

HEALTH EDUCATION (HLED)

HLED 125, INTRODUCTION TO HEALTH AND WELLNESS COACHING 1 (1)

This course is designed to provide an introduction to health and wellness coaching/promotion career job task analysis. Topics and or content include roles and responsibilities of a health and wellness coach, coaching structure, coaching process i.e. coaching relationship/communication techniques, health and wellness concepts, ethics/legal responsibilities and creating a professional portfolio.

General Education: GE01, GE04

Typically Offered: Fall and Spring Semesters

HLED 137, LIFEGUARDING 2 (3)

During this course, participants will engage in comprehensive learning and evaluation covering various aspects crucial to lifeguarding, including water rescues, extractions, CPR, AED usage, and First Aid techniques. Completing the Red Cross Lifeguarding certification requires mastery of practical and theoretical knowledge essential for effective lifeguarding. To enroll in this course, students must pass a swim placement test during the first week, which includes a swim-tread-swim sequence in which the student swims 150 yards using front crawl or breaststroke (no back or side swimming; goggles allowed), treads water for 2 minutes using only legs, and swims 50 yards using front crawl or breaststroke. In addition, the timed test includes being able to swim 20 yards, surface dive to retrieve a 10-pound object from 7–10 feet and return 20 yards on your back, holding the object at the surface (no goggles) while completing within 1 minute, 40 seconds and exit the water without a ladder. To attain certification, participants must pass three final skills assessments, including rotating in-conduct surveillance and rotating out effectively, a timed Single-rescuer CPR Scenario, and a multiple rescuer response scenario, and earn a score requirement of at least 80% on the written final exam.

General Education: GE01, GE02, GE05

Typically Offered: Fall and Spring Semesters

HLED 150, DRUGS ALCOHOL AND TOBACCO 3 (3)

Drugs Alcohol and Tobacco: An introduction to issues of alcohol and substance abuse. Historical points, risk factors, basic pharmacology of drug actions, prevention and the potential consequences of substance abuse and misuse will be included along with discussion of treatment plans.

General Education: GE02, GE05

Typically Offered: Summer, Fall and Spring Semesters

HLED 151, PERSONAL HEALTH 2 (2)

Course explores the attitudes and practices that are necessary for more healthful living by examining today's health issues and contemporary approaches to maintaining good health and ways to modify behaviors to enhance one's quality of life.

General Education: GE03, GE05

Typically Offered: Summer, Fall and Spring Semesters

HLED 152, COMMUNITY HEALTH 2 (2)

This class encompasses knowledge and understanding of major health problems in communicable and non-communicable disease control, safety, consumer and environmental health. Course requires a volunteer community service learning project.

General Education: GE01, GE05

Typically Offered: Summer, Fall and Spring Semesters

HLED 153, FIRST AID AND SAFETY 2 (3)

This two part course includes the American Heart Association Health Care Provider CPR and the American Red Cross Responding to Emergencies First Aid. The course incorporates hands on training to provide the citizen responder with the knowledge and skills necessary to perform in emergency situations to help sustain life, reduce pain and minimize the consequences of injury or sudden illness until professional medical help arrives. Red Cross Responding to Emergencies and American Heart Association Health Care Provider certificates will be awarded upon instructor's recommendation and student successful. (A special fee will be assessed.)

General Education: GE01, GE02, GE05

Typically Offered: Summer, Fall and Spring Semesters

HLED 154, CARDIO-PULMONARY RESUSCITATION CPR 1 (1)

Identification of warning signs and application of life-saving techniques for individuals experiencing medical emergencies (e.g. respiratory distress/arrest, airway obstruction and cardiac arrest). Course taught according to American Heart Association (AHA) guidelines for Health Care Providers, other professionals, and the layperson. An American Heart Association Health Care Provider certificate will be awarded upon successful completion of the AHA - Basic Life Support (BLS) examination (a score of 84% or higher) and all core BLS skills. This course may be repeated up to three (3) times for credit, but can satisfy only one (1) credit for academic program requirement. Non-credit options are available. (A special fee will be assessed.)

General Education: GE02, GE05

Typically Offered: Summer, Fall and Spring Semesters

HLED 156, HEALTH AND WELLNESS 2 (2.5)

This course emphasizes the adaptation of a wellness lifestyle through behavior modification in the following areas: physical fitness, nutrition, weight management, stress management, cardiovascular health, and the reduction of at risk lifestyle behaviors. The student will engage in a variety of health-related and physical fitness labs, service learning activity and critical thinking exercises. (A special fee will be assessed.)

