

HED - Health Education

Health Education: HED

Lower-Division Courses

HED 110. Freshman seminar.

Provides an overview of the life skills that are critical to success, such as academic, social, and health behaviors. Offered on the pass/fail basis only.

HED 311. Introduction to Health Promotion and Behavioral Science.

Restricted to health education and kinesiology majors. Provides an introduction to the concepts and core principles of health promotion and behavioral science. Three lecture hours a week for one semester. Offered on the letter-grade basis only.

HED 112. Foundations of Stress Management.

Examine stress, mindfulness, and multiple means of stress management. Explore the science of stress and how it impacts health, the history and benefits of mindfulness, and engage with different stress management practices each week; including learning the practices' history, scientific benefits, and varying experiences. Use healthy coping strategies on a consistent basis and tools to address stressors that will arise from being a college student. One lecture hour a week for one semester. Offered on the letter-grade basis only.

HED 119S, 219S, 319S, 419S, 519S, 619S, 719S, 819S, 919S. Topics in Health Education.

This course is used to record credit the student earns while enrolled at another institution in a program administered by the University's Study Abroad Office. Credit is recorded as assigned by the study abroad adviser in the Department of Kinesiology and Health Education. University credit is awarded for work in an exchange program; it may be counted as coursework taken in residence. Transfer credit is awarded for work in an affiliated studies program. May be repeated for credit when the topics vary.

Upper-Division Courses

HED 127L, 227L, 327L, 627L. Fieldwork in Health Promotion.

Restricted to health education and kinesiology majors. Applied experiences in development, delivery, or evaluation of professional health promotion programs. For each semester hour of credit earned, the equivalent of one lecture hour a week for one semester, with additional hours to be arranged. No more than twelve semester hours in the following courses may be counted: Health Education 127L, 227L, 327L, 627L, Kinesiology 127L, 227L, 327L, 627L. The six-hour fieldwork/internship will require 270 hours overall or about 20 hours per week. Prerequisite: Upper-division standing, consent of the instructor, and a University grade point average of at least 2.50.

HED 628. Internship in Health Promotion.

Applied experiences in development, delivery, or evaluation of professional health promotion programs. One conference hour and seventeen hours of fieldwork a week for one semester. May be repeated once for credit. Prerequisite: Upper-division standing, consent of the director of the degree program in kinesiology, and a University grade point average of at least 2.50. A higher grade point average may be required.

HED 329K. Child and Adolescent Health.

Restricted to students in the College of Education. The foundations of child and adolescent health; health education; and the biological,

environmental, and behavioral health determinants of health. Includes the application of evidence-based child and adolescent health promotion concepts; prominent health risk behaviors established during youth that increase the risk of morbidity and mortality; and the application of personal health and wellness information. Three lecture hours a week for one semester.

HED 129S, 229S, 329S, 629S. Topics in Health Education.

Restricted to health education and kinesiology majors. Credit is recorded while the student is enrolled at another institution in a program administered by the University's Study Abroad Office. For each semester hour of credit earned, the equivalent of one lecture hour a week for one semester. Credit is recorded as assigned by the study abroad adviser in the Department of Kinesiology and Health Education. University credit is awarded for work in an exchange program; it may be counted as coursework taken in residence. Transfer credit is awarded for work in an affiliated studies program. May be repeated for credit when the topics vary. May be repeated for credit when the topics vary.

HED 335. Theories of Substance Use and Abuse.

Restricted to health education and kinesiology majors. An introduction to the psychological, social, pharmacological, and cultural aspects of substance use and abuse. Includes a study and critique of the theories of substance use and abuse. Three lecture hours a week for one semester.

HED 343. Foundations of Epidemiology.

Same as Health and Society 350E. Introduction to the basic tenets of epidemiology as well as the different types of epidemiological study designs. Three lecture hours a week for one semester. Only one of the following may be counted: Health Education 343, Health and Society 340 (Topic 1), 350E. Prerequisite: Consent of instructor.

HED 350. Theories of Health Promotion Behavioral Science.

Restricted to health promotion majors. Introduction to the field of health promotion, as applicable in the fields of health and education: theories, processes, activities, and settings for health promotion practice. Three lecture hours a week for one semester. Health Education 350 and 370K (Topic 1) may not both be counted. Prerequisite: Upper-division standing, Health Education 311.

HED 351. Needs Assessment and Program Planning.

Restricted to health promotion majors. Introduction to the processes of planning, implementing, and evaluating health promotion programs. Three lecture hours a week for one semester. Only one of the following may be counted: Health Education 351, 352K (Topic 1), 371K. Prerequisite: Upper-division standing, at least 60 semester hours of coursework, and Health Education 311, 343, and 350.

HED 352K. Studies in Health: Topical Studies.

