

BS: HEALTH EDUCATION & HEALTH PROMOTION

Course Descriptions

HED 301 FOUNDATIONS OF HEALTH EDUCATION: PURPOSES, PRACTICE, AND PROFESSION

3 credits

Health-minded students interested in teaching others to protect and enhance their well-being are introduced to the health education profession. Students explore foundational and emerging issues underpinning the field; roles, responsibilities, and competencies of Certified Health Education Specialists; and major settings for professional practice. Informational interviews and key health organizations serve as a basis for professional growth and development. Ultimately, students apply their understanding of health and learning theories with an emphasis on Andragogy (teaching adult learners), formulate an initial philosophy of health education, and core beliefs about teaching and learning.

HED 310 HEALTH PROMOTION ACROSS THE LIFESPAN

3 credits

This course addresses a comprehensive overview of health promotion throughout the lifespan. Topics include disease prevention, injury and violence prevention, substance abuse prevention, sexual health, social, emotional, and behavioral health, nutrition, physical activity, stress, environmental factors, and aging. Students apply content in identifying and assessing a priority population and related resources, policies, programs, practices, and interventions.

HED 320 NUTRITION AND HEALTH

3 credits

This course examines principles of human nutrition throughout the lifespan including principles of digestion, transport, absorption, and metabolism as well as the function, role, and requirements of nutrients. Emphasis is placed on the relationship of nutrition and health and disease. Disease prevention, weight management, and diet modifications are addressed with a focus on nutrition education and application of principles to normal and therapeutic needs.

HED 330 HEALTH EDUCATION CURRICULUM AND INSTRUCTION

3 credits

This course examines health education planning, including rationale, planning parameters, and program planning models. Methodology related to planning and development of curriculum and instruction is emphasized. Students create a health promotion plan that addresses needs assessment, desired outcomes, interventions, and materials.

HED 340 FOUNDATIONS OF HEALTH LITERACY PRACTICE

3 credits

Health literacy is important across the well-being spectrum, largely affecting the access, understanding, appraisal, and application of health-related information. Yet its widespread deficits represent a significant challenge to the way people interact within the health system, and the health outcomes they achieve. This course will introduce students to broad areas of health literacy and the central role of health information in directing important health-related decisions. Students will engage in case-based, field-based, and simulated learning experiences. They will apply the Health Literacy Universal Precautions approach and other evidence-based strategies to develop and assess print-based, web based, and face to face health communication.

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HED 350 THE WELLNESS OF MIND, BODY, AND SPIRIT

3 credits

This course focuses on the assessment and integration of behavioral, physical, and spiritual health topics. Health promotion interventions such as stress reduction, relaxation, mindfulness, self-regulation, and others are examined. Students will plan and implement health education interventions related to wellness of mind, body, and/or spirit topics.

HED 360 FACILITATING AND ASSESSING LEARNING IN HEALTH EDUCATION

3 credits

This course examines principles of teaching and learning in implementing and evaluating health education and promotion interventions. Students learn coordination, delivery, and evaluation methodologies and apply them in health education scenarios.

HED 401 INTRODUCTION TO RESEARCH METHODS IN HEALTH EDUCATION AND HEALTH PROMOTION

3 credits

This course examines knowledge and skills regarding the design, implementation, analysis, and interpretation of research in health promotion. The research process and types of research are addressed. Research design, data collection, analysis, and interpretation are introduced. Students explore and critique evidence-based health and wellness resources.

HED 410 LEADING AND EVALUATING WORKPLACE WELLNESS PROGRAMS

3 credits

This course focuses on comprehensive health education and health promotion interventions in the occupational setting. Students apply the components of program planning including needs assessment, program development, implementation, and evaluation.

HED 420 HEALTH BEHAVIOR THEORY AND MOTIVATION

3 credits

This course addresses behavior theory and applications. Students focus on how to achieve individual and group behavior change. The link between culture and health, coping strategies, and identification of personal and community support resources that may assist in achievement of health promotion are addressed. Interprofessional collaboration in support of health promotion is emphasized.

HED 430 EMERGING TECHNOLOGIES IN HEALTH EDUCATION AND PROMOTION

3 credits

This course examines cutting edge technology and information systems applications impacting individual, group, and community health promotion. Health education technology best practices are emphasized related to communication, communication aids, materials, and tools.

HED 440 FOUNDATIONS OF COMMUNITY HEALTH EDUCATION METHODS

3 credits

This course examines foundations of community health and education strategies. The importance of community assessment, health policy, and health and human services in health education planning and evaluation is examined. Use of a health communication framework and media tools to communicate health-

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related messages are addressed.

HED 450 LEADING HEALTH EDUCATION PROGRAMS

3 credits

This course addresses leadership principles and management styles and decision-making. Students learn skills in communication, advocacy, marketing, interprofessional and community communication, and grantsmanship. The impact of healthcare change as it relates to health education and health promotion is explored.

HED 498 CAPSTONE EXPERIENCE AND SEMINAR: HEALTH EDUCATION AND HEALTH PROMOTION

3 credits

This capstone experience focuses on synthesizing the knowledge base gained during coursework with the experiences of an applied project. Students work with faculty and a preceptor in a community agency to experience the health educator role. Students integrate prior learning and develop, implement, and evaluate an evidence-based project to help improve the health of a priority population. Topics related to planning for the student's future career, professional development, and wellbeing are also addressed.

Note: Refer to the Undergraduate Catalog for information on course prerequisites.