HEALTH EDUCATION MINOR

Health education plays an important role in the promotion of health and the prevention of disease. A minor in health education provides opportunities for involvement in school health education, as well as an introduction to a career as a health education professional in a clinical or community setting.

In the State of Michigan, a commitment has been made to a comprehensive health education curriculum, the Michigan Model. Promoted by the State departments of public health and education, the Michigan Model has been adopted by an increasing number of schools. The secondary minor in health education qualifies individuals for a health teaching endorsement in grades 6-12. The elementary minor qualifies individuals for a health teaching endorsement in grades 6-8. In addition, a minor in this field may be combined with nursing or other health science fields.

The requirements for a minor in Health Education include courses in six areas:

1. professional preparation;
2. physical health (classes need to be taken in a specific order);
3. mental health;
4. nutrition;
5. personal health; and
6. substance abuse.

Students must see an advisor in Health Education to file a Plan of Work prior to begin the minor.

Twenty-one credits are required for the completion of the Health Education minor, as follows:

<table>
<thead>
<tr>
<th>Level 1</th>
<th>Level 2</th>
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<tbody>
<tr>
<td>HE 3300 Health of the School Child</td>
<td>HE 3330 Methods in Teaching Health</td>
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<tr>
<td>HE 3440 Nutrition and Health Education</td>
<td>or HE 6500 Comprehensive School Health Education</td>
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<tr>
<td>or KHS 6540 Workshop in Kinesiology, Health and Sport Studies</td>
<td>HE 5620 Performance Based Assessment in Health Education</td>
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<tr>
<td>HE 4340 Family and Reproductive Health</td>
<td>or HE 6430 (WI) School Health Curriculum</td>
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<tr>
<td>HE 5440 Mental Health and Substance Abuse</td>
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Prereq: HE 2310 or HE 3300
Prereq: HE 3440
Prereq: Completion of all Level 1 classes; Admission to the College of Education Level 2; fifteen credits in HE
Prereq: Completion of all Level 1 classes
Prereq: fifteen credits in HE
Prereq: HE 3300 or HE 6500

Total Credits: 21