

HEALTH EDUCATION (HE)

HE-100 Personal Health

LASC Categories: ICW

Physical, mental, and emotional aspects of well-being and how to maintain and increase the quality of one's lifestyle.

Fall and Spring and every year. 3 Credits

HE-120 Health and Nutrition

LASC Categories: ICW

Nutritional needs, weight control, healthy diets, myths, and nutritional aids to better health.

Fall and Spring and every year. 3 Credits

HE-140 Creative Arts and Health

LASC Categories: CA

An experiential and didactic introduction to the separate arts therapies: movement, art, music and language arts, emphasizing the creative process.

Every year. 3 Credits

HE-150 Health and Physical Education for the Teacher

The planning, development, implementation and evaluation of comprehensive health education programs.

Every year. 3 Credits

HE-170 Humans in Motion

Concepts of the human neuro-musculoskeletal system which provide function and health across the life span under normal and stress conditions.

Every year. 3 Credits

HE-193 First Year Seminar Health

LASC Categories: FYS

Introductory level course covering topics of special interest to first year students. Offered only as a First Year Seminar.

3 Credits

HE-200 Consumer Health

Current information and guidelines to reliable sources necessary to develop intelligent consumers capable of wisely selecting health products and services.

Fall and Spring and every year. 3 Credits

HE-205 Principles & Foundations of Health Promotion

This course serves as an introduction to the field of health education/promotion with consideration of philosophies, current trends, issues, and opportunities in the field.

Spring only and every year. 3 Credits

HE-208 Systems of Addictions Treatment

Prerequisites: HE-285 or CJ-285

This course provides an overview of counseling modalities and techniques used in addiction treatment and recovery settings, including for those with co-occurring disorders. A family systems approach will be employed to understand how the Criminal Justice System, the Mental Health System, and the larger community relate. Legal and regulatory restrictions, ethical codes, and legal sanctions also are discussed.

Fall and Spring and every year. 3 Credits

HE-210 Women's Health Issues

Overview of women's health issues: women in the health marketplace, a woman's right to control her body, media images and illness, eating disorders, therapy, alcohol, aging and the women's health movement.

Fall and Spring and every year. 3 Credits

HE-220 Mental Health Education

LASC Categories: HBS, ICW

Prerequisites: HE-100

Examination of mental health as a variable: its creation and the obstacles to good mental health and positive self-concept.

Fall and Spring and every year. 3 Credits

HE-225 Advanced Nutrition: The Prevention and Treatment of Obesity

LASC Categories: ICW

Prerequisites: HE-120

This course examines the role of nutrition in the prevention and treatment of a major public health issue: obesity. The course builds on basic nutrition principles and their application to weight management and eating behaviors. Emphasis will be on the consequences of obesity on cardiovascular and other chronic diseases. Body weight regulation concepts will include, but are not limited to, body weight assessment, energy metabolism, regulation of eating behavior, energy nutrients, and the role of diet/physical activity in weight management.

Spring only and every year. 3 Credits

HE-230 Human Sexuality and Sex Education

Prerequisites: HE-100

Focus on the need for and understanding of sex education, along with the process of implementing sexuality education, with emphasis upon teacher preparation.

Every year. 3 Credits

HE-240 Writing and Learning From Experience I

LASC Categories: WAC

Prerequisites: EN-102 and instructor permission

Prepares students to write analytically about their experience and to apply their learning to courses and competencies in the major.

Every year. 3 Credits

HE-242 Writing and Learning From Experience II

LASC Categories: TLC

Prerequisites: HE-240 and Instructor permission

Integrating experiential essays into longer narratives, developing themes and conceptual frameworks; applying experiential learning to courses, competencies in the major.

Every year. 3 Credits

HE-260 First Aid: Advanced Theory and Skill

Common emergencies, cardiopulmonary resuscitation, auto extraction, and emergency childbirth. Opportunity for instructor rating.

Fall and Spring and other or on demand. 3 Credits

HE-270 Psychopharmacology

LASC Categories: NSP

Prerequisites: PS-101

This course will explore the effects of psychotropic drugs on the brain and subsequent effects on behavior.

Fall and Spring and every year. 3 Credits

HE-275 Fitness for Life

Prerequisites: HE-120

Knowledge of health-related fitness components and their effect on total wellness; emphasis on developing personalized fitness program, namely cardiovascular endurance.

Every year. 3 Credits

HE-280 Individual Stress Management and Relaxation

Strategies and techniques for increasing stress resistance based on psychophysiological research.

