HEALTH EDUCATION (HEALTHED)

Courses

HEALTHED 181 CONTEMPORARY HEALTH 2 Units
An investigation of health areas and behaviors as they relate to the college student.
PREREQ: PEGNRL 192 PERSONAL HEALTH AND FITNESS

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 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 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 340 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 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 Pre-K-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 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 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 562 OR SOCWORK 303 OR CONSENT OF INSTRUCTOR

HEALTHED 445 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.
PREREQ: HEALTHED 340

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.
PREREQ: HEALTHED 340

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: JUNIOR/SENIOR STATUS OR CONSENT OF INSTRUCTOR

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