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## HEALTH (HEAL)

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### HEAL 102 Health and Wellness (3 credits)

Attitudes and practices as they influence effective living; common adult health problems; community health standards and services; special problems of community health.

### HEAL 135-136 Freshman Honors Colloquium (1 credit each semester)

*Prerequisite:* Open to Commonwealth Honors students and to others at the discretion of the instructor

Freshman Honors Colloquia in health allow exceptionally able students to explore a challenging topic in small classes under close faculty supervision. Colloquia meet once a week for 50 minutes and culminate in a paper or scientific project, which provides the major part of the grade. The minimum enrollment is two and the maximum is 12. Topics vary from semester to semester. *HEAL 135 fall semester, HEAL 136 spring semester*

### HEAL 199 First Year Seminar (3 credits)

*Prerequisite:* Open to all freshmen with a writing placement score of 3 or above or a SAT score of 500 or above. Students with 24 or more transfer credits will have this requirement waived.

First Year Seminars (FYS) are writing-intensive, topic courses that introduce students to academic thought, discourse and practices. FYS courses prepare and orient students toward productive and fulfilling college careers by actively engaging them in a specific academic area of interest. Students will improve their writing, reading, research and basic information and technology skills while learning to work both collaboratively and independently. These courses will fulfill the First Year Seminar requirement and may fulfill other requirements for the core curriculum. Each course may fulfill different requirements and topics may change each semester. Only one FYS course may be taken for credit. (CFYS)

### HEAL 200 Principles and Practices of Health Education (3 credits)

This introductory course is designed to provide students with an in-depth examination of the process and context of health education and health promotion. Students will receive information and resources that will enable them to begin developing the competencies and skills of entry-level health educators. *Fall semester*

### HEAL 286-287 Sophomore Honors Colloquium (1 credit each semester)

*Prerequisite:* Open to Commonwealth Honors students and to others at the discretion of the instructor

Sophomore Honors Colloquia in Health allow exceptionally able students to explore a challenging topic in small classes under close faculty supervision. Colloquia meet once a week for 50 minutes and culminate in a paper or scientific project, which provides the major part of the grade. The minimum enrollment is two and the maximum is 12. Topics vary from semester to semester. *HEAL 286 fall semester, HEAL 287 spring semester*

### HEAL 298 Second Year Seminar (Speaking Intensive) (3 credits)

*Prerequisite:* \_\_\_\_199; Open to all sophomores and juniors who have completed ENGL 101, and the speaking skills requirement. Students with 54 or more transfer credits will have this requirement waived. Cannot be taken if \_\_\_\_299 is taken for credit.

Second Year Seminars (SYS) are speaking-intensive, topic courses that build on the academic skills and habits introduced in the First Year Seminar. SYS courses engage students in a specific academic area of interest and provide them with the opportunity to reinforce, share and interpret knowledge. Students will improve their speaking, reading, research and basic information and technology skills while building the connections between scholarship and action that are required for lifelong learning. These courses will fulfill the Second Year Seminar requirement and may fulfill other requirements for the core curriculum. Each course may fulfill different requirements and topics may change each semester. Only one SYS course may be taken for credit. (CSYS)

### HEAL 299 Second Year Seminar (Writing Intensive) (3 credits)

*Prerequisite:* \_\_\_\_199; Open to all sophomores and juniors who have completed ENGL 101 and ENGL 102. Students with 54 or more transfer credits will have this requirement waived. Cannot be taken if \_\_\_\_298 is taken for credit.

Second Year Seminars (SYS) are writing-intensive, topic courses that build on the academic skills and habits introduced in the First Year Seminar. SYS courses engage students in a specific academic area of interest and provide them with the opportunity to reinforce, share and interpret knowledge. Students will improve their writing, reading, research and basic information and technology skills while building the connections between scholarship and action that are required for lifelong learning. These courses will fulfill the Second Year Seminar requirement and may fulfill other requirements for the core curriculum. Each course may fulfill different requirements and topics may change each semester. Only one SYS course may be taken for credit. (CSYS)

### HEAL 300 Current Issues in Health (3 credits)

Designed to acquaint the students with current health issues and trends related to the school and community. *Spring semester*

### HEAL 302 American Red Cross Standard First Aid (1 credit)

The purpose of the American Red Cross Standard First Aid course is to train students to help people in emergencies. This course teaches the standard first aid skills a person needs to act as the first link in the emergency medical service system.