Fall and Spring and every year. 3 Credits

HE-285 Drugs and Society

Drug use and abuse, and implications for the individual and society. Fall only and every year. 3 Credits

HE-325 Sports Nutrition

LASC Categories: ICW, QAC

Prerequisites: HE-120

The course is designed to examine the role of nutrition in exercise metabolism and to explore the link between basics of exercise physiology concepts and nutrition. This course includes the application of nutrition principles to maintain optimum health and to enhance athletic performance from a healthy, adequate, and personalized diet. Sports nutrition concepts include, but are not limited to, body composition, nutritional supplements, energy balance, and nutritional needs for physically active people and athletes.

Spring only and every 2-3 years. 3 Credits

HE-330 Health Communication

Prerequisites: HE-100 or HC-201, and HC-203

This course focuses on the growing field of health communication and examines theories of interpersonal, organizational, and mass communication relevant to the professional communicator in the health field. Reviews strategies of persuasion, the relationship between knowledge, attitudes, beliefs, values, and behavior, as well as the changing nature of health and health delivery. Students will explore current health issues in varied communication contexts, such as interpersonal, group, and organizational and be introduced to Social Marketing, Social Media, Public Speaking, and Communication Toolkits.

Spring only and every year. 3 Credits

HE-340 Health Counseling

Prerequisites: PS 101

A study of the counseling implications involved in health. Awareness of the counseling process and referral.

Other or on demand. 3 Credits

HE-350 Community Health Education

LASC Categories: GP, DAC, ICW

Prerequisites: HE-100

Opportunity for exploration of on-going community health education programs, and their impact upon that community. Prerequisite: Advanced standing

Every year. 3 Credits

HE-354 Addictions Counseling of Individuals and Families

LASC Categories: ICW

Prerequisites: HE-285 or CJ-285

This course provides students with an applied understanding of counseling skills, techniques, and strategies in addiction treatment. The psychology of addictions and various treatment modalities are discussed. Engagement, assessment, treatment planning, brief and ongoing treatment, continuing care, and work with special populations are considered. Dialectical behavior therapy, cognitive-behavioral, mindfulness practice techniques, and motivational interviewing concepts are introduced, and students apply them in role-playing scenarios. Boundaries, ethics, and counselor self-awareness are also covered.

Fall and Spring and every year. 3 Credits

HE-390 Environmental Health

Prerequisites: HE-100 or HC-201

Examination of the issues affecting the environment and their impact on our health.

Fall and Spring and every year. 3 Credits

HE-400 Special Topics

LASC Categories: ICW

Current issues in Health.

Every year. 3 Credits

HE-406 The 12 Core Functions of Addictions Counseling

Prerequisites: 4 groups Take CJ-285 or HE-285; Take CJ-208 or HE-208; Take HE-270 or PS-270; Take CJ-354 or HE-354;

This culminating course prepares students to enter the field of substance use disorders and/or addictions counseling through an intensive review of the 12 Core Functions of Addictions Counseling. Students further develop the skill sets from prior coursework to serve as a foundation for gaining practical experience in addictions counseling.

Fall and Spring and every year. 3 Credits

HE-407 Pre-Practicum Seminar in Addictions Counseling

Prerequisites: PS-101 Take HE-285 or CJ-285; Take HE-270 or PS-270;

Take HE-208 or CJ-208; Take HE-354 or CJ-354; # Take HE-406 or CJ-406;

Prerequisites or Corequisite: HE-406 or CJ-406

The course is designed for students who wish to complete the course Practicum in Addictions Counseling in pursuit of CADC licensure. Students are prepared for fieldwork through practice of counseling techniques, reviews of case studies, and study of counseling theories. All core functions of addictions counseling are reviewed and reinforced, with particular emphasis on assessment, counseling, and case management. Students practice in role play using a variety of modalities while considering the needs of special populations and the opportunities and constraints of various treatment settings. Ethical and legal considerations for addictions counselors are also explored.

Fall and Spring and every year. 3 Credits

HE-408 Directed Study: Health

Directed study offers students, who because of unusual circumstances may be unable to register for a course when offered, the opportunity to complete an existing course with an established syllabus under the direction and with agreement from a faculty member.

3 Credits

HE-409 Practicum in Addictions Counseling

Prerequisites: HE-407 or CJ-407

Field experience in which students complete 150 hours of direct care experience in a substance use disorders counseling setting. To qualify for CADC licensure, the practicum must be repeated for a total of 300 hours and 6 credits. Course may be repeated.

Fall and Spring and every year. 3 Credits

HE-440 Practicum in Health

LASC Categories: CAP, WAC

A field experience option required of all Health Studies majors.

Prerequisite: Advanced standing

Fall and Spring and every year. 3 Credits

HE-450 Independent Study in Health

Creative, independent learning experiences designed and initiated by the health majors.

Fall and Spring and every year. 1-6 Credits