

HEALTH EDUCATION (HED)

HED 223 Basic C P R (2 Credits)

Lecture: 1, **Lab:** 2

Basic CPR (2) Basic concepts in cardiopulmonary resuscitation; certification in basic cardiac life support. One hour of lecture and two hours of laboratory per week.

College/School: College Of Education

Department: Dept of Health & Kinesiology

HED 224 Swimming II (2 Credits)

Lecture: 2

This course on swimming encourages cardiovascular fitness through the four competitive strokes: freestyle, backstroke, breaststroke and butterfly. This course is an introductory course that requires students to effectively learn the four competitive strokes at a mastery level of 80 percent. Emphasis is placed on swimming techniques.

College/School: College Of Education

Department: Dept of Health & Kinesiology

HED 227 Gymnastics (2 Credits)

Lecture: 2

This course is designed to introduce, develop, and examine the gymnastic skills, aerobics activities, movements and exercises that can improve physical fitness and aerobic capacity as well as rhythmic/dance activities and skills. Emphasis is placed on guiding students to develop and design their own gymnastics routine with gymnastics skills that they can utilize in everyday life as a fitness routine and as a lifelong activity. 2 credit hours.

College/School: School of Communication

Department: Dept of Health & Kinesiology

HED 230 Introduction to Health (3 Credits)

Lecture: 3

Discussion of the components of health and how health status is maintained throughout the lifespan, including the role of health care professionals.

College/School: College Of Education

Department: Dept of Health & Kinesiology

HED 231 Introduction to Behavioral Health Theory (3 Credits)

Lecture: 3

Review of variables involved in creating behavior change.

College/School: College Of Education

Department: Dept of Health & Kinesiology

HED 233 History & Principles of Health (2 Credits)

Lecture: 2, **Lab:** 0

History and Principles of Health (2) Discussion of the historical and philosophical development of health. Consideration given to those illnesses and health hazards of major significance and concern in contemporary society. Two hours of lecture per week.

College/School: College Of Education

Department: Dept of Health & Kinesiology

HED 234 Hlth & Biolfuncs (3 Credits)

Lecture: 3, **Lab:** 0

History and Biological Function (3) Organizational components of the human body; types of diseases; biological defense mechanisms; healing processes; and human biological growth and development. Three hours of lecture per week.

College/School: College Of Education

Department: Dept of Health & Kinesiology

HED 235 Health and the Human Body (3 Credits)

Lecture: 3

Structure and function of human body systems and the impact of disease on each system.

College/School: College Of Education

Department: Dept of Health & Kinesiology

HED 236 Socioeconomic and Culture Influences on Health (3 Credits)

Lecture: 3

Examination of the relationship between socioeconomic status and culture on health including outcomes, utilization, and delivery.

College/School: College Of Education

Department: Dept of Health & Kinesiology

HED 329 Health Promotion Theory and Practice (3 Credits)

Lecture: 3

Overview of health behavior theories and their application to health education, disease prevention, and health promotion.

College/School: College Of Education

Department: Dept of Health & Kinesiology

HED 333 Emergency and Care of Injuries (3 Credits)

Lecture: 3, **Lab:** 0

Presentation of first aid and emergency care principles and concepts; leads to first aid certification.

College/School: College Of Education

Department: Dept of Health & Kinesiology

HED 334 Contemporary Health Problems (3 Credits)

Lecture: 3

In depth student of contemporary community health problems encountered in an area of diverse ethnicity and mobility.

College/School: College Of Education

Department: Dept of Health & Kinesiology

HED 335 Problems In Community Hygiene (3 Credits)

Lecture: 3, **Lab:** 0

Problems in Community Health (3) In-depth study of contemporary community health problems encountered in an area of diverse ethnicity and mobility. Emphasis on the biological, psychological, and socioeconomic factors that impact disease and levels of wellness. Three hours of lecture per week.

College/School: College Of Education

Department: Dept of Health & Kinesiology

HED 336 Organ Admin Of Hlth Progm (3 Credits)

Lecture: 3, **Lab:** 0

Organization and Administration of Health Programs (3) Analysis of the organizational structure, administrative policies, and management styles of official and non-official agencies at the local, state, and national levels. Three hours of lecture per week.

College/School: College Of Education

Department: Dept of Health & Kinesiology

HED 339 Diseases & Consumer Health (3 Credits)

Lecture: 3, **Lab:** 0

Diseases and Consumer Health (3) Factual, scientifically-based information about diseases, medical goods, and services with an analysis of issues and strategies undertaken by consumers and providers that bring about changes in health systems and society. Three hours of lecture per week.

