plans and practice teaching strategies to develop health skills using key content that is taught to PreK-12 students. This class will have students develop unit and lesson plans while also focusing on what students will learn about teaching difficult health topics including gender identity, sexual orientation, pregnancy, sexually transmitted infections, alcohol and other drug abuse, pornography, abuse, and states legally required health topics.

PREREQ: HEALTHED 300 AND PHYSICAL EDUCATION MAJOR

HEALTHED 335 EXERCISE AND HEALTH 3 Units

This is 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, and the role of exercise in illness and injury prevention will be explored.

HEALTHED 341 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.

PREREQ: JUNIOR/SENIOR STATUS

HEALTHED 344 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.

PREREQ: PEPFOL 166 OR CONSENT OF INSTRUCTOR

HEALTHED 360 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.

PREREQ: JUNIOR/SENIOR STATUS OR CONSENT OF INSTRUCTOR

HEALTHED 362 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.

PREREQ: SOPHOMORE/JUNIOR/SENIOR STATUS

HEALTHED 375 NUTRITION AND FITNESS EDUCATION 3 Units

This course is designed to highlight the importance of a nutritious diet, being physically active, and sleeping well as key factors to living a holistically healthy life (mentally, physically, and socially). Students will learn to teach and lesson plan for nutrition and fitness plans, sleep hygiene, including learning activities and experiences based on these topics' most effective principles and guidelines.

PREREQ: PEPFOL 166 OR CONSENT OF INSTRUCTOR

HEALTHED 380 TABOO TOPICS IN HEALTH EDUCATION 3 Units

This course is designed to introduce students to taboo topics in health education that are more difficult to teach/discuss in group settings (sex, drugs, and mental illness). Students will prepare and practice discussing, planning, delivering, and facilitating these topics using sensitivity training and effective communication and listening skills with the goal of increasing competency and comfort while discussing these topics.

PREREQ: PEPROF 166 OR CONSENT OF INSTRUCTOR

HEALTHED 382 ELEMENTARY HEALTH EDUCATION 2 Units

Teaching and learning experiences in selected content areas of health education. Designed for the elementary teacher.

PREREQ: RESTRICTED TO STUDENTS WITH PROFESSIONAL ED ADMISSION

HEALTHED 440 ADVANCED STRESS MANAGEMENT 3 Units

The class emphasis is 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 444 PRE-STUDENT TEACHING- HEALTH 1 Units

Pre-student teaching experience taken together with HEALTHED 445 Teaching Health Education. Students will practice teaching with a cooperating teacher in grades ranging from PreK-12.

PREREQ: ADMISSION TO PROFESSIONAL EDUCATION AND DEPARTMENT CONSENT

HEALTHED 445 METHODS AND CLINICAL EXPERIENCE IN 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. This course is designed to teach students the health content standards, how to apply them through teaching in the health education classroom, as well as teaching-learning strategies that can be used in the health education classroom in combination with comprehensive and coordinated school health programs. As part of this course, students will be placed in a secondary school setting to observe and teach health education.

PREREQ: PEPROF 240 AND PEPROF 250 AND PEPROF 260 AND ADMISSION TO PROFESSIONAL EDUCATION

HEALTHED 470 HEALTH BEHAVIOR THEORY 3 Units

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. Health behavior theories are critically analyzed and applied to health promotion scenarios.

HEALTHED 471 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: MINIMUM JUNIOR STANDING OR INSTRUCTOR CONSENT

HEALTHED 475 HEALTH PROMOTION PROGRAMMING 3 Units

This course will emphasize strategic planning to promote health and will apply the concepts of needs assessment, planning, implementation, and evaluation for health promotion programs.

PREREQ: JUNIOR OR SENIOR STATUS

HEALTHED 480 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 490 WORKSHOP IN HEALTH *Repeatable* 1-6 Units

Variable topics. Group activity oriented presentations emphasizing 'hands on' and participatory instructional techniques. Repeatable for a maximum of 6 credits in major/degree.

HEALTHED 492 FIELD STUDY: HEALTH *Repeatable* 1-12 Units

Studies designed to increase the student's understanding of specific areas of health through involvement in off-campus experiences such as elementary or secondary schools, health volunteer agencies, or health maintenance organizations under the direction of department instructors. Repeatable.

PREREQ: JUNIOR/SENIOR STATUS OR CONSENT OF INSTRUCTOR

HEALTHED 493 INTERNSHIP *Repeatable* 6-12 Units**HEALTHED 494 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. Repeatable

PREREQ: JUNIOR/SENIOR STATUS OR CONSENT OF INSTRUCTOR

HEALTHED 496 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. Repeatable.

HEALTHED 497 EXCHANGE STUDY *Repeatable* 1-12 Units

Variable topics.

HEALTHED 498 INDEPENDENT STUDY *Repeatable* 1-3 Units

Study of a selected topic or topics under the direction of a faculty member. Repeatable for a maximum of 3 credits in major/degree.

PREREQ: HEALTH MINOR AND 2.75 GPA OR CONSENT OF DEPARTMENT