

COURSES

HED 125 WOMEN'S HEALTH ISSUES

3 Lecture Hours 0 Lab Hours 3 Credit Hours

This three-credit course will identify and explore current health issues that are of special interest or are unique to women. Topics will include emotional well being, stress management, health problems related to female anatomy and physiology, violence against women and issues of reproduction and childbearing.

HED 134 FIRST AID, SAFETY, AND CPR

3 Lecture Hours 1 Lab Hour 3 Credit Hours

This course incorporates the study and application of skills to respond to emergencies, the use of CPR and AEDs, recognition and treatment of breathing emergencies including conscious and unconscious victims of all ages, as well as the recognition and treatment of various other medical emergencies. Fire safety, campus safety, home safety and motor vehicle safety awareness will also be covered.. The study and practice of First Aid skills will include: standard level assessment, prioritization, demonstration, and application of various skills. Those who qualify will earn American Heart Association Certifications for its course: Heartsaver CPR/AED and the Emergency Care and Safety Institute Certification for its course: Advanced First Aid, CPR & AED. This course is cross-listed and may be taken as either HED 134 or AHS 134..

HED 201 STRESS MANAGEMENT

3 Lecture Hours 0 Lab Hours 3 Credit Hours

In this course, each student will learn the causes and effects of stress, and the basic principles, theories and coping skills/strategies needed to effectively manage their personal stress. In addition, there will be opportunity for experiential learning with the use of self-analyses, cognitive strategies, relaxation techniques, and other class exercises and activities.

HED 203 HEALTH AND AGING

3 Lecture Hours 0 Lab Hours 3 Credit Hours

This course provides an overview of the physical changes that occur with aging and the benefits of a healthy lifestyle on the aging process. Emphasis is placed on healthy aging and maintaining a functional capacity and quality of life with age through engagement in regular exercise and other health promoting behaviors. The interplay between aging, physical health, longevity and health care is a major focus.

HED 224 HUMAN SEXUALITY

3 Lecture Hours 0 Lab Hours 3 Credit Hours

A study of physiological, psychological, sociological and gender issues related to sexuality. Topics include: perspectives in sexuality, human sexual expression, love, communication and relationships, human sexual response and dysfunction, sexual health; family planning; non-modal behaviors and sex and the law. This course is cross-listed and can be taken as either HED 224 or PSY 224.

HED 271 SPECIAL STUDY PROJECT I

1 Lecture Hour 0 Lab Hours 1 Credit Hour

A special learning experience designed by one or more students with the cooperation and approval of a faculty member. Proposed study plans require departmental approval. Projects may be based on reading, research, community service, work experience, or other activities that advance the student's knowledge and competence in the field of health education or related areas. The student's time commitment to the project will be approximately 35-50 hours.

HED 272 SPECIAL STUDY PROJECT II

2 Lecture Hours 0 Lab Hours 2 Credit Hours

Similar to HED 271, except that the student's time commitment to the project will be approximately, 70-90 hours.

HED 273 SPECIAL STUDY PROJECT III

3 Lecture Hours 0 Lab Hours 3 Credit Hours

Similar to HED 271, except that the student's time commitment to the project will be approximately 105-135 hours.