

Health Education Course Descriptions

***ID 1225 Critical Issues and Values of Contemporary Health (3)**

Introduction to critical issues and values in contemporary issues and values in contemporary health. Provides an overview of cutting edge health topics and issues to help students deal with the challenges of everyday life.

***ID 1226 Critical Issues and Values of Global Health (3)**

Introduction to critical issues and values in global health. Emphasis is on global partnerships to improve the health of people around the world.

***HED 1231 Cardiopulmonary Resuscitation – CPR/AED (1)**

Develop skills, practice, curriculum, and certification required by the American Heart Association (AHA) Basic Life Support for Healthcare provider's course.

***HED 3034 Reiki (3)**

White Light Reiki-(ray-kee) is spiritually guided life force energy based on the Usui system of energy therapy that offers First, Second and Third degree levels of training. It introduces the procedures for assessing and giving complete treatments to self and others. *In-class practicum.*

***HED 3160 Health Perspectives for Women (3)**

An examination of the unique psychological, sociological, physical and sexual aspects of feminine health. Attention will be directed toward the development of consumer awareness necessary for interaction with the health care system. *Prerequisite: ID 1225 or permission of instructor.*

***HED 3200 Holistic Health (3)**

Analyzes the history, principles and practices of holistic approaches to health.

***HED 3231 First Aid, Disaster Preparedness, & Injury Prevention (3)**

This course prepares the student to deal with common emergencies that may be encountered in their daily lives. It includes practical work and training in the care and recognition of sudden illness and injuries. It requires competence in recognition, assessment, and management of common emergencies. This course meets the curriculum recommended by the Emergency Care and Safety Institute-(ECSI) and the American Heart Association-(AHA). Students will also learn important actions related to disaster preparedness.

***HED 3232 Emergency Medical Responder (3)**

An Emergency Medical Responder (EMR) is the first medically trained person to arrive on the scene of an emergency. Certification in EMR and American Heart Association BLS for Health Care providers will be received upon successful completion of the course requirements and payment of appropriate fees. *Prerequisites: Permission from the department.*

***HED 3260 Health Perspectives for Men (3)**

Exploration of the social, political and theoretical underpinnings of men's health from an international and interdisciplinary perspective.

***HED 3270 Minority Health Issues (3)**

Exploration of racial/ethnic disparities in health and health care in the United States

***HED 3300 Community Mental Health (3)**

A study of personality development and human adjustment with an examination of treatment procedures and prevention programs.

***HED 3400 Human Sexuality (3)**

Sex and sexuality in today's society, with implications for evolving interpersonal relationships, dating patterns, marriage, and responsible parenthood.

***HED 3460 Women Global Health & Human Rights (3)**

Exploration of similarities and differences in health and human rights challenges faced by women in different regions of the world.

***HED 3533 Methods and Materials of Health Education in Elementary and Secondary - Schools (3)**

Prepares K-12 health educators to promote their student's wellness by providing accurate information, exploring personal values, and enhancing healthful behaviors. *Prerequisites: ID 1225 plus two of the following courses: HED 3400, HED 3600 and HED 4333.*

***HED 3600 Nutrition (3)**

Nutritional facts required for daily dietary needs related to mental, physical and social performance.

***HED 3635 Introduction to Public to Health (3)**

Exploration of the overall Public Health System in the United States, prevention, planning, and organization of Community Health Problems and Programs.

***HED 3725 (3350) Death in Perspective (3)**

The past, present and future individual and societal concepts of dying, death and bereavement, death education, and exploration of related ethical issues. A field trip is required!

***HED 4100 Independent Study in Health Education (1-3)**

Intensive study in an area of health education implemented by the student under the guidance of a health education member in the Department of Physical Education, recreation, and Health. Open only to students with permission of the instructor and department chairperson to complete a specific need not available in currently offered established courses.

***HED 4231 First Aid Instructor Course (3)**

This course prepares students to become EMS instructors for First Aid, CPR and AED according to the standards of the Emergency Care and Safety Institute (ECSI) and the American Heart Association (AHA). *Prerequisite: HED 3231 or HED 3232.*

***HED 4333 Drug Use and Abuse (3)**

A course which promotes biopsychosocial exploration of chemical use and dependency. Students are given the opportunity to learn about drug use and abuse, explore their attitudes about this topic, and build skills in promoting drug prevention and intervention strategies.

***HED 4400 Essentials of Global Health (3)**

Exploration of critical issues in health development link between developing countries, and health needs of poor and disadvantaged people.

***HED 4650 Community Health Counseling (3)**

An analysis of physical; mental; emotional and social health problems, as well as remedial procedures and handling of confidential records.

*** HED 4760 Global Health In Science Fiction (3)**

Examination of contemporary global health issues and changing societal conditions through science fiction text and audio-visual. Emphasis on applying quantitative and qualitative reasoning to contemporary global health problems.