



**KENTUCKY STATE
UNIVERSITY**

HEALTH EDUCATION (HED)

HED 107: First Aid and Safety

Designed to prepare students to provide immediate and temporary care in emergency situations, including accidents or sudden illnesses. Open to all students.

Credit Hours: 2

Contact Hours: 2

HED 221: Personal Health/Life Fitness

An introduction to the beneficial effects of a positive healthy life style and methods to implement and live such a life style

Credit Hours: 2

Contact Hours: 2

HED 222: Personal Health/Life Fit II

A continuation of HED 221. Emphasis will be placed on the application of content relevant to health behaviors associated with the use of drugs, alcohol, tobacco, human sexuality, marriage and the family environment.

Prerequisite: HED 221

Credit Hours: 2

Contact Hours: 2

HED 223: Prin of Health Edu

A study of the foundations and principles of health, including physical, mental, social, emotional, and environmental aspects of health.

Prerequisite: HED 221

Credit Hours: 3

Contact Hours: 3

HED 300: Found of Health Education

This course is designed for all physical education teaching majors. It will include the standards, materials, and methods of health education. It will relate to the mental, physical, emotional, environmental aspects of health.

Prerequisite: HED 221 and HED 222

Credit Hours: 3

Contact Hours: 3

HED 305: Safety Education

Focus on the rules and functions of health education in developing and maintaining a safe and healthful environment.

Credit Hours: 3

Contact Hours: 3

HED 321: Community Health

An analysis of current health problems from both school and community viewpoints.

Prerequisite: HED 223 and PSY 200

Credit Hours: 3

Contact Hours: 3

HED 326: Epidemiology

Current concepts of disease etiology and control as applied to the most prevalent communicable and chronic diseases that affect mankind.

Prerequisite: HED 221

Credit Hours: 3

Contact Hours: 3

HED 371: Intro to Public Health

A survey course that develops an understanding and appreciation for factors affecting health status and its contribution to individual and community health.

Prerequisite: HED 221 or consent of instructor

Credit Hours: 3

Contact Hours: 3