

HEALTH EDUCATION (HLED)

HLED 125, INTRODUCTION TO HEALTH AND WELLNESS COACHING 1 (1)

This course is designed to provide an introduction to health and wellness coaching/promotion career job task analysis. Topics and or content include roles and responsibilities of a health and wellness coach, coaching structure, coaching process i.e. coaching relationship/communication techniques, health and wellness concepts, ethics/legal responsibilities and creating a professional portfolio.

General Education: IN2, IN4, IN5

Typically Offered: Fall and Spring Semesters

HLED 150, DRUGS ALCOHOL AND TOBACCO 3 (3)

Drugs Alcohol and Tobacco: An introduction to issues of alcohol and substance abuse. Historical points, risk factors, basic pharmacology of drug actions, prevention and the potential consequences of substance abuse and misuse will be included along with discussion of treatment plans.

General Education: IN5

Typically Offered: Summer, Fall and Spring Semesters

HLED 151, PERSONAL HEALTH 2 (2)

Course explores the attitudes and practices that are necessary for more healthful living by examining today's health issues and contemporary approaches to maintaining good health and ways to modify behaviors to enhance one's quality of life.

General Education: IN5

Typically Offered: Summer, Fall and Spring Semesters

HLED 152, COMMUNITY HEALTH 2 (2)

This class encompasses knowledge and understanding of major health problems in communicable and non-communicable disease control, safety, consumer and environmental health. Course requires a volunteer community service learning project.

General Education: IN3, IN5

Typically Offered: Summer, Fall and Spring Semesters

HLED 153, FIRST AID AND SAFETY 2 (3)

This two part course includes the American Heart Association Health Care Provider CPR and the American Red Cross Responding to Emergencies First Aid. The course incorporates hands on training to provide the citizen responder with the knowledge and skills necessary to perform in emergency situations to help sustain life, reduce pain and minimize the consequences of injury or sudden illness until professional medical help arrives. Red Cross Responding to Emergencies and American Heart Association Health Care Provider certificates will be awarded upon instructor's recommendation and student successful. (A special fee will be assessed.)

General Education: IN1, IN3, IN5

Typically Offered: Summer, Fall and Spring Semesters

HLED 154, CARDIO-PULMONARY RESUSCITATION CPR 1 (1)

Identification of warning signs and application of life-saving techniques for individuals experiencing medical emergencies (e.g. respiratory distress/arrest, airway obstruction and cardiac arrest). Course taught according to American Heart Association (AHA) guidelines for Health Care Providers, other professionals, and the layperson. An American Heart Association Health Care Provider certificate will be awarded upon successful completion of the AHA - Basic Life Support (BLS) examination (a score of 84% or higher) and all core BLS skills. This course may be repeated up to three (3) times for credit, but can satisfy only one (1) credit for academic program requirement. Non-credit options are available. (A special fee will be assessed.)

General Education: IN1, IN5

Typically Offered: Summer, Fall and Spring Semesters

HLED 156, HEALTH AND WELLNESS 2 (2.5)

This course emphasizes the adaptation of a wellness lifestyle through behavior modification in the following areas: physical fitness, nutrition, weight management, stress management, cardiovascular health, and the reduction of at risk lifestyle behaviors. The student will engage in a variety of health-related and physical fitness labs, service learning activity and critical thinking exercises. (A special fee will be assessed.)

General Education: IN1, IN2, IN5

Typically Offered: Summer, Fall and Spring Semesters

HLED 157, WOMEN'S HEALTH 3 (3)

The Women's Health course explores intrapersonal, interpersonal and social factors that affect a woman's health and well-being. Interactive discussions include preventing chronic diseases, personal sexuality, diversity issues, and the latest trends and research to promote and protect the health, safety and the quality of life for women throughout their lifetime.

General Education: IN1, IN5

Typically Offered: Summer, Fall and Spring Semesters

HLED 159, WILDERNESS AND REMOTE FIRST AID 2 (3)

Wilderness First Aid: Comprised of lecture, demonstration and application of survival first aid skills, this course equips the student to use common sense and critical thinking skills when addressing medical emergencies in the wilderness or remote areas. Training will include victim assessment and application of improvised first aid skills to address a variety of medical conditions along with appropriate measures for survival. Red cross Wilderness and Remote First Aid certificate will be awarded upon instructor's recommendation. (A special fee will be assessed to cover equipment and certification costs.)

General Education: IN1, IN5

Course Entry Requirement(s): Prerequisite: Participants must be 16 years of age or older when the course begins.