### HEAL 315 School and Community Health (3 credits)

This course will provide an overview of the fundamental concepts and issues in school and community health and will examine basic community and school health principles. The personal, social, and environmental factors influencing the health of communities and schools will be explored. The course will also examine the historical and structural foundations of community and school health.

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## **HEAL 385 Epidemiology: The Study of Diseases (3 credits)**

*Prerequisite: HEAL 200*

Epidemiology is the study of how health and disease are distributed in populations and the factors that influence disease distribution. This course will introduce basic epidemiological methods used in the study of health problems. It will focus on the tools and epidemiologic methods used in identifying, preventing and controlling disease. The course will also examine major chronic and infectious diseases – their etiology, transmission and prevention.

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## **HEAL 401 Human Sexuality (3 credits†)**

This course deals with issues of sexual response, including dysfunction and reproduction. Also included are discussions of sexual styles and expressions as they impact upon the biosocial and political climate of the times. Topics of in-depth analysis may focus upon IVF issues, fertility control and sexually transmitted diseases.

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## **HEAL 405 Drugs in Society (3 credits†)**

Study of the impact of the environmental and cultural values affecting the drug using population. Views on subculture and alternative life styles and the forces that shape them. Understanding trends of modern treatment facilities and rehabilitation procedures. Emphasis on alternatives to drug use.

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## **HEAL 407 Stress Management (3 credits†)**

This course is designed to provide students with an overview of the phenomenon of stress, and its relationship to specific illness, diseases and dysfunctions. The course also provides students with opportunities to practice, apply and demonstrate stress intervention and management techniques.

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## **HEAL 420 Women's Health Issues (3 credits)**

This course is designed to provide students with an overview of contemporary women's health topics. Students will explore the various dimensions of women's health – examining the contributing social, cultural, epidemiological, psychological, political and economic influences.

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## **HEAL 430 Epidemiology and Community Health (3 credits†)**

*Prerequisite: Junior standing or consent of instructor*

Applications of epidemiologic principles to the study of community based health issues including uses in program planning and evaluation. Basic epidemiologic data analysis and sources of community health statistics are also included.

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## **HEAL 450 Health Promotion Strategies (3 credits†)**

*Prerequisite: HEAL 200*

Current strategies and techniques for transmitting information will be analyzed. Students will develop and evaluate strategies and techniques for promoting health information and wellness behaviors in a variety of settings. *Spring semester*

*†May be taken for graduate-level credit*

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## **HEAL 451 Program Planning in Health Promotion (3 credits†)**

*Prerequisite: HEAL 200*

This class is designed to give students the tools and skills they need to design, conduct, and evaluate health education programs in the various settings for health education. Assessing needs, formulating objectives, session/lesson planning, evaluation purposes, methods and designs will be covered. (CWRM)

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## **HEAL 452 Evaluation and Research in Health Promotion (3 credits)**

*Prerequisite: HEAL 451*

This course is designed to give students the tools and skills they need to design and conduct health program research and evaluation. Evaluation research purposes, levels, methods, designs and measurement issues will be covered. Some basic statistics will be included.

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## **HEAL 471 Nutrition (3 credits†)**

This course deals with the relationships between diet and disease prevention, cultural eating patterns, dysfunctional eating behaviors and issues relating to nutrition through the life span, as well as concerns related to food safety and the impact of technology.

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## **HEAL 477 Environmental and Consumer Health (3 credits†)**

This course will utilize an ecological systems approach to examine current environmental and consumer concerns that affect health. Students will explore the impact of the environment on human health as well as the impact that humans have on the health of the environment. Students will also be provided with the information and skills that will enable them to make healthful and environmentally sound decisions regarding consumer health products, practices and services.

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## **HEAL 481 Selected Health Issues (1-3 credits)**

Designed to bring to the educator the latest information regarding selected health issues. Three issues will be offered each time the course is given and experts in the field will be brought in to deal with each topic. Given in modular form for 1-3 credits.

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## **HEAL 482 Health Education in the Elementary Schools (3 credits†)**

*Prerequisite: Admission to the Professional Education Program*

Study of the identification and appraisal of physical, emotional and social health problems of elementary school children. Focus on teachers' approaches toward health education and the creation of an emotionally, socially and intellectually healthy classroom environment.

