HEALTH EDUCATION (HEDU)

HEDU: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. (Formerly 5570:101)

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

HEDU: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. (Formerly 5570:202)

HEDU:322 Current Topics in Health Education (3 Credits)
Prerequisites: HEDU 101, HEDU 201, and HEDU 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. (Formerly 5570:322)

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

HEDU: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. (Formerly
5570:395)

HEDU: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. (Formerly 5570:400)

HEDU: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. (Formerly 5570:420)

HEDU:421 Comprehensive School Health (3 Credits)
Prerequisites: HEDU 101, HEDU 201, and HEDU 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. (Formerly 5570:421)

HEDU:423 Methods & Materials Teaching Health Education (3 Credits)
Prerequisites: HEDU 101, HEDU 201, HEDU 420, EDFN 210, EDFN 211,
EDCI 310, EDCI 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. (Formerly 5570:423)

HEDU:430 Senior Honors Project: Health Education (1-6 Credits)
(May be repeated for a total of six credits) Prerequisites: Senior standing
in Honors Program and admission to the Sport Science and Wellness
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. (Formerly 5570:430)

HEDU:460 Practicum in Health Education (2-6 Credits)
Prerequisite: Permission of the advisor. The practicum in Health
Education is an on-site participation in a community health organization,
agency or resource. Students must be in the Sport Science and Wellness
Program to take 300/400 level courses. (Formerly 5570:460)

HEDU:497 Independent Study: Health Education (1-2 Credits)
Prerequisite: Permission of the advisor. Analysis of a specific
topic related to a current problem in health education. May include
investigative procedure, research or concentrated practical experience.
(Formerly 5570:497)