

Health Education Courses 2018/2019

HLED 129. Introduction to Wellness	2 hours
HLED 173. Health for Life	2 hours
HLED 210. Medical Terminology	1 hour
HLED 229. Wellness Applications	2 hours
HLED 250. Corporate Wellness Environments	2 hours
HLED 265. Topics in Health Education	1-3 hours
HLED 345. Wellness Coaching	3 hours
HLED 356. Drugs and Society	2 hours
HLED 373. Prevention and Care of Athletic Injuries	2 hours
HLED 465. Topics in Health Education	1-3 hours
HLED 470. Current Issues in Health (SERV-2)	2 hours
HLED 473. Health Education Methods	2 hours
HLED 491. Wellness Capstone	2 hours

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 undergirding's of the wellness profession is explored and developed. This course requires ten (10) hours of field based experience.

FALL

HLED 173. Health for Life **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.

FALL

HLED 210. Medical Terminology **1 hour**

Medical terminology is the study of the principles of medical word building to help the student develop the extensive medical vocabulary used in health care occupations. Students receive a thorough grounding in basic medical terminology through a study of root words, prefixes and suffixes. The study focuses on correct pronunciation, spelling and use of medical terms. Anatomy, physiology, and pathology of disease are discussed yet no previous knowledge of these topics is necessary.

FALL | WINTER

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 250 – Corporate Wellness Environments

2 hours

Corporate Wellness Environments provides students with knowledge of the role that wellness programs and professionals play in the corporate arena. Students will identify several different types of corporate wellness programs and engage in shadowing activities in these various environments. The benefits of a wellness program for the corporation and the individual will be discussed. Interviews with wellness professionals will also be conducted.

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.

FALL | WINTER

HLED 345 – Wellness Coaching

3 hours

The wellness coaching class will teach the student current, best practice counseling techniques using collaboration with participants to identify and set realistic, measurable and time based goals, for changing behaviors that will support a healthy lifestyle. This is a paradigm shift away from prescribing health behavior changes giving the participant motivational “buy-in”. The student will receive a Wellness Coaching certification form the National Society of Health Coaches upon successful completion of this course and a test pass completion of a NSHC certification examination.

FALL

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 (\$90).

FALL | 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.

FALL | WINTER

HLED 470. Current Issues in Health (SERV-2)

2 hours

This seminar course is designed to assist students in becoming knowledgeable regarding health issues of our time. Library research, class and campus presentations are required. Discussion and problem solving are emphasized. A major part of the class focuses on the use of qualitative research methods to answer questions in current health issues. A service activity is a course requirement.

WINTER

HLED 473. Health Education Methods

2 hours

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.

Prerequisite(s): [HLED 173](#).

WINTER

HLED 491. Wellness Capstone

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