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## **HEAL 483 Nutrition and Cardiovascular Health (3 credits†)**

*Prerequisite: One course in nutrition or a scientifically based course that includes topics of nutrition*

This course will deal with the selection of nutritional foods throughout the life cycle with specific emphasis on how cardiovascular health may be maintained and/or improved by proper nutritional practices.

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## **HEAL 484 Death and Dying Education (3 credits†)**

A study of the health issues (physical, emotional and social) related to terminal illness and death.

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## **HEAL 485 Medical and Scientific Aspects of Human Sexuality (3 credits†)**

*Prerequisite:* HEAL 401 or consent of instructor

The purpose of this course is to update the advanced sexuality student on medical research as it relates to human sexuality. Course content may consider such issues as fertility medications, sexual dysfunction, as well as research on variations in sexual styles. *Alternate years*

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## **HEAL 490 Senior Seminar in Health Education (1 credit)**

*Prerequisite:* HEAL 200 and HEAL 300 and HEAL 401 and HEAL 405 and HEAL 407 and HEAL 430 and HEAL 451 and HEAL 471 and HEAL 477

This course serves as a capstone course for health education majors. A review of the concepts and skills addressed in the major courses and their applications to the discipline of health education will serve to prepare students for the National Certified Health Education Specialist exam. Student portfolios will be submitted and assessed. Also included will be a focus on job preparation skills.

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## **HEAL 491 Field Based Pre-Practicum in Health (2 credits)**

*Prerequisite:* Admission to the Professional Education Program

This course is designed to provide the student with an introduction to teaching health education in an off-campus setting.

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## **HEAL 492 Practicum in Student Teaching—Health (12 credits)**

*Prerequisite:* Acceptance and good standing in teacher preparation program and satisfactorily completed department teacher preparation program courses and admission to the Professional Education Program

Full-time teaching for one semester with supervision provided by members of the department.

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## **HEAL 495 Practicum in Student Teaching - Elementary Health (Health/Family and Consumer Science) (6 credits)**

*Prerequisite:* HEAL 491 and acceptance into student teaching

This course is designed to provide the student with faculty-supervised student-teaching experience in health education with grades K-6. This practicum is full-time for one quarter (8 weeks). Students will be evaluated using standards and guidelines set by AAHE, the Massachusetts Department of Education and the Massachusetts Comprehensive Health Curriculum Framework.

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## **HEAL 496 Practicum in Student Teaching-Secondary Health (Health/Family and Consumer Science) (6 credits)**

*Prerequisite:* HEAL 491 and acceptance into student teaching

This course is designed to provide the student with faculty-

supervised student-teaching experience in health education with grades 7-12. This practicum is full-time for one quarter (8 weeks). Students will be evaluated using standards and guidelines set by AAHE, the Massachusetts Department of Education and the Massachusetts Comprehensive Health Curriculum Framework.

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## **HEAL 498 Field Experience in Health (3-15 credits)**

*Prerequisite:* HEAL 451 and consent of the department

A field experience offers qualified students the opportunity to gain practical off-campus experience in health education/promotion. Placements are made in both public and private agencies and are designed to strengthen students' competencies in the CHES (Certified Health Education Specialist) areas of responsibility.

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## **HEAL 499 Directed Study in Health (1-3 credits)**

*Prerequisite:* Consent of the department; formal application required

Directed study is open to juniors and seniors who have demonstrated critical and analytical abilities in their studies and who wish to pursue a project independently. May be taken twice for a maximum of six credits.

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## **HEAL 501 Health Promotion Project (3 credits)**

Individual health promotion project is planned, implemented and evaluated under the direct supervision of a faculty mentor.

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## **HEAL 502 Research (credit to be arranged)**

*Prerequisite:* Consent of the department; formal application required

Original research undertaken by the graduate student in their field. For details, consult the paragraph titled "Directed or Independent Study" in the "School of Graduate Studies" section of this catalog. This course may be repeated.

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## **HEAL 503 Directed Study (credit to be arranged)**

*Prerequisite:* Consent of the department; formal application required

Directed study is designed for the graduate student who desires to study selected topics in a specific field. For details, consult the paragraph titled "Directed or Independent Study" in the "School of Graduate Studies" section of this catalog. This course may be repeated.

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## **HEAL 504 Seminar in Health Promotion Theory and Literature (3 credits)**

This course is designed to orient the graduate student to the process of a formal literature review and the subsequent theory that ensues. The student will be required to complete a comprehensive literature review and deliver a formal seminar report.