Analysis and synthesis of the literature and discussion of current and specific issues in health. Three lecture hours a week for one semester. Laboratory work is required for some topics. May be repeated for credit when the topics vary. Prerequisite: Varies with the topic.

Topic 3: Psychosocial Issues in Adult Development and Health.

Examines psychosocial issues in adult physical and mental health within the context of adult psychological development, using a biopsychosocial approach. Examines psychosocial factors in the major health risks in adulthood and in preventative health behavior. Also considers psychosocial factors in stress and coping and their implications for health.

HED 360. Adolescent Health Risk Behavior.

Overview of the biological, psychological, social, and environmental determinants of adolescent risk-taking behavior. Focuses on selected

behaviors that can result in adolescent mortality, morbidity and social problems including: violence, sexual behavior, obesity-related behaviors, depression, alcohol, tobacco, and other substance use. Three lecture hours a week for one semester. Health Education 360 and 370K (Topic 2) may not both be counted.

HED 361. Psychosocial Issues in Women's Health.

Same as Women's and Gender Studies 345 (Topic 35). Explores psychosocial issues in women's physical and mental health, including traditional reproductive issues, disorders that are more common in women than in men, and the leading causes of death in women. Covers gender influences on health risk behaviors, and societal influences on women's health through a consideration of social norms and roles. Three lecture hours a week for one semester. Only one of the following may be counted: Health Education 352K (Topic 2: Psychosocial Issues in Women's Health), 361, Women's and Gender Studies 345 (Topic 35). Prerequisite: Upper-division standing.

HED 364. Strategic Health Communication.

Restricted to health education majors, kinesiology majors, and youth and community studies majors. Introduces essential components of effective communication strategies and persuasive messaging techniques to aid in the development of a strategic health campaign for a client in an allied health field. Three lecture hours a week for one semester. Health Education 352K (Topic 4) and 364 may not both be counted.

HED 365. Social Determinants of Health and Health Disparities.

Explore social determinants of health and health disparities in the United States and globally, as well as strategies to address them. Three lecture hours a week for one semester. Prerequisite: Upper-division standing.

HED 366. Human Sexuality.

Introduction to health and sexuality. Explore sexuality, health, and rights and how they relate to the past, present, future, emerging issues, controversial issues, and cutting-edge areas. Examine the evolution of sexual rights, global sexual health, how health and sexuality constructs positive and negative messages throughout communities, nationally, and globally, methods to improve sexual health, and advocacy. Three lecture hours a week for one semester. Prerequisite: Upper-division standing and at least 45 semester hours of coursework.

HED 370K. Topical Seminar in Health Promotion.

Identification, causes, incidence, prevention, control, and social implications of major problems in health. Three lecture hours a week for one semester. May be repeated for credit when the topics vary. Prerequisite: Varies with the topic.

Topic 1: Foundations of Health Promotion I. Restricted to health promotion students. Introduction to the field of health promotion, as applicable in the fields of health and education: theories, processes, activities, and settings for health promotion practice. Health Education 350 and 370K (Topic 1) may not both be counted. Additional prerequisite: Upper-division standing

Topic 3: Environmental Health. Provides an introduction to the key areas of environmental health in developed and developing countries. Using the perspectives of the population and community, the course will cover factors associated with the development of environmental health problems.

Topic 4: Public Health Challenges Along the United States-Mexico Border. Explore border health issues and health promotion strategies to address them using a bi-national framework. Health Education 370K (Topic: Publ Hlth Chllngs US/Mex Brdr) and 370K (Topic 4) may not both be counted.

HED 371K. Foundations of Health Promotion II.

Introduction to the processes of planning, implementing, and evaluating health promotion programs. Three lecture hours a week for one semester. Only one of the following may be counted: Health Education 351, 352K (Topic 1), 371K. Prerequisite: Upper-division standing and Health Education 370K (Topic 1).

HED 373. Evaluation and Research Design.

Restricted to health promotion students. Develop knowledge and application of research methods and program evaluations in health promotion settings. Subjects include experimental and non-experimental research, validity, reliability, experimental and quasi-experimental research designs, data collection procedures, measurement of health knowledge, attitudes, behaviors, and data analysis. Three lecture hours a week for one semester. Prerequisite: Upper-division standing.

HED 178C, 278C, 378C, 678C. Fieldwork in Health.

Undergraduate research and/or experience with a health agency in the field attempting to analyze or solve community health problems through education; students are supervised by the health agency and by the kinesiology and health education faculty. For each semester hour of credit earned, two laboratory hours a week for one semester. May be repeated for credit when the topics vary. Offered on the pass/fail basis only. Prerequisite: Upper-division standing and consent of instructor.

HED 378D. Peer Health Leadership I.

Restricted to students in the University Health Services program. Literature and discussion of current and specific issues in health. One conference hour and eight hours of fieldwork a week for one semester. May be repeated for credit when the topics vary. Prerequisite: Consent of instructor.

