

## Health Education Courses 2014/2015

<b>HLED 129. Introduction to Wellness</b>	<b>2 hours</b>
<b>HLED 173. Health for Life (P-2)</b>	<b>2 hours</b>
<b>HLED 229. Wellness Applications</b>	<b>2 hours</b>
<b>HLED 265. Topics in Health Education</b>	<b>1-3 hours</b>
<b>HLED 356. Drugs and Society</b>	<b>2 hours</b>
<b>HLED 373. Prevention and Care of Athletic Injuries</b>	<b>2 hours</b>
<b>HLED 465. Topics in Health Education</b>	<b>1-3 hours</b>
<b>HLED 470. Current Issues in Health</b>	<b>2 hours</b>
<b>HLED 473. Health Education Methods</b>	<b>2 hours</b>
<b>HLED 476. Wellness Methods, Materials, and Management</b>	<b>3 hours</b>
<b>HLED 491. Wellness Practicum</b>	<b>2 hours</b>

**HLED 129. Introduction to Wellness** **2 hours**

This course provides an overview of the wellness profession including its history, current trends, opportunities, and exposure to the wellness thought process. An understanding of the philosophical undergirdings of the wellness profession is explored and developed. This course requires ten (10) hours of field based experience. (Fall)

**HLED 173. Health for Life (P-2)** **2 hours**

The study of the six dimensions of health forms the foundation of this course. The health dimensions are: Physical, social, spiritual, psychological, intellectual, and environmental. The class focus will be to integrate healthful living with today's scientific research and Christianity into a balanced lifestyle. Specific topics include: Alcohol, tobacco, and drugs; mental health; weight management; fitness; human sexuality; safety; nutrition; and stress. Perspectives of health, particularly from Ellen G. White, and others will be explored.

**HLED 229. Wellness Applications** **2 hours**

Learn how to live life with more passion, peace, purpose, and vitality. Learn how to bring more balance into your life through a practical application of the principles of wellness. This course teaches what wellness is by empowering the student to personally apply the tools of wellness. These tools encourage the development of the dynamic potential of body, mind, and spirit. This in turn brings about a balanced development of the whole person. (Winter)

**HLED 265 – Topics in Health Education** **1 – 3 hours**

Topics selected from areas of health education not covered in other courses. This course may be repeated for credit.

**HLED 356. Drugs and Society** **2 hours**

A course focusing on the use and abuse of drugs in our society. Emphasis on strategies to assist future health promoters in recognition, intervention, and prevention of substance abuse. Oral presentation required. (Fall)

**HLED 373. Prevention and Care of Athletic Injuries**

**2 hours**

Investigations into the prevention, care, and proper management of injuries related to athletics. Lab fee 6 will be assessed for this course. (Winter)

**HLED 465. Topics in Health Education**

**1-3 hours**

Topics selected from areas of health education not covered in other courses. This course may be repeated for credit.

**HLED 470. Current Issues in Health**

**2 hours**

This seminar course is designed to assist students in becoming knowledgeable regarding health issues of our time. Library research and class presentations are required. Discussion and problem solving are emphasized. A major part of the class focuses on the need of a spiritual component in establishing a healthful and balanced lifestyle. (Winter)

**HLED 473. Health Education Methods**

**2 hours**

Prerequisite: HLED 173.

A study of the theoretical and scientific basis of health education with emphasis on the development and organization of the school health instruction program. Two oral presentations required. (Fall)

**HLED 476. Wellness Methods, Materials, and Management**

**3 hours**

A course in planning, implementing and evaluating: work-site and community health promotion activities, including stress management, smoking cessation, cardiovascular fitness, body composition, and cholesterol testing. Oral presentation required. (Winter)

**HLED 491. Wellness Practicum**

**2 hours**

The student will work at a wellness facility for not less than 100 clock hours gaining experience with equipment, observing facility scheduling and management, and interacting with clients. Arrangements are made in advance with the school dean. (Fall, Winter, Summer)