

Health

HE 240 Basic Nutrition (½ course credit)

Relation of foods and nutrition to growth, development, health maintenance, exercise. Development of good nutritional habits for all ages. Fall and Winter Terms.

HE 242 Consumer Health (½ course credit)

Issues related to purchasing health goods and services. Quackery, nontraditional health care, sources of consumer protection in the health marketplace. Fall Term odd years.

HE 249 Elementary School Health Methods (½ course credit)

Methods, materials, processes applicable to teaching health in the elementary school classroom. Winter Term. Prerequisites: ED 100, ED 181.

HE 250 Secondary Health Methods (½ course credit)

Methods, strategies, and techniques of teaching health at the secondary level. Fall Term odd years. Prerequisites: ED 100, ED 181.

HE 342 Substance Abuse (½ course credit)

Overview of factors that affect drug/alcohol use/abuse. Current trends in usage, symptoms, theories of addiction and alcoholism. Winter Term odd years.

HE 344 Foundations of Health Education (½ course credit)

Foundations, directions of contemporary health education. Ethical principles and their application in health education, development of skills necessary to facilitate personal health behavior change, understanding of relationship between health theories and their application in health settings. Winter Term odd years. Prerequisite: ED 100.

HE 431 Sport Nutrition (½ course credit)

In-depth study on the effect of nutrition on sports performance. Supplement and ergogenic aid use and abuse in sports. Dietary evaluation and weight loss practices of athletes. Winter Term even years. Prerequisites: HE 240 and PE 254.

HE 440 Community and Public Health

Overview of community health. Nature, principles, functions of voluntary and governmental health organizations. Impact of political, sociological, economic factors on human health. Winter Term even years.