College/School: College Of Education

Department: Dept of Health & Kinesiology

HED 340 Epidemiology (3 Credits)**Lecture:** 3, **Lab:** 0

Environmental and Public Health (3) Identification of environmental health hazards associated with the home and workplace along with consideration of human environment interactions in modern society. Three hours of lecture per week.

College/School: College Of Education**Department:** Dept of Health & Kinesiology**HED 341 Epidemiology (3 Credits)****Lecture:** 3

Study of the distribution and determinants of health using basic epidemiological concepts and statistical methods.

College/School: College Of Education**Department:** Dept of Health & Kinesiology**HED 374 Special Topics in Health Studies (3 Credits)****Lecture:** 3

Special topics course is developed to cover emerging issues or specialized content not represented in the current content. Specialized topics in Health Studies will examine current issues and various activities taking place in the field of health studies.

College/School: College Of Education**Department:** Dept of Health & Kinesiology**HED 399 Health Seminar (2 Credits)****Lecture:** 2, **Lab:** 0

Health Seminar (2) Discussion of topics of current relevance with the main focus on local health problems. Presentation of outstanding speakers in the areas of school and community health. Two hours of lecture per week.

College/School: College Of Education**Department:** Dept of Health & Kinesiology**HED 432 Fitness For Living (3 Credits)****Lecture:** 3, **Lab:** 0

Fitness for Living (3) Considers the influence of exercise, rest, fitness, and lifelong activity in prevention of behavior-related problems and the benefits of health and wellness promotion activities. Three hours of lecture per week.

College/School: College Of Education**Department:** Dept of Health & Kinesiology**HED 433 Personal Health & Safety I (3 Credits)****Lecture:** 3, **Lab:** 0

Personal Health and Safety I (3) Identification of current problems relating to family relations, marriage styles, the changing family, social hygiene, chemical use and abuse and the effects on the individual and society. Three hours of lecture per week.

College/School: College Of Education**Department:** Dept of Health & Kinesiology**HED 434 Mental Health (3 Credits)****Lecture:** 3, **Lab:** 0

Examination of basic problems of mental health with consideration given to problems of childhood, adolescence, and adulthood.

College/School: College Of Education**Department:** Dept of Health & Kinesiology**HED 436 Hygiene Of The School Child (3 Credits)****Lecture:** 3, **Lab:** 0

Hygiene of the School Child (3) In-depth study of the combination of factors affecting the health of children and adolescents and the impact of lifestyles on growth and development. Three hours of lecture per week.

College/School: College Of Education**Department:** Dept of Health & Kinesiology**HED 437 Measurement and Evaluation in Health (3 Credits)****Lecture:** 3

Qualitative and quantitative methods used in the design and evaluation of health instruments and programs.

College/School: College Of Education**Department:** Dept of Health & Kinesiology**HED 471 Drugs and Health (3 Credits)****Lecture:** 3, **Lab:** 0

Health problems associated with alcohol, tobacco, and narcotics use and the impact of such behavior on society, the economy, and health with implications of health promotion.

College/School: College Of Education**Department:** Dept of Health & Kinesiology**HED 472 Foundations of Safety (3 Credits)****Lecture:** 3, **Lab:** 0

Foundations of Safety (3) Study of the basic assumptions which aid in understanding situations related to safety in the world in which we live. Emphasis on human interactions and mutual impact. Three hours of lecture per week.

College/School: College Of Education**Department:** Dept of Health & Kinesiology**HED 477 Human Sexuality (3 Credits)****Lecture:** 3, **Lab:** 0

Human Sexuality (3) Examination of the biological, psychological, and cultural dimensions of sexuality; exploration of controversial issues surrounding human sexuality as they impact human well-being and quality of life. Three hours of lecture per week.

College/School: College Of Education**Department:** Dept of Health & Kinesiology**HED 480 (3 Credits)****Lecture:** 3

Study of the development, implementation, and evaluation of health programs.

College/School: College Of Education**Department:** Dept of Health & Kinesiology**HED 499 Supervised Individual Work in Community Health (6 Credits)****Lecture:** 6

Directed internship with local health agencies or programs to improve professional competency and to relate theory to practice.

College/School: College Of Education**Department:** Dept of Health & Kinesiology