Typically Offered: Fall Semester

HLED 162, MODULAR EDUCATION PROGRAM FOR ACTIVITY PROFESSIONALS (MEPAP) I 8 (13)

This course is known by the federal and state government, as well as the National Certification Council of Activity Professionals (NCCAP), as the Modular Education Program for Activity Professionals (MEPAP) course. This class provides an overview of the activities profession, knowledge of human development in the later adult years and the relationship to activity programming, an understanding of how illness and disability impact the elderly and an understanding of standards of practice, including regulations and experiential learning through off-site practicum hours.

General Education: IN1, IN4, IN5

Typically Offered: Fall Semester

HLED 163, MODULAR EDUCATION PROGRAM FOR ACTIVITY PROFESSIONALS (MEPAP) II 8 (13)

This course is one of the two MEPAP classes required to sit for the National Certification Council for Activity Professionals (NCCAP) exam. The class explores activity care planning for improved quality of life in long-term care and methods of service delivery in the activity profession. Topics include documentation, program planning, working with volunteers, team members, activity analysis, and experiential learning through off-site practicum hours.

General Education: IN1, IN2, IN3, IN4, IN5

Typically Offered: Spring Semester

HLED 164, CPR RENEWAL CERTIFICATION AHA/BLS/HCP 1 (1)

This course is for individuals seeking to renew American Heart Association (AHA) Basic Life Support for Healthcare Provider status. Prior to attending the on-campus class session, students will be required to prepare for knowledge and skill assessments by reading the AHA textbook, completing assignments using the LCCC online course management system and practicing CPR skills. AHA Healthcare Provider Certificate will be awarded upon successful completion of the AHA standardized skill assessment and written exam. This course may be repeated up to three (3) times for credit, but can satisfy only one (1) credit for academic program requirement. Non-credit options are available. (A special fee will be assessed)

General Education: IN1, IN5

Course Entry Requirement(s): Prerequisite: Current American Heart Association BLS for Healthcare Providers certification required (card to be verified prior to registering for class).

Typically Offered: Summer, Fall and Spring Semesters

HLED 165, MENTAL HEALTH FIRST AID AND SAFETY 3 (4)

This course includes the National Council for Behavioral Health Mental Health First Aid USA. American Heart Association Heart Saver First aid and Basic Life Support CPR/AED. The course includes real world scenarios, activities and hands on training to develop skills to help someone who is developing a mental health problem or experiencing a mental health crisis. It also, provide the lay responder skills necessary to perform in emergency situations minimize the consequences of injury or sudden illness until professional medical help arrives. Mental Health First Aid USA, and American Heart Association Heart Saver First Aid and Basic Life Support CPR/AED certificates will be awarded upon instructor's recommendation and successful completion of competencies. This course may be repeated up to four (4) times for credit, but can satisfy only three (3) credits for academic program requirement. (A special fee will be assessed.)

General Education: IN1, IN2, IN3, IN4, IN5

Typically Offered: Offer as required

HLED 181, NUTRITION AND WEIGHT MANAGEMENT STRATEGIES 2 (2.5)

This course is designed as an introduction to dietary reference intakes, daily food intakes, food label interpretation, carbohydrates, fats, protein, vitamins, minerals, water, and how the body responds to physical activity. An exercise component is incorporated into the course. Healthy living topics will be addressed.

General Education: IN5

Typically Offered: Summer, Fall and Spring Semesters

HLED 221, HEALTH PROMOTION AND BEHAVIOR CHANGE 3 (3)

This course will introduce the learner to the foundations of research on health and physical activity behaviors and diseases associated with physically inactive lifestyles. Theory-based physical activity interventions, tools for measuring motivational readiness for behavior change will be explored. The learner will design health promotion intervention programs for individuals and groups at work site and community settings. Service Learning is a component in this course. Students pursuing an Allied Health major may have prerequisites waived. A portion of the lab fee will pay for the curriculum based Coaching Healthy Behaviors Specialty Certificate online exam administered at the conclusion of the course. (A special fee will be assessed.)

General Education: IN1, IN2, IN4, IN5

Course Entry Requirement(s): Prerequisite: HLED 151 or HLED 156

Typically Offered: Spring Semester

HLED 225, HEALTH AND WELLNESS COACHING/PROMOTION PRACTICUM 1 (7)

This course provides learners with a practicum experience applying health and wellness coaching and programming skills. Learners will apply practical skills by engaging in practicum hours in the discipline of health and wellness coaching and promotion activities through on campus and off site experiences. Online component will address topics relevant to roles and responsibilities of a health and wellness coach, coaching structure, coaching process i.e. coaching relationship/communication techniques, health and wellness concepts and ethics/legal responsibilities.

General Education: IN1, IN2, IN4, IN5

Course Entry Requirement(s): Prerequisite: HLED 125; Concurrent: SDEV 111 and SDEV 112

Typically Offered: Fall and Spring Semesters