HEALTH EDUCATION (5570)

5570:101 Personal Health (2 Credits)
This course applies the current principles and facts pertaining to healthful, effective living, personal health problems, and needs of the student. Two hours lecture.

5570:201 Foundations in Health Education (3 Credits)
Prerequisite: 5570:101. History and philosophy of health education as a discipline; professionalism and administration in health education are considered.

5570:202 Stress Management (3 Credits)
Prerequisite: Sophomore standing. Course provides knowledge about the relationship between stress, physiological, psychological illness and disease, also how to manage stress in life activities.

5570:322 Current Topics in Health Education (3 Credits)
Prerequisites: 5570:101, 5570:201, and 5570:420. Skills needed to do research, teach, and present current health education topics in a factual and comfortable manner in schools and community. Three hours lecture. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5570:375 Program Planning and Evaluation (2 Credits)
Prerequisites: 5570:101 and 5570:201. This course addresses the process of planning and evaluating health education programs within the school and community.

5570:395 Field Experience: Health Education (1-3 Credits)
Prerequisite: Permission of the advisor. On-site field experience will be conducted in an area related to pre-K-12 health education under the supervision of a faculty member. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5570:400 Environmental Aspects of Health Education (3 Credits)
Prerequisite: Major or minor in health education and admission to the Sport Science and Wellness Program. A study of the interrelationships of ecosystems and a healthful environment. This course investigates many aspects of the environment and their influences upon the quality of human life. Students must be in the College of Education to take 300/400 level courses.

5570:420 Community and Personal Health (3 Credits)
Introduction of current public and personal health issues. Organizations and their roles in public and personal health programs. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5570:421 Comprehensive School Health (3 Credits)
Prerequisites: 5570:101, 5570:201, and 5570:320. This course explains and presents comprehensive school health curricula for pre-k to 12. The three components of a comprehensive school health program are presented.

5570:423 Methods & Materials Teaching Health Education (3 Credits)
Prerequisites: 5570:101, 5570:201, 5570:420, 5100:210, 5100:211, 5500:310, 5500:311. Planning, organization, use of instructional resources and delivery of health education content and teaching process (pre K-12). Students must be in the Sport Science and Wellness Program to take 300/400 level courses.

5570:430 Senior Honors Project: Health Education (1-6 Credits)
(May be repeated for a total of six credits) Prerequisites: Senior standing in Honors Program. Carefully defined individual study demonstrating originality and sustained inquiry. Students must be in the Sport Science and Wellness Program to take 300/400 level courses.