Topic 3: Clinic Volunteer Program. Restricted to students in the University Health Services Clinical Volunteer Program. Analysis of literature and weekly discussion of current and specific issues relating to health. Focus on teamwork and leadership skills through a group capstone presentation at the end of the semester.

HED 178E. Peer Health Leadership II.

Restricted to students in the University Health Services program. Literature and discussion of current and specific issues in health. One conference hour and two hours of fieldwork a week for one semester. May be repeated for credit when the topics vary. Prerequisite: Consent of instructor.

Topic 3: Clinic Volunteer Program. Restricted to students in the University Health Services Clinical Volunteer Program.

Topic 4: Peer Support Practicum Seminar. Health Education 178E (Topic: Peer Support Practicum) and 178E (Topic 4) may not both be counted. Additional prerequisite: Upper-division standing, Health Education 370K, and completion of the Mental Health First Aid training.

HED 178F. Peer Health Leadership III.

Restricted to students in the University Health Services program. Literature and discussion of current and specific issues in health. One conference hour and two hours of fieldwork a week for one semester. May be repeated for credit when the topics vary. Prerequisite: Consent of instructor.

Topic 3: Clinic Volunteer Program. Restricted to students in the University Health Services Clinical Volunteer Program.

HED 178G. Applied Peer Education.

Continue to examine concepts related to peer education, public health, and health promotion. Discuss campus resources and learn how to

integrate that information in workshops, campus events, and public health initiatives. Work collaboratively in "pods" which aim to promote comprehensive health promotion strategies across campus. Explore group facilitation and peer-led discussion skills. One-and-one-half lecture hours and the equivalent of two service hours a week for one semester. Only one of the following may be counted: Health Education 178E (Topic 1), 178E (Topic 2), 178G. Offered on the pass/fail basis only. Prerequisite: Health Education 378I and consent of instructor.

HED 378I. Foundations of Peer Health Leadership.

As incoming peer educators, explore content related to health promotion among college students and examine how to effectively use that information in their role. Deliver workshops, attend Longhorn Wellness Center (LWC) events, represent the LWC at campus functions, and develop public health initiatives and projects. Three lecture hours and the equivalent of one service hour a week for one semester. Only one of the following may be counted: Health Education 378D (Topic 1), 378D (Topic 2), 378I. Offered on the letter-grade basis only. Prerequisite: Consent of instructor.

HED 178J. Fieldwork in Peer Education.

Continue to explore the skills necessary to be effective public health promotion peer educators. Deliver workshops, serve as mentors to the new class of peer educators, attend Longhorn Wellness Center (LWC) events, represent the LWC at campus functions, and develop initiatives and projects in committees. Examine how peer educator skills apply to professional development skills. One-and-one-half lecture hours and the equivalent of two service hours a week for one semester. Only one of the following may be counted: Health Education 178E (Topic 1), 178E (Topic 2), 178J. Offered on the pass/fail basis only. Prerequisite: Health Education 178G, 378I, and consent of instructor.

Graduate Courses

HED 386. Research Methodologies.

Disciplines of research methods, research design, data-producing techniques, treatment and interpretation of data, reporting on research. Three lecture hours a week for one semester. May be repeated for credit when the topics vary. Prerequisite: Graduate standing.

Topic 1: Research Methods: Proposal Writing. Additional prerequisite: Educational Psychology 371 or an equivalent introductory statistics course with a grade of at least C.

Topic 2: Research Methods: Applied Research Techniques.

HED 395. Advanced Topical Studies.

Group and individual studies of advanced topics; critique and synthesis of research findings and of literature. The equivalent of three lecture hours a week for one semester. May be repeated for credit when the topics vary. Prerequisite: Graduate standing.

Topic 1: Foundations of Health Promotion.

Topic 3: Worksite Wellness & Health Promotion. Introduction of the business model approach as an evaluation and justification of worksite wellness.

Topic 4: Intervention Mapping: Health Promotion Program Development.

Topic 5: Issues in School and College Health.

Topic 6: Theories of Health Behavior.

Topic 7: Foundations of Epidemiology.

Topic 8: Theories of Substance Abuse.

Topic 11: Human Sexuality.

Topic 12: Child and Adolescent Health Psychology. Introduction to the psychological, social, and physical aspects of childhood and adolescence. Issues are addressed from a developmental-contextual perspective.

Topic 16: Organizational and Social Change for Health Promotion.

Topic 17: Mind/Body Health. The scientific basis for mind/body health; overview of clinically tested mind/body interventions in each dimension of health: emotional, psychological, physical, spiritual, intellectual, and social.

Topic 18: Adolescent Problem Behaviors: A Developmental Perspective.

In-depth theoretical and empirical analysis from a developmental perspective of adolescent problem behaviors. Individual and contextual factors related to adolescent substance abuse, early sexual activity, pregnancy and childbearing, and emotional problems.

