

# HEALTH EDUCATION (HED)

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## **HED-1500 Health Behaviors and Social Responsibility (2 semester hours)**

Health is dictated by behaviors as well as genetics. This course examines common health risk behaviors that eventually could lead to disability or death later in life. Each of the risk behaviors will be explored for possible social, mental, physical, emotional, and environmental impacts and how each contributes to overall wellness. Social marketing is a persuasion technique to "sell" behavior modification ideas to prevent disease and disability. Students will create and market a health behavior plan for a designated group that incorporates content covered in class. Students will also look at own personal health behaviors and create a strategy to enhance personal health.

## **HED-3230/PED-3230 Physiology of Exercise (4 semester hours)**

Students will investigate the relationship between human energy and physical activity, inclusive of energy transfer and expenditure, at rest and during exercise. The roles of the pulmonary, cardiovascular and neuromuscular systems will be studied as support systems to physical training and its application to the athletic training, fitness, sports performance, and health science field. Exercise training and functional capacity will be addressed in relation to the muscles, and the anaerobic and aerobic energy systems. Laboratory experiences exploring neuromuscular, metabolic, and cardiorespiratory responses to acute exercise will be introduced.

**Prerequisite(s):** BIO-1060 or BIO-2650 or BIO-2660.

### **Additional fee required**

## **HED-3260 Strategies in Health Promotion (4 semester hours)**

Health promotion success is often based on the strategies of delivery and timing. This class will examine the various opportunities to promote positive health behaviors in order to reduce common diseases and conditions that affect absenteeism, productivity, and health care costs. It will examine the health promotion process that includes needs assessment, planning implementation, evaluation, participation and budget concerns. The strategy of the promotion will consider where we work, where we live and where we learn and the demographics of the target population and any cultural influences. Topics for examination will include common diseases, health weight, nutrition, physical activity, safety, mental health, and stress.

## **HED-3300 Planning for Health Education (4 semester hours)**

This course focuses on the components of planning a comprehensive health education curriculum. Students will examine a variety of teaching strategies for educating youth on the 10 components of health. The course will include instruction and activities related to classroom management, lesson planning, unit organization, development of formative and summative assessments, organizing a K-12 health education scope and sequence, and incorporating the National Health Education Standards and/or Common Core. Course activities will include K-12 school health observation(s) and will require students to obtain a required educational background check and TB test.

## **HED-4300 Methods in Health Education (4 semester hours)**

This course addresses essential information for successful teaching at the secondary school level in regard to the 6-12 learner, the curriculum and the teacher. The content will address the development of a scope and sequence plan for comprehensive school health education. Furthermore, students will develop measurable cognitive, affective and behavioral learning outcomes. Various curricular models pertaining to the 10 key content areas of health instruction will be explored. Students will incorporate technology and other educational media into the instructional process. National and state health standards will be examined in detail. Issues and methods related to the planning, implementation and evaluation of comprehensive school health education will be emphasized as students develop unit plans. Teacher candidates will engage in a 25-hour, supervised methods experience in an assigned school and participation in this course will link philosophy, knowledge and pedagogy to the authentic experience of teaching health education in the secondary school. Students will do classroom observations; therefore, will require a national FBI fingerprint/criminal background check and TB test. Acceptance into the School of Education is also required.

**Co/prerequisite(s):** PED-3050.