HEALTH EDUCATION (HED)

HED 200 - Health (3 Credits)
3 lecture, 3 total contact hours
Provides an in-depth look at the physical, psychological, emotional, social, spiritual and environmental factors which contribute to the overall quality of a person's life. An investigation of how our lifestyle compares with other people in the world and the role and impact of the World Health Organization is emphasized. Mental health, nutrition, fitness, communicable and non-communicable diseases, killer diseases, drugs, human sexuality, family living (marriage, divorce, parenting), middle and old age issues, and death and dying are some of the topics covered. Physical and psychological assessments are included in this class.
World Culture and Diversity
Typically offered: Fall, Spring, Summer

HED 201 - Drugs in Our Culture (3 Credits)
3 lecture, 0 lab, 3 total contact hours
Presents materials that examine the physiological, psychological and sociological aspects of drug use and abuse. Provides a potpourri of the facts, attitudes and opinions necessary to understand what drugs do, how they do it, who uses them and why. Discusses treatment modalities as well as legal and ethical issues in drug abuse.
Typically offered: Spring, Summer

HED 202 - Human Sexuality (3 Credits)
3 lecture, 0 lab, 3 total contact hours
Introduces students to the sociological, psychological, biological and emotional implications of human sexuality. Includes sexual orientation, gender identity, sexually transmitted infections, contraception, and reproductive anatomy as well as other topics related to the field of human sexuality. Emphasizes exploring attitudes regarding sexual issues, clarifications of personal beliefs and development of healthy sexual behavior. IAI S9 903
World Culture and Diversity
Typically offered: Fall, Spring, Summer

HED 204 - Women's Health (3 Credits)
3 lecture, 0 lab, 3 total contact hours
Focuses on health issues as they pertain to women and the barriers unique to women in gaining a higher status. Includes physical, mental and spiritual aspects of health; women's anatomy and physiology; pregnancy, childbirth and infertility; violence against women; body image and eating disorders; and societal, historical and political influences of the global woman. Discusses the detection, treatment and illnesses in women. (formerly PED 271)
World Culture and Diversity
Typically offered: Fall

HED 206 - Introduction to Community and Public Health (3 Credits)
3 lecture, 0 lab, 3 total contact hours
Focuses on the functions of community health organizations and the way they relate to individual health needs. Helps students to analyze and evaluate health promotion practices at the community level. Examines the historical and contemporary public health stories to begin to understand the contexts, systems, professions, tools and skills associated with the public health enterprise. Students will learn basic public health principles and will recognize an array of factors that shape both the health of individuals and populations.
Typically offered: Spring

HED 207 - Stress and Stress Management (3 Credits)
3 lecture, 0 lab, 3 total contact hours
Analyzes the impact stress has on the dimensions of wellness. This course examines the physiological and psychological responses to stress and discusses ways stress contributes to morbidity and mortality. You will learn how to better recognize your own stressors and identify ways to manage stress.
Typically offered: Fall

HED 250 - Topics in Health Education (1-3 Credits)
1 - 3 lecture, 0 lab, 1 - 3 total contact hours
Provides students with an opportunity to examine different topics that fall under the health education field. Content will change from semester to semester. A course outline will be available for the topic prior to registration. This course may be taken twice up to a maximum of six credit hours.
Typically offered: Fall, Spring, Summer