

# HEALTH EDUCATION (HLED)

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## **HLED 115. WELLNESS FOR LIFE. 3 Credits.**

Offers an overview of basic concepts of personal wellness from a holistic perspective. Explores behavior change, nutrition, physical activity, stress management, healthy relationships, environmental health, spiritual health, sexuality, drugs and alcohol, and intellectual health. Students assess their own wellness and develop strategies for behavioral change.

## **HLED 192. SPORTS SAFETY TRAINING. 3 Credits.**

The purpose of the American Red Cross Sports Safety Training course is to provide participants with the necessary skills and knowledge to help provide a safe environment for participation, recognize and treat emergency situations, and understand how to apply preventative measures for health and safety of sports participants.

## **HLED 197. WORKSHOP, SHORT COURSE, CONFERENCE, SEMINAR. 1-5 Credits.**

### **HLED 201. INTRODUCTION TO HEALTH AND WELLNESS. 3 Credits.**

This course is designed to be an introduction to health and wellness. Foundations are laid in nutrition, physical activity and fitness, stress management, substance abuse, disease and injury prevention, sexually transmitted diseases, and environmental health issues, among others. In addition, skills are taught to enhance the student's ability to make health behavior changes.

### **HLED 250. DRUGS, SOCIETY AND HUMAN BEHAVIOR. 3 Credits.**

This course consist of a study of human behavior in the context of drug use, abuse, and addiction. There will be discussions on the physiology of drug consumption, as well as the physical, emotional, psychological, and social affects of various groups of drugs (depressants, stimulants, opiates, hallucinogenics, and narcotics). Prescription drugs, over the counter drugs, steroids, and other supplements will also be discussed.

### **HLED 294. MENTAL HEALTH FIRST AID. 1 Credit.**

Students learn to identify risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. Just as CPR helps a person assist an individual having a heart attack, Mental Health First Aid helps a person assist someone experiencing a mental health or substance use-related crisis.

### **HLED 296. EXPERIMENTAL COURSE. 1-10 Credits.**

### **HLED 299. SPECIAL STUDIES. 1-5 Credits.**

**Pre-requisites:** permission of the instructor, department chair and college dean.

Special studies in health education or community health. Selected topics vary according to student and faculty interest.

### **HLED 370. INTRODUCTION TO COMMUNITY AND PUBLIC HEALTH. 4 Credits.**

**Pre-requisites:** sophomore standing.

This course provides the concepts, theories, terms, and resources which are related to community health issues and programs.

### **HLED 374. INTRODUCTION TO EPIDEMIOLOGY. 3 Credits.**

**Pre-requisites:** HLED 370 or permission of instructor.

This course examines the major communicable diseases of humans with emphasis upon prevention and control, and it provides an introduction to the modern scientific approach to control of communicable diseases and biostatistics.

### **HLED 375. GERONTOLOGY. 3 Credits.**

**Pre-requisites:** HLED 201 or permission of the instructor.

This course examines anatomical, physiological, pathological, medical, psychological and sociological factors that impact individuals moving through the aging process. The topics discussed will include the major problems of degenerative and chronic diseases, and an analysis of the physical and physiological deterioration of the body and mind.

### **HLED 376. CONSUMER HEALTH. 3 Credits.**

Consumer health has much to do with the way we live. It deals with the selection of the products and services available in the marketplace that have an impact on health. Discussion includes: advertising, methods of distribution, techniques of selling, and methods of making positive decisions about health products and services.

### **HLED 380. HEALTH BEHAVIOR CHANGE. 4 Credits.**

**Pre-requisites:** HLED 370 and HLED 382 or permission of instructor.

This course will provide students with the theoretical tools to analyze health-related behaviors and the social, cultural and environmental context in which they occur. An ecological/systems approach will provide the foundation for learning and applying a variety of health behavior theories.

