

Health And Safety

- HS 170 First Aid** 1 cr
The scope, needs, and limitations of first aid with laboratory training in the techniques and methods of injury care. Opportunity for American Red Cross or American Heart Association first aid and CPR certification.
- HS 262 Personal Health** 3 cr
Current health issues as related to the individual with emphasis on sociological, psychological, and economic factors.
- HS 263 Nutrition** 3 cr
The study of human nutrition and nutrients in food and of their ingestion, digestion, absorption, transport, metabolism, interaction, and storage. emphasis is placed on energy balance, weight control, nutrition across the life span, food safety, food insecurity, and the links between food, nutrition and health.
- HS 340 Health in the Sec Classroom** 3 cr
A study of instructional practice and application in the secondary health classroom. Pre-requisite: Admission to teacher candidacy required.
Co-requisite: HS 430
- HS 351 Safety Education** 3 cr
Traffic safety and safety at home, work, school, and play. Organization of safety education programs in the school and community. Methods and materials for teaching safety.
- HS 352 Traffic Safety Education** 3 cr
A survey of the highway transportation system and traffic problems designed to give the driver education teacher an opportunity to develop an understanding of the scope and background of the various agencies and systems involved in the management of vehicular traffic at the national, state, and local level.
- HS 353 Driver Education I** 3 cr
History, principles, problems and the inventory of skills in driver education.
- HS 361 School Comm Health-Impl Curric** 3 cr
Contemporary school health and public health issues. Epidemiological concepts and methods. Governmental and volunteer health agencies. Curriculum development based on epidemiological data. Incorporates reading into the curriculum.
- HS 362 Drug Education** 3 cr
A survey of substance abuse issues. Attention is given to specific drug classifications, use and abuse patterns, prevention, treatment, and future implications.
- HS 363 Sports Nutrition - W** 3 cr
Basic nutritional principles are covered. Includes assessment of individual and/or group diets. The course is designed to optimize sport performance and/or body composition.
Pre-requisite: HS 263 Minimum Grade of D and (EH 102 Minimum Grade of C or EH 105 Minimum Grade of C).
- HS 365 HPE Curr/Methods-Elem Teachers** 3 cr
The development and implementation of appropriate health and physical education curriculum for elementary teachers. Content knowledge and the application of methodological and assessment strategies are adapted for appropriate learning environments.
- HS 429 School Lab Experiences-Health** 0 TO 3 cr
Professional laboratory observation and participation in health settings at local public schools. Prerequisite: Admission to teacher candidacy.
Co-requisite: HS 460
- HS 430 School Lab Exp- Health II** 0 cr
Professional Laboratory observation and participation in classroom health settings at a local public schools. Requires Admission to Teacher Candidacy.
Co-requisite: HS 340
- HS 451 Driver Education II** 3 cr
Methods and techniques, teaching aids, teaching resources and materials, and program and curriculum construction. Practical experience in teaching students to drive.
- HS 452 Simulation in Driver Education** 3 cr
Simulation as an audio-visual instructional method and designed to complement and supplement other instructional techniques used in the driver education program to prepare individuals to function safely and effectively in today's traffic.
- HS 453 Range-Lab Prog in Driver Ed** 3 cr
An examination of the aims, objectives, and role of laboratory programs in driver education. Directed laboratory experiences will be provided.
- HS 460 Methods in Health Ed - W** 3 cr
Topic selection and teaching unit preparation. Presentation and classroom practice of teaching methodologies. Practical mini-teaching experiences in local schools. Field experiences required. HE (6-12) and PE (P-12) majors only. Prerequisite: Admission to teacher candidacy. Co-requisite: HS 429.
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- HS 462 Public Health** 3 cr
A study of public health organizations and available community health resources, including the official and non-official health agencies at various levels. An examination of causative community factors in disease, community diagnosis of and programs to combat these conditions.

HS 463 Human Sexuality: Health Ed Per 3 cr

An exploration of human sexuality with implications for health education.

HS 473 Problems in Health Education 3 cr

Special problems are assigned to individuals and to groups of students.

HS 490 Sp Top - 3 cr

A varying content course treating several aspects of Health Education. May be repeated for credit when course content varies.

HS 494 Directed Studies 1 TO 3 cr

Directed research. No more than two directed studies can be counted toward the bachelor's degree and Class B certification. HPELS advisor approval required.

HS 510 Current Health Issues 3 cr

Identification, exploration, and definition of current health issues such as drug abuse, mental health, aging, death and dying, human sexuality, chronic and communicable diseases.

HS 520 Methods in Health Education 3 cr

Development, selection, and implementation of classroom teaching strategies and classroom techniques in the Health Sciences area.

HS 560 School Health Curriculum 3 cr

Designed to develop the prospective teacher's or the in-service teacher's competencies in curriculum planning and development applied to the health area.

HS 562 Drug Use and Abuse 3 cr

A study of the drug spectrum including legal and illegal drug use and abuse. Discussion of education and preventive strategies.

HS 563 Nutrition 3 cr

An in-depth study of educational concepts related to digestion, absorption, transportation and utilization of nutrients.

HS 565 Community Health 3 cr

An introductory course in Community Health. Includes a survey of contemporary health problems of both communities and schools. A review of school and community health programs.

HS 567 Aging and Health 3 cr

An overview of the normal aging process, including physical, psychological and social changes, myths, diseases, related community resources, and the team approach to meeting needs.