Health Education (HED)

Courses

HED-112. Drugs, Society and Human Behavior. 3 Credits.
LECT 45 hrs
This course examines the effects drugs have on the individual and society, taking a critical look at the most recent scientific data drawn from medical, sociological and student research. Topics include, but are not limited to, neurophysiology, pharmacology and the demographics of drug use, legal issues, and treatment and prevention programs. Different types of drugs are examined.

HED-115. Personal and Family Nutrition. 3 Credits.
LECT 45 hrs
In this course, students study the relationships of nutrition and eating patterns to one's health, nutritive value and composition of foods, metabolism, functions and requirements of nutrients throughout life, and essentials of an adequate diet. Emphasis is placed on the practical application of nutrition concepts in everyday life.

HED-128. Lifetime Wellness. 2 Credits.
LECT 15 hrs LAB 30 hrs
This course is designed to provide students with the knowledge and skills necessary to make intelligent decisions about health and wellness. Topics include nutrition and weight management, substance abuse, stress management, fitness, cardiovascular disease and sexually transmitted diseases. Students engage in personally selected programs to improve wellness.
Additional Fees: Course fee applies.

HED-132. Stress Management. 1 Credit.
LECT 15 hrs
This course provides students with an understanding of the basic principles of the stress response, the General Adaptation Syndrome, stressors and stress management. Students participate in physical and cognitive exercises designed to reduce stress.

HED-283. Cardiopulmonary Resuscitation. 1 Credit.
LAB 30 hrs
This course is taught according to American Heart Association (AHA) guidelines. Students learn about heart disease prevention, early recognition of heart attack and stroke, early access to Emergency Medical Services, and recognition and treatment for respiratory arrest, cardiac arrest and obstructed airway emergencies. Students who successfully complete the requirements will receive an AHA CPR card (BLS for Healthcare Provider CPR). This course is available through the Division of Corporate and Community Programs. Students enrolled in the majors of Nursing, Radiography, Respiratory Therapy, Exercise Science, and Early Childhood Education may request that they receive 1 credit toward their HED/HES requirement. Students must present a valid American Heart Association CPR card (BLS for Healthcare Provider CPR) to the Office of Records and Registration to receive credit. Course fees do not represent income to the AHA or any of its components.
Additional Fees: Course fee applies.

HED-286. Personal Health and Wellness. 3 Credits.
LECT 45 hrs
This course examines current health and wellness topics that have an impact on the individual in today's society. Emphasis is on a wellness approach, examining the physical, emotional, intellectual, social and spiritual dimensions of health. Students engage in evaluations of their own wellness behaviors and investigate in detail at least one health issue of personal significance. (There is no substitution for this course in programs that require it for degree completion.).

HED-295. First Aid and Emergency Care. 3 Credits.
LECT 45 hrs
A basic course in first aid which acquaints students with information about prevention of accident and injury and about emergency assessment, recognition and treatment of trauma and sudden illnesses. Upon successful completion of the requirements, the student will receive First Aid certification.

HED-ELE. Health and Wellness Elective for Cutk. 3 Credits.
LECT 45 hrs
Pseudo course to hold a place in student planner.