### **HLED 381. MIND-BODY HEALTH. 3 Credits.**

**Pre-requisites:** HLED 370 or permission of instructor.

The mind-body interaction has important implications for the way we view health and the practice of health promotion. This course will explore how thoughts and emotions impact health. Stress will be considered through personal inventory and reflection as well a biological examination of the impact of stress on physical health. Positive psychology and topics related to happiness and resiliency will be explored. Students will have the opportunity to practice common mind-body techniques.

### **HLED 382. HEALTH DISPARITIES. 4 Credits.**

**Pre-requisites:** declared Public Health Major or permission of instructor.

This course will examine the cultural, socioeconomic, and political factors that contribute to health disparities on a local, national, and global level. Health disparities represent the most important challenge in public health. Social conditions such as poverty, social isolation, segregation, gender and race are associated with chronic diseases and causes of premature death. This course will adopt a systems lens to identify relationships and leverage points to help reduce disparities.

### **HLED 383. ENVIRONMENTS FOR HEALTH. 4 Credits.**

**Notes:** taught spring quarter.

**Pre-requisites:** HLED 380 or permission of instructor.

This course will examine how the built & natural environment influences health behavior. Students will examine urban design features that impact physical activity such as parks, sidewalks, trails, public transit and connectivity. A key element of this course is a service learning project that allows students to apply their learning by analyzing walkability in their community. Students will also explore the concept of biophilia.

### **HLED 394. EMERGENCY MEDICAL TECHNICIAN. 10 Credits.**

**Pre-requisites:** PHED 193 or instructor permission.

This course trains students for an active role in pre-hospital emergency medical care. Students learn to recognize the nature and seriousness of a patient's injury/illness and assess the need for advanced emergency medical care. The course meets the NHTSA, Washington State, and National Registry for EMT requirements for certification as an EMT-Basic.

**HLED 395. CO-OP FIELDWORK. 1-15 Credits.****HLED 396. EXPERIMENTAL COURSE. 1-5 Credits.****HLED 397. WORKSHOP, SHORT COURSE, CONFERENCE, SEMINAR. 1-5 Credits.****HLED 399. DIRECTED STUDY. 1-5 Credits.****HLED 411. EMERGENCY RESPONSE INSTRUCTOR. 2 Credits.**

**Pre-requisites:** junior standing and PHED 194.

Teaching methods and procedures in skills as prescribed by the American Red Cross (ARC) Emergency Response Course. Those who qualify may earn the American Red Cross Emergency Response Instructor Certificate valid for 3 years, and the American Red Cross CPR for the professional rescuer certificate valid for 1 year.

**HLED 412. EMERGENCY RESPONSE INSTRUCTOR'S LABORATORY PRACTICUM. 3 Credits.**

**Pre-requisites:** PHED 194, HLED 411.

The most current First Aid teaching and skill techniques required by the American Red Cross will be implemented in a laboratory situation. The student will teach an undergraduate level First Aid laboratory class as a student instructor. This instruction will be under supervision of a certified master teacher. Upon successful completion of all requirements the Emergency Response Instructor Certificate will be renewed for one more year.

**HLED 440. HEALTH PROMOTION PROGRAM DEVELOPMENT. 4 Credits.**

**Pre-requisites:** HLED 380 or permission of instructor.

In this course students learn how to develop a detailed and evidence-based health promotion program using planning models. Emphasis is placed on developing and understanding: needs assessments, program rationale, mission statements, and goals and objectives. Students also explore theories and models commonly used in health promotion programs and apply these principles in a service-learning project.

**HLED 450. HEALTH PROMOTION PROGRAM IMPLEMENTATION AND EVALUATION. 4 Credits.**

**Pre-requisites:** HLED 440 with a grade  $\geq$ C.

In this course students learn how to implement and evaluate effective health promotion programs. Emphasis is placed on implementation strategies, advocacy plans, targeted marketing strategies, program budgets and evaluation plans. Students explore effective health communication strategies and ethical guidelines established by the National Commission for Health Education Credentialing.