General Education: GE01, GE02, GE04, GE05, GE06

Typically Offered: Summer, Fall and Spring Semesters

HLED 157, WOMEN'S HEALTH 3 (3)

The Women's Health course explores intrapersonal, interpersonal and social factors that affect a woman's health and well-being. Interactive discussions include preventing chronic diseases, personal sexuality, diversity issues, and the latest trends and research to promote and protect the health, safety and the quality of life for women throughout their lifetime.

General Education: GE01, GE02, GE04, GE05, GE06, GE08

Typically Offered: Summer, Fall and Spring Semesters

HLED 162, MODULAR EDUCATION PROGRAM FOR ACTIVITY PROFESSIONALS (MEPAP) I 8 (13)

This course is known by the federal and state government, as well as the National Certification Council of Activity Professionals (NCCAP), as the Modular Education Program for Activity Professionals (MEPAP) course. This class provides an overview of the activities profession, knowledge of human development in the later adult years and the relationship to activity programming, an understanding of how illness and disability impact the elderly and an understanding of standards of practice, including regulations and experiential learning through off-site practicum hours.

General Education: GE01, GE02, GE04, GE05, GE06

Typically Offered: Fall Semester

HLED 163, MODULAR EDUCATION PROGRAM FOR ACTIVITY PROFESSIONALS (MEPAP) II 8 (13)

This course is one of the two MEPAP classes required to sit for the National Certification Council for Activity Professionals (NCCAP) exam. The class explores activity care planning for improved quality of life in long-term care and methods of service delivery in the activity profession. Topics include documentation, program planning, working with volunteers, team members, activity analysis, and experiential learning through off-site practicum hours.

General Education: GE02, GE05, GE06

Typically Offered: Spring Semester

HLED 166, MENTAL HEALTH FIRST AID 1 (1)

This course is based on the National Council for Mental Wellbeing, Mental Health First Aid USA. Students will participate in real world scenarios, activities, and hands on training to develop skills to help someone who is developing a mental health challenge or experiencing a mental health crisis. A Mental Health First Aid USA certificate will be awarded upon instructor's recommendation and successful completion of competencies. This course may be repeated up to four (4) times for credit but can satisfy only three (3) credits for academic program requirement. (A special fee will be assessed.)

General Education: GE02, GE05

Typically Offered: Fall and Spring Semesters

HLED 181, NUTRITION AND WEIGHT MANAGEMENT STRATEGIES 2 (2.5)

This course is designed as an introduction to dietary reference intakes, daily food intakes, food label interpretation, carbohydrates, fats, protein, vitamins, minerals, water, and how the body responds to physical activity. An exercise component is incorporated into the course. Healthy living topics will be addressed.

General Education: GE02, GE05

Typically Offered: Fall and Spring Semesters

HLED 221, HEALTH PROMOTION AND BEHAVIOR CHANGE 3 (3)

This course will introduce the learner to the foundations of research on health and physical activity behaviors and diseases associated with physically inactive lifestyles. Theory-based physical activity interventions, tools for measuring motivational readiness for behavior change will be explored. The learner will design health promotion intervention programs for individuals and groups at work site and community settings. Service Learning is a component in this course. Students pursuing an Allied Health major may have prerequisites waived. A portion of the lab fee will pay for the curriculum based Coaching Healthy Behaviors Specialty Certificate online exam administered at the conclusion of the course. (A special fee will be assessed.)

General Education: GE01, GE02, GE03, GE05

Course Entry Requirement(s): Prerequisite: HLED 151 or HLED 156

Typically Offered: Spring Semester

HLED 225, HEALTH AND WELLNESS COACHING/PROMOTION PRACTICUM 1 (7)

This course provides learners with a practicum experience applying health and wellness coaching and programming skills. Learners will apply practical skills by engaging in practicum hours in the discipline of health and wellness coaching and promotion activities through on campus and off site experiences. Online component will address topics relevant to roles and responsibilities of a health and wellness coach, coaching structure, coaching process i.e. coaching relationship/communication techniques, health and wellness concepts and ethics/legal responsibilities.

General Education: GE01, GE02, GE03, GE04, GE05, GE08

Course Entry Requirement(s): Prerequisite: HLED 125; Concurrent: SDEV 111 and SDEV 112

Typically Offered: Fall and Spring Semesters

HLED 226, HEALTH AND WELLNESS COACHING & MENTORING 3 (3)

This course provides an in-depth exploration of the principles, practices, and competencies essential for effective health and wellness coaching based on the National Board of Health Wellness Coaching (NBHWC) guidelines. Students will learn to cultivate coaching presence, build growth-enhancing relationships, and apply evidence-based theories and models of behavior change. Emphasis will be placed on developing core communication skills, fostering client autonomy, and utilizing tools and strategies to support sustainable lifestyle modifications and long-term well-being.

General Education: GE01, GE04, GE05

Course Entry Requirement(s): Concurrent: HLED 125

Typically Offered: Fall Semester