

HEALTH EDUCATION (HLTH)

HLTH 3342 Sexuality in Health Education**3 Semester Credit Hours (3 Lecture Hours)**

Many aspects of human sexuality; physiology and function of human reproductive system, factors involved in learning sex roles, biological and emotional motivations associated with the sexual aspects of life and their relationship to marriage and family planning.

HLTH 3353 Substance Abuse and Health**3 Semester Credit Hours (3 Lecture Hours)**

A basic knowledge and understanding of the physiological, psychological, social, environmental and behavioral aspects of drug use and abuse in this country to prepare students to make mature and responsible decisions regarding drug use and to assist others in making similar decisions affecting drug-taking behavior.

HLTH 4310 Exercise and Health**3 Semester Credit Hours (3 Lecture Hours)**

Interdisciplinary planning and implementation of exercise programs in school, community and worksite settings; applied exercise physiology, nonclinical exercise assessment; exercise-education strategies to promote adherence in health related exercise programs.

HLTH 4350 Creative Life Styles for Wellness**3 Semester Credit Hours (3 Lecture Hours)**

A course supporting knowledge, attitudes, skills, and behaviors in the five wellness dimensions physical, social, emotional, intellectual, and environmental. Special emphasis will be placed on personal enrichment.