**HLED 482. GRANT WRITING FOR NON-PROFITS. 3 Credits.**

**Pre-requisites:** ENGL 201 or permission of instructor.

This class will help students develop the necessary skills to write grant proposals for non-profit organizations. Students will team with local organizations to assist in the grant writing process. The skills developed will prepare the student to search and apply for funding from a variety of sources.

**HLED 483. ADOLESCENT HEALTH ISSUES. 3 Credits.**

Enables parents, teachers and professional staff to identify factors that cause adolescent health problems. Focuses on identifying risk factors and steps to improve adolescent health.

**HLED 484. FACTS ABOUT HIV/AIDS. 3 Credits.**

Provides basic information about HIV/AIDS, covering areas of concern for lay individuals and working professionals. Students will gain knowledge about transmission and treatment of HIV/AIDS and related issues such as its relationship to children, CPR, first aid, aquatics and impact on society.

**HLED 485. MANAGING STRESS. 3 Credits.**

Provides valuable information on how stress affects health and teaches students how to manage stress effectively.

**HLED 486. PREVENT DISEASE TRANSMISSION. 3 Credits.**

Provides basic information about types of infectious diseases with focus on the transmission and prevention of blood-borne pathogens. Students will learn about OSHA regulations and how to protect themselves in the workplace.

**HLED 487. TIME MANAGEMENT. 3 Credits.**

Provides valuable time management skills for real life applications. Students select from time management options to analyze, strategize, and attack their individual time management concerns.

**HLED 488. SERVICE LEARNING IN PUBLIC HEALTH. 6-12 Credits.**

**Notes:** Must obtain prior approval of the Public Health Program Director. This class will require 20-40 hours depending on the number of registered credits.

**Pre-requisites:** permission of instructor.

The Service Learning experience should occur in the final quarter after the student has completed all required course work. Service Learning, by definition, requires an intentional balance between students providing service to the community while engaging in meaningful work experience. A core component of service learning is reflection which will occur throughout the field experience.

**HLED 490. SENIOR CAPSTONE IN PUBLIC HEALTH. 4 Credits.**

**Notes:** this course is based on the Certified Health Education Specialist (CHES) competencies.

**Pre-requisites:** HLED 450 with a grade  $\geq$ C.

The course will focus on the major issues, requirements and problems facing health professionals as they enter the field. Using group problem solving techniques, lecture and a final project developed to encompass past knowledge and skills, the students will present a course plan. An end-of-program assessment will be completed.

**HLED 495. INTERNSHIP. 1-15 Credits.**

**Pre-requisites:** permission of the instructor, department chair and college dean.

**HLED 496. EXPERIMENTAL COURSE. 1-5 Credits.**

Provides the opportunity to experience limited on-the-job training within health agencies.

**HLED 497. WORKSHOP, SHORT COURSE, CONFERENCE, SEMINAR. 1-5 Credits.**

Workshops dealing with specific aspects of health education, conducted either during the summer or by extension. These workshops are designed for experienced teachers with interests in health education.

**HLED 498. SEMINAR. 1-5 Credits.**

Seminars dealing with various aspects of health and health education; designed for advanced students in para-medical sciences and/or experienced teachers.

**HLED 499. DIRECTED STUDY. 1-15 Credits.**

**Pre-requisites:** junior standing or permission of the instructor, department chair and college dean.

**HLED 505. SOCIAL AND BEHAVIORAL TRENDS IN PUBLIC HEALTH. 4 Credits.**

This course focuses on current trends and issues in public health in the United States. Emphasis is placed on how social determinants (individual behaviors, physical environment, and economic environment) are linked to current health outcomes. The course also examines: current initiatives, disease control practices, health disparities, and national health improvement priorities.

**HLED 552. CULTURE, PUBLIC HEALTH PRACTICE AND ELIMINATING HEALTH DISPARITIES. 4 Credits.**

This course focuses on the examination of the cultural factors that influence health outcomes. Emphasis will be placed on using targeted interventions in public health to address specific health concerns. The course will also provide a opportunity to critically examine current public health interventions for their efficacy in improving health outcomes.