Topic 19: Public Health Communication: Case Studies. Introduction to applications of social cognitive learning theory and innovation diffusion theory in the design of campaigns to change health behaviors.

Topic 20: Adult Development, Aging, and Health. Overview of current research and theory in the study of adult development, aging, and health. Considers the interaction of biological, psychological, and social factors in health and well-being.

Topic 21: Risk and Resilience in Children and Adolescents.

Introduction to the theories and methods of child and adolescent risk and resilience. Examines resilience processes in populations at elevated risk for negative outcomes and explores how empirical research contributes to the development of programs aimed at strengthening resilience in at-risk youth.

Topic 22: Politics of Health and Long-Term Care Reform.

Topic 23: Health Issues in Gerontology. An introduction to physical, psychological, and social perspectives on aging, with an emphasis on health and health care of older adults. Explores the impact of an aging society on socioeconomic, political, and health care systems.

Topic 24: Social and Behavioral Aspects of International Health.

Behavioral science principles and methods of international cooperation in research and action, illustrated by case studies.

Topic 25: Politics and Policies in an Aging Population. The impact of an aging population on social institutions; the utility of different approaches to the social welfare demands of an ethnically and racially diverse population.

Topic 26: Planning Health Promotion Programs. Introduction to the processes of planning, implementing, and evaluating health promotion programs. Students develop a health promotion intervention and evaluation plan for a public health issue. Additional prerequisite: Health Education 370K (Topic 1: Foundations of Health Promotion I).

Topic 27: Physical Activity and Public Health Practice. Practice strategies for implementation of public health programming related to physical activity, approached through review of the current research literature. Topics focus on evidence-based strategies, and key approaches to program development, implementation, and evaluation.

Topic 28: Social Determinants of Health. Introduces the social factors/determinants that influence health, including: race, class, education, family, neighborhood, media, global influences, immigration, and gender. Theoretical and methodological approaches to the study of social determinants will be discussed from a social ecological perspective.

Topic 29: Impact of Marketing on Public Health. Introduction to research on the impact of marketing from a public health perspective, with a focus on youth and young adults. Explore theoretical approaches to understanding marketing's influence, impacts on public health, and disproportionate impact on vulnerable groups. Health Education 395 (Topic: Impact of Mktg on Public Hlth) and 395 (Topic 29) may not both be counted.

Topic 71: Cognition and Exercise Across the Lifespan. Same as Kinesiology 395 (Topic 71). Detailed study of the relationship between brain health and physical activity behaviors across the developmental life stages; focused on the effects of physical activity programming on

cognitive control and performance. Only one of the following may be counted: Health Education 395 (Topic: Cogn/Exerc Across Lifespan), 395 (Topic 71), Kinesiology 395 (Topic 71).

HED 196, 296, 396. Doctoral Seminar.

Individual or shared project research with reports evaluated by seminar participants and the instructor. For each semester hour of credit earned, the equivalent of one lecture hour a week for one semester. May be repeated for credit. Offered on the credit/no credit basis only. Prerequisite: Graduate standing and written consent form.

HED 296T, 396T. Directed Research in Health Education.

Investigation of assigned problems under the direction of a Graduate Studies Committee member; development and demonstration of competence in research design and execution; production of an acceptably written research report. For each semester hour of credit earned, the equivalent of one lecture hour a week for one semester. May be repeated for credit. Prerequisite: Graduate standing and written consent form.

HED 197, 397. Research Problems.

Individual or group research in a specialized area of health education. The equivalent of one or three lecture hours a week for one semester. May be repeated for credit. Prerequisite: Graduate standing and written consent form.

HED 397P, 697P. Graduate Internship.

Supervised practice in a professional organization or institution. The equivalent of nine or eighteen laboratory hours a week for one semester. May be repeated for credit by doctoral students. Prerequisite: Graduate standing and admission by internship committee.

HED 698. Thesis.

The equivalent of three lecture hours a week for two semesters. Offered on the credit/no credit basis only. Prerequisite: For 698A, graduate standing in health education and written consent of the graduate adviser; for 698B, Health Education 698A and written consent of the graduate adviser.

HED 398T. Teaching in Higher Education.

Provides graduate students with the knowledge and ability to teach in higher education. An overview of diverse instructional strategies, common issues in teaching and learning, short- and long-term planning, practical aspects of course design and management, as well as assessment and grading practices. Reviews historical perspectives on the research in teaching and learning. Three lecture hours a week for one semester. May be repeated for credit. Offered on the letter-grade basis only. Prerequisite: Graduate standing.

HED 399W, 699W, 999W. Dissertation.

May be repeated for credit. Offered on the credit/no credit basis only. Prerequisite: Admission to candidacy for the doctoral degree.

Professional Courses