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<td>HE 3340</td>
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<td>HE 5522</td>
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**Prerequisites/Restrictions:**
- Enrollment is limited to Undergraduate level students.
- Prerequisites vary for specific courses.
- Enrollment is limited to students in the College of Education.

**Course Material Fees:**
- $16

**Repeatable for Credits:**
- HE 3330, HE 3344, HE 3990, HE 4902, HE 5522

**Course Offerings:**
- Fall, Winter
HE 5993 Writing Intensive Course in Health Education Cr. 0
Satisfies General Education Requirement: Writing Intensive Competency
Disciplined writing assignments under direction of a faculty member. Satisfies University General Education Writing Intensive Course in the Major requirement. Offered Fall.
Prerequisites: PSY 1010-6999 and (AFS 2390 with a minimum grade of C, ENG 2390 with a minimum grade of C, ENG 3010 with a minimum grade of C, ENG 3020 with a minimum grade of C, or ENG 3050 with a minimum grade of C)
Corequisite: HE 5522
Restriction(s): Enrollment is limited to students with a major, minor, or concentration in Health Education or Health Education Honors.

HE 6000 Yoga, History, Philosophy, and Practice Cr. 3
The in-depth study of yoga history, philosophy, research, and ethics, as well as the physical and mental practice, used for self-care as well as introducing professional training. Offered Every Term.

HE 6050 Mindfulness: Philosophy, Theory, Practice, and Research Cr. 3
The in-depth study of mindfulness history, theory, research, and practice used for self-development and self-care. The course prepares students to successfully complete an optional Mindfulness-Based Stress Reduction (MBSR) training and receive a MBSR certificate of completion. Offered Every Term.

HE 6200 Yoga and Mindfulness in Professional Practice Cr. 3
Introduction to yoga and mindfulness as applied to professional settings. Topics will include the research on and availability of yoga & mindfulness programs in a variety of professions, how to design a yoga and/or mindfulness program in varied settings, and also a discussion of concerns, ethics, self-care, and scope of practice. Offered Every Term.
Prerequisite: HE 6000 with a minimum grade of C and HE 6050 with a minimum grade of C

HE 6310 Reproductive Health Education Cr. 3
Program planning, curriculum development and classroom teaching strategies in the areas of human sexuality, reproductive health and venereal disease, family planning and family health. Course will satisfy Michigan Department of Education requirements for teaching in these areas. Offered Fall.
Restriction(s): Enrollment limited to students in the College of Education.

HE 6320 Mental Health and Substance Abuse Cr. 3
Identification, treatment, and prevention of mental health/substance abuse problems. How school-age children and their families are affected by these problems; role of the teacher. Offered Fall, Winter.
Restriction(s): Enrollment limited to students in the College of Education or School of Social Work.

HE 6330 Health Behavior Change Cr. 3
Principles of behavior modification; theories of health behavior and program planning as they relate to health promotion and wellness. Offered Every Other Year.
Prerequisites: PSY 1010-6999 and (AFS 2390 with a minimum grade of C, ENG 2390 with a minimum grade of C, ENG 3010 with a minimum grade of C, ENG 3020 with a minimum grade of C, or ENG 3050 with a minimum grade of C)

HE 6340 Advanced Concepts in Health Cr. 3
An in-depth study of health content areas taught in the K-12 school system. Offered Every Other Year.
Restriction(s): Enrollment is limited to students with a major in Health & Phys Ed Teaching.

HE 6350 Health Education and the Nation's Health Cr. 3
Introductory course for graduate health program. Current national health status; contributory factors including: behaviors linked to disease, policies, problems in the health care system and delivery of health care. Offered Every Other Year.

HE 6360 Performance Based Assessment Cr. 3
Assessment and evaluative techniques applied to health education, including test construction and performance-based assessment. Designed to meet assessment and evaluative competencies required for entry-level health teachers in Michigan. Offered Spring/Summer.
Restriction(s): Enrollment limited to students in the College of Education.

HE 6420 Introduction to Health Education Program Design Cr. 3
Overview of health education program process in all practice settings. Introduction to needs assessment, objective writing, staff training, and evaluation in health education. Offered Every Other Year.
Restriction(s): Enrollment is limited to students with a major in Health Education; enrollment is limited to Graduate level students.

HE 6430 School Health Curriculum Cr. 3
Satisfies General Education Requirement: Writing Intensive Competency
Principles and application of school health programming. Philosophy and foundations of health education, conducting a needs assessment and design instruction based on the assessment, implementing and evaluating the instruction, implementation of skills in a secondary classroom, assessment of the process. Satisfies General Education program Writing Intensive requirement for health teaching majors. Offered Winter.
Prerequisite: HE 3330 with a minimum grade of D- or HE 6500 with a minimum grade of D-
Restriction(s): Enrollment limited to students in the College of Education.

HE 6500 Secondary Health Methods Cr. 3
Principles, curriculum development and techniques in teaching health grades 6-12. Offered Fall.
Restriction(s): Enrollment limited to students in the College of Education.
HE 6501 Measurement and Evaluation in Community Health Education Cr. 3
Frameworks, principles, models and strategies for evaluating health education programs. Offered Every Other Year.
Prerequisites: HE 6420 with a minimum grade of C or HE 4010 with a minimum grade of C

HE 6530 Principles and Practice of Health Education and Health Promotion Cr. 3
Principles, resources and practical application of community health education in various settings, with emphasis on the role of the community health education specialist. Offered Every Other Year.

HE 6550 Teaching Methods and Techniques in Health Education Cr. 3
Strategies employed in dissemination of health information in the community and school system. Integration of cognitive skills, behavior change theory, and materials used to produce effective health instruction. Offered Every Other Year.

HE 7200 Grant Writing and Management in Health Sciences Cr. 3
Provides a hands-on approach to grant writing for health sciences programs. Strategies and tactics for seeking out, developing and managing proposals for health programs will be discussed. Offered Every Other Year.
Restriction(s): Enrollment is limited to Graduate level students.

HE 7310 Psychology of Learning Across Development Cr. 3
Course blends a selection of human development and learning theories and concepts; emphasizes application to various professional contexts, e.g., community, health, business, school, and other organizational settings; focus is on late adolescence (ages 18-22) and adulthood. Offered Yearly.
Restriction(s): Enrollment is limited to Graduate level students.
Equivalent: EDP 7310