

Health Education (HED)

HED 109S, 209S, 309S Topics in Health Education 1-3 Hours

HED 110 Freshman seminar 1 Hour

Provides an overview of the life skills that are critical to success, such as academic, social, and health behaviors.

HED 311 Introduction to Health Promotion and Behavioral Science 3 Hours

Provides an introduction to the concepts and core principles of health promotion and behavioral science.

HED 112 Foundations of Stress Management 1 Hour

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.

HED 119S, 219S, 319S, 419S, 519S, 619S, 719S, 819S, 919S Topics in Health Education 1-9 Hours

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.

HED 127L, 227L, 327L, 627L Internship/Fieldwork in Health Promotion 1,2,3,6 Hours

Applied experiences in development, delivery, or evaluation of professional health promotion programs.

HED 628 Internship in Health Promotion 6 Hours

Applied experiences in development, delivery, or evaluation of professional health promotion programs.

HED 329K Child and Adolescent Health 3 Hours

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.

HED 129S, 229S, 329S, 629S Topics in Health Education 1,2,3,6 Hours
Credit is recorded while the student is enrolled at another institution in a program administered by the University's Study Abroad Office.

HED 335 Theories of Substance Use and Abuse 3 Hours

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.

HED 343 Foundations of Epidemiology 3 Hours

Introduction to the basic tenets of epidemiology as well as the different types of epidemiological study designs.

HED 350 Theories of Health Promotion Behavioral Science 3 Hours

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.

HED 351 Needs Assessment and Program Planning 3 Hours

Introduction to the processes of planning, implementing, and evaluating health promotion programs.

HED 352K Topics in Health Studies 3 Hours

Analysis and synthesis of the literature and discussion of current and specific issues in health.

HED 352K.3 Psychosocial Issues in Adult Development and Health 3 Hours

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 3 Hours

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.

HED 361 Psychosocial Issues in Women's Health 3 Hours

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.

HED 364 Strategic Health Communication 3 Hours

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.

HED 365 Social Determinants of Health and Health Disparities 3 Hours

Explore social determinants of health and health disparities in the United States and globally, as well as strategies to address them.

HED 366 Human Sexuality 3 Hours

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.

HED 370K Topics in Health Promotion: Seminar 3 Hours

Identification, causes, incidence, prevention, control, and social implications of major problems in health.

HED 370K.1 Foundations of Health Promotion I 3 Hours

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.

HED 370K.3 Environmental Health 3 Hours

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.

HED 370K.4 Public Health Challenges Along the United States-Mexico Border 3 Hours

Explore border health issues and health promotion strategies to address them using a bi-national framework.

HED 371K Foundations of Health Promotion II 3 Hours

Introduction to the processes of planning, implementing, and evaluating health promotion programs.

HED 373 Evaluation and Research Design 3 Hours

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.

HED 178C, 278C, 378C, 678C Topics in Fieldwork in Health 1,2,3,6 Hours

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.

HED 378D Topics in Peer Health Leadership I 3 Hours

Literature and discussion of current and specific issues in health.

HED 378D.3 Clinic Volunteer Program 3 Hours

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 Topics in Peer Health Leadership II 1 Hour

Literature and discussion of current and specific issues in health.

HED 178E.3 Clinic Volunteer Program 1 Hour

HED 178E.4 Peer Support Practicum Seminar 1 Hour

HED 178F Topics in Peer Health Leadership III 1 Hour

Literature and discussion of current and specific issues in health.

HED 178F.3 Clinic Volunteer Program 1 Hour

HED 178G Applied Peer Education 1 Hour

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.

HED 378I Foundations of Peer Health Leadership 3 Hours

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.

HED 178J Fieldwork in Peer Education 1 Hour

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.

HED 395 Topics in Advanced Studies 3 Hours

Group and individual studies of advanced topics; critique and synthesis of research findings and of literature.

HED 395.71 Cognition and Exercise Across the Lifespan 3 Hours

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.