

Health (HEED)

COURSES

HEED 1230. FIRST AID / CPR / AED TRAINING. 2 Hours.

This course is designed to cover the components of Standard First Aid, Cardio-Pulmonary Resuscitation (CPR) for the Professional Rescuer, and Automated External Defibrillator (AED) training. Certification is possible upon successful course completion. Offered as HEED 1230 and KINE 1230. Students seeking credit in HEED should enroll in HEED 1230 and students seeking credit in KINE should enroll in KINE 1230. Credit will not be granted for both courses.

HEED 1301. NUTRITION. 3 Hours.

This course offers a foundation in nutrition science and explores how food relates to the overall health of an individual. The curriculum includes functions of nutrients, food sources, digestion, absorption, and metabolism. Food labels and nationally established nutrition guidelines are addressed. By understanding classes of nutrients and their respective guidelines, students will gain the skills to make informed dietary choices that promote a healthy lifestyle. May not be used for biology grade point calculation or biology credit toward a degree in biology, microbiology, or medical technology. Credit will be granted in only one department.

HEED 1316. FOUNDATIONS OF HEALTH. 3 Hours. (TCCN = PHED 1338)

Emphasis on interrelationship of physical, emotional, mental, social, and spiritual dimensions of health. Involves the analysis of personal health status and development of strategies for improving quality of life.

HEED 1340. HEALTHY LIFESTYLES. 3 Hours. (TCCN = PHED 1304)

This course will present theoretical content related to a healthy lifestyle. Students will apply these concepts in laboratory sessions where they evaluate current health habits and develop a nutrition, exercise, and stress management plan to promote a healthy lifestyle. The laboratory section will also provide instruction with regards to proper technique and form for resistance training, flexibility and aerobic conditioning. Lifestyle related diseases and addictions such as cardiovascular disease, cancer, diabetes, substance abuse, sexually transmitted diseases and achievement and maintenance of optimal body composition will also be addressed. These problems will be discussed relative to social, cultural and ethnic concerns.

HEED 2300. STUDENT HEALTH PEER TRAINING. 3 Hours.

Train students to be peer counselors who will work as group leaders both on campus and in the community in the Fall and Spring Semesters. Students learn about alcohol and other drugs and their relationship to health and sex issues which prepare them for group presentations and in making referrals when necessary. Topics of training include alcohol and other drug use/abuse, sexually transmitted diseases (STDs), HIV/AIDS, acquaintance rape, smoking/tobacco cessation, eating disorders, suicide, and self-esteem. Prerequisite: permission of instructor.

HEED 2317. BASIC CONCEPTS IN HUMAN SEXUALITY. 3 Hours.

The physiological, psychological, and sociological aspects of human sexuality. Offered as BIOL 2317, HEED 2317, PSYC 2317, and GWSS 2317. Credit will be granted for one of these courses only. Students seeking certification in Health Education must enroll in HEED 2317. Students seeking credit toward their science requirement must enroll in BIOL 2317. May not be used for biology grade point calculation or biology credit toward a BS degree in biology, microbiology, medical technology, psychology, or sociology.

HEED 2330. CARE AND PREVENTION OF ATHLETIC INJURIES. 3 Hours.

An introduction to the profession of Athletic Training. Common sports-related injuries and illnesses will be discussed with an emphasis on the proper methods for prevention, recognition, and immediate care. Offered as HEED 2330 and KINE 2330. Kinesiology majors must take KINE 2330.

HEED 3301. SPORTS NUTRITION. 3 Hours.

Overview of nutrients necessary for healthful living and nutritional impact on reducing risk factors of lifestyle diseases. Application of nutrient recommendations for sports and exercise activities, including fluid replacement, sports supplements, and ergogenic aids.

HEED 3303. DRUGS AND BEHAVIOR. 3 Hours.

A survey of the psychoactive agents, their therapeutic uses, and social abuses. Alcohol, nicotine, caffeine, narcotics, hallucinogens, stimulants, and tranquilizers. Offered as BIOL 3303, HEED 3303, and PSYC 3303; credit will be granted only once. May not be used for biology grade point calculation or biology credit toward a B.S. degree in biology, microbiology, or medical technology. Students seeking certification in health education must enroll in HEED 3303.

HEED 3305. WOMEN'S HEALTH ISSUES. 3 Hours.

