

## HEALTH EDUCATION

### HED 125 WOMEN'S HEALTH ISSUES

3 Lecture 0 Lab 3 Credit Hours(s)

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 0 Lab 3 Credit Hours(s)

This course incorporates the study and application of skills to respond to emergencies, the use of CPR and AEDs, and recognition and treatment of breathing emergencies for conscious and unconscious victims of all ages. Research and awareness of the following safety topics will be covered: Fire Safety, Campus Safety, Home Safety and Motor Vehicle Safety. The study and practice of First Aid skills will include: standard level assessment, prioritization and the demonstrations and application of skills. Those who qualify will earn American Heart Association Certifications for its course: Heartsaver CPR/AED and First Aid. This course is cross-listed and may be taken as either HED 134 or AHS 134..

### HED 201 STRESS MANAGEMENT

3 Lecture 0 Lab 3 Credit Hours(s)

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 0 Lab 3 Credit Hours(s)

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 0 Lab 3 Credit Hours(s)

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 0 Lab 1 Credit Hours(s)

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 0 Lab 2 Credit Hours(s)

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 0 Lab 3 Credit Hours(s)

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