

SUBJECTS AND COURSES

COURSE DESCRIPTIONS - HEALTH EDUCATION (HED)

HED 221 Personal Health

This course introduces principles and practices of personal and family health. It includes human reproduction, growth and development, psychological dimensions of health, human sexuality, nutrition and fitness, aging, death and dying. **3 Credit Hours**

HED 224 Personal Comm Health

This course covers health problems for the individual and for the community. Areas of study include mental health, family life, physical health, chronic and degenerative diseases, control of communicable diseases, and the understanding of depressants and stimulants. Healthful living habits will be emphasized. **3 Credit Hours**

HED 226 Wellness

This course provides health-related education to those individuals seeking advancement in the area of personal wellness. This course has 5 major components: (1) fitness and health assessment, (2) physical work capacity, (3) education, (4) reassessment and (5) retesting. **3 Credit Hours**

HED 231 First Aid

This course provides instruction to the immediate, temporary care which should be given to the victims of accidents and sudden illnesses. It also includes standard and advanced requirements of the American Red Cross and/or the American Heart Association. CPR training also is included. **3 Credit Hours**

HED 232 Care & Prev /Athletic Injuries

This course provides a study of specific athletic injuries, their treatment, and preventive measures. **3 Credit Hours**

HED 266 Intro to Health Occupations

This course is designed to give students a general introduction to health occupations. Major emphasis is on the specialization area of each student enrolled. **6 Credit Hours**