

2017-2018 Health Course Descriptions

Health

HED 150 Coordinated School Health Programs and Community Involvement. This course will enable teacher-candidates to learn about the various roles they will need to perform in addition to teaching health in the classroom and introduce community health resources. Teacher-candidates will learn about the National Health Education Standards, health literacy and child abuse and neglect, as well as the eight elements of a coordinated school health system and how to engage other professionals to enhance school health. Prerequisite: PBH 101. 2 Semester Hours.

HED 199 Special Topics in Health. See All-University 199 course description.

HED 230 Substance Abuse Education and Prevention. This course will provide an overview of the major drugs of abuse and their effects on the body as well as the biological, sociological, psychological and legal issues associated with drug use and abuse in our culture. An emphasis will be given to effective educational approaches and prevention programs that address the problems of use and abuse. Prerequisite: PBH 101. 4 Semester Hours.

HED 250 Nutrition. A comprehensive investigation of the basics of nutrition, the role that nutrition plays in the maintenance of health, and its effects on human performance. Teacher-candidates will learn about the six main nutrients, dietary supplements, disordered eating, and nutrition for patients with cancer, athletes, and children. 4 Semester Hours.

HED 270 Health Literacy. This course is designed to provide health teacher-candidates with the skills necessary to provide health education that meets the needs of children and adults with varied levels of health literacy. The course will focus on communication skills and the development of written health education materials and introduce participants to the fundamentals of health literacy and demonstrate the importance of health literacy within health curriculum. Prerequisite: PBH 101. 2 Semester Hours.

HED 299 Special Topics in Health. See All-University 299 course description.

HED 325 Introduction to Health Methods. Basic concepts of teaching health education will be introduced in this course. Teacher-candidates will learn about effective teaching practices; a 10-hour field experience with a health-education specialist in a P-12 school setting is required. This course will only be offered in the fall of even years. Prerequisite: PBH 101, HED 150, and HED 270. 2 Semester Hours.

HED 350 Methods and Curriculum for Teaching School Health. This course will provide the theory and experiential learning opportunities for teach candidates to acquire health knowledge and competencies in curricular design, instructional methods, use of technology and other resources, promoting health and meeting diverse needs in the classroom. Teaching and assessing the National Health Education Standards, 6 CDC risk behaviors and 10 general health education content areas will be stressed. A 10-hour clinical practice experience in a P-12 school setting is required. This course will only be offered in the spring of odd years. Prerequisite: HED 325. 4 Semester Hours.

HED 375 Human Sexuality. This course addresses issues related to the practice, meaning and significance of human sexual relations and their biological, psychological, and sociological effects on health. Specific attention will be given to sexually transmitted infections, sexual trends in diverse populations, fostering healthy relationships, refusal skills, morality and values, decision making skills, and teaching sexuality to children and adolescents. Prerequisite: PBH 101. 2 Semester Hours.

HED 399 Special Topics in Health See All-University 399 course description. .

HED 400 Disease, Illness, and Death (SCE). An overview of basic prevention and investigation of the signs, symptoms, prognosis, and treatments associated with various common diseases in the world and in the local community. Holistic dynamics associated with illness and death will be explored including related processes, promoting health in the elderly, understanding the meaning of death and the significance of grief, bereavement, cultural differences, and care. Cultural diversity and its relationship to health, disease, and death will be addressed. Prerequisites: HED 270 and 350. 4 Semester Hours.

HED 494 Honors Project See All-University 494 course description.

HED 499 Internship in Health See All-University 499 course description.