ALL COURSES

HEALTH EDUCATION

HLED 1513: Lifetime Health and Fitness
ACTS Common Course - HEAL 1003
The course is designed to motivate students toward an individual responsibility for their health status and an improved quality of life. An introspective study of personal lifestyle behavior is encouraged. The interrelationship of the multi causal factors which directly affect health status and the various dimensions of personal health are addressed.
Note: A grade of C or better is required for Health and Physical Education Majors.

HLED 3203: Consumer Health Programs
A study of current health services and the products offered by health providers to the health consumer and an examination of various diseases and disorders.
Note: A grade of C or better is required for Health and Physical Education Majors.

HLED 4303: Methods and Materials in Health for Grades K-12
Exploration of teaching methods and strategies, use of school and community resources, and evaluation related to teaching health in grades K 12.
Note: A grade of C or better is required for Health and Physical Education Majors.

HLED 4403: Sport and Exercise Nutrition
Prerequisite: PE 2653 Anatomy and Physiology and PE 4033 Exercise Physiology
A health education course which is designed to familiarize students with food as it relates to optimal health and performance. Focus is on nutrition as it affects the physical work capacity of humans from resting states to high output performance.
Note: A grade of C or better is required for Health and Physical Education Majors.

HLED 4991: Special Problems in Health
Prerequisite: Consent of department head
Independent work on approved health topics under the individual guidance of a faculty member.

HLED 4992: Special Problems in Health
Prerequisite: Consent of department head
Independent work on approved health topics under the individual guidance of a faculty member.

HLED 4993: Special Problems in Health
Prerequisite: Consent of department head
Independent work on approved health topics under the individual guidance of a faculty member.