Will address specific issues of importance to women and their health, including growth and development, nutrition, reproductive health, pregnancy, chronic diseases, and relationship/family issues. Offered as DIVR 3305, HEED 3305 and GWSS 3305. Credit will be granted only once.

HEED 3330. CONSUMER HEALTH AND PUBLIC HEALTH SYSTEMS. 3 Hours.

Analysis of personal, social, cultural, economic, and political aspects of health. Topics covered include managed health care, health insurance, health services/products, doctor-patient communication, traditional vs. non-traditional medicine, diagnosis and treatment of chronic diseases, and health legislation. Prerequisite: KINE 2350 and KINE 3350.

HEED 4191. CONFERENCE COURSE. 1 Hour.

Topics assigned on an individual basis covering personal research or study in the designated area.

HEED 4192. SPECIAL TOPICS IN HEALTH. 1 Hour.

Designed to present topics in health not currently offered in existing curriculum. May be repeated for credit when the topic changes.

HEED 4291. CONFERENCE COURSE. 2 Hours.

Topics assigned on an individual basis covering personal research or study in the designated area. Prerequisite: permission of department chairperson.

HEED 4292. SPECIAL TOPICS IN HEALTH. 2 Hours.

Designed to present topics in health not currently offered in existing curriculum. May be repeated for credit when the topic changes.

HEED 4310. STRESS MANAGEMENT. 3 Hours.

Analysis of the psychophysiology of stress and the role of stress in the development of acute and chronic diseases. Examine personal and medical uses of stress management techniques.

HEED 4311. THE ENVIRONMENT AND PUBLIC HEALTH SYSTEMS. 3 Hours.

This course is a study of the basic principles of ecology as they relate to the general health of society. Topics including conditions of soil, water, and air - nationally and globally - will be discussed. The successful student will acquire a level of proficiency in appropriate health care techniques specific to environmental health concerns. Prerequisite: KINE 2350, KINE 3350, KINE 3353, CHEM 1441 or CHEM 1451 and BIOL 1345 or BIOL 1441.

HEED 4312. HEALTH & HUMAN DISEASE. 3 Hours.

Basic principles of human diseases including cardiovascular disease, cancer, AIDS, influenza, and Alzheimer's. The role of infectious and communicable diseases in human history will also be discussed.

HEED 4320. STUDIES IN HEALTHY AGING. 3 Hours.

Emphasis on complex issues associated with aging and death. Topics include changes/losses related to specific stages of life; care-giving to the dying; pertinent legal issues; medical gerontology; other salient issues and problems concerning aging and death. This course is especially helpful to those students who plan careers in the medical profession.

HEED 4330. COMPREHENSIVE SEXUALITY EDUCATION. 3 Hours.

Explores contemporary issues in human sexuality (i.e., physiological, psychological, and sociological) and prepares those interested in teaching health education to teach sexuality education with diverse populations in a variety of settings (i.e., school or community agency). Students will increase their knowledge of sexuality and enhance their ability to educate about and promote sexual health. Students seeking certification in health must enroll in HEED 4330.

HEED 4340. PRINCIPLES OF HEALTH APPLICATIONS. 3 Hours.

Designed to integrate the information base of health studies into action plans for developing health education and promotion programs for organizations, agencies, and schools. Designed to integrate the information base of health studies into action plans for developing health education and promotion programs for organizations, agencies and communities. Includes planning and evaluation components recommended for students who plan to sit for ACSM/NPASPA certificate exam. Prerequisite: Junior standing and completion of KINE 2350.

HEED 4357. HEALTH PSYCHOLOGY. 3 Hours.

This course provides a broad introduction to health psychology and its interface with the medical world. The course provides a balanced presentation of the important issues in the field, as well as specific content topics that are especially relevant today to better understand health and illness. Offered as BIOL 4357, HEED 4357, and PSYC 4357. Students seeking science requirement credit must enroll in BIOL 4357; students seeking Certification in Health must enroll in HEED 4357. Prerequisite: PSYC 1315 or BIOL 1333 or BIOL 1441 or BIOL 2457; junior standing recommended.

HEED 4391. CONFERENCE COURSE. 3 Hours.

Topics assigned on an individual basis covering personal research or study in the designated area. Prerequisite: permission of department chairperson.

HEED 4392. SPECIAL TOPICS IN HEALTH. 3 Hours.

Designed to present topics in health not currently offered in existing curriculum. May be repeated for credit when the topic changes.