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 K12). 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.

5570:460. 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.

5570:497. 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.