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## **HEAL 508 Health Crisis Intervention (3 credits)**

*Prerequisite:* Six credits in health

Dealing with mental, emotional and social health problems of the individual, the family and society. Exploration of suicide education, death education and psychosomatic illness. Investigation and practice of techniques of aiding the potential suicide; the tripping drug user; the chronic alcoholic; the obese, neurotic, and promiscuous; geriatric problems; and health care availability. Course will consider agency roles in these areas.

*Offered alternate years*

†May be taken for graduate-level credit

**Note:** This section is arranged in course number order. See pages 237-238 (course prefix key) for assistance in locating department sections.

**Note:** See Catalog Web Addenda at [www.bridgew.edu/catalog/addenda](http://www.bridgew.edu/catalog/addenda) as that information supersedes the published version of this catalog.

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## **HEAL 510 Advanced Nutrition Concepts (3 credits)**

*Prerequisite: HEAL 471 or a nutrition course*

An advanced course in nutrition with emphasis on current nutritional concepts and a critical analysis of major nutritional issues.

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## **HEAL 511 Research and Evaluation Methods in Health Promotion (3 credits)**

This course will develop competencies needed to both produce and consume research in health promotion and allied areas. Via the development of a research proposal, students will gain an understanding of such research techniques as problem formulation, literature review, sampling, hypothesis construction, research design, instrumentation and data analysis. *Fall semester*

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## **HEAL 516 Family Life and Sex Education (3 credits)**

*Prerequisite: At least one course in human sexuality and consent of instructor*

Curriculum development and implementation strategies for comprehensive school/community-based sexuality education. The course deals with a variety of sexuality issues including STDs, fertility and contemporary social issues of sexism and aggression. *Offered alternate years*

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## **HEAL 518 Quantitative Methods in Health Promotion and Epidemiology (3 credits)**

This is an introductory course in quantitative methods in epidemiology and health promotion. The course includes inferential and descriptive techniques as well as life table construction and epidemiological rates, ratios and proportions.

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## **HEAL 519 Scientific and Philosophical Foundations of Health Promotion (3 credits)**

The focus of this course is on surveying and providing the historical/philosophical foundations of health promotion and providing a scientific basis for the development of health promotion programs.

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## **HEAL 520 Designing and Administering Health Promotion Programs (3 credits)**

Analysis and skill development in administration of health promotion programs in a variety of settings with emphasis on administrative issues, staff development and consultation.

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## **HEAL 525 Women's Health Issues (3 credits)**

This course is designed to provide students with an overview of contemporary women's health topics. Students will explore the various dimensions of women's health, and examine the contributing social, cultural, epidemiological, psychological, political and economic influences.

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## **HEAL 535 Comprehensive Elementary School Health Program (1.5 credits)**

Aspects of the comprehensive school health program related to the role of the K-6 classroom teacher will be examined. *Spring semester*

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## **HEAL 577 Environmental and Consumer Health (3 credits)**

This course will utilize an ecological systems approach to examine current environmental and consumer concerns that affect health. Students will explore the impact of the environment on human health as well as the impact that humans have on the health of the environment. Students will also be provided with the information and skills that will enable them to make healthful and environmentally sound decisions regarding consumer health products, practices and services.

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## **HEAL 581 Special Topics in Health Education (1-3 credits)**

Special topics in health education are presented with special emphasis on application in the field. Topics are given in modules of 1-3 credits each. This course may be repeated for different topics.

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## **HEAL 594 Educational Approaches to Changing Drug Use Behavior (3 credits)**

*Prerequisite: At least one course pertaining to drugs and consent of instructor*

The focus of this course is drug abuse problems in youthful populations. The importance of teachers developing their own self-awareness and using early intervention strategies is emphasized. Teachers at the elementary and secondary levels will experience a variety of methodologies intended to equip them with strategies for changing student behaviors in respect to present or intended drug use. All course participants will develop skills in assessing student needs, planning and implementing drug education programs and evaluating their effectiveness in changing attitudes, beliefs, values and behaviors related to drug use. *Offered alternate years*

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## **HEAL 595 Internship in Health Promotion (1-6 credits)**

*Prerequisite: 15 graduate credits must be completed or consent of instructor*

An internship offers qualified students the opportunity to gain practical experience within their major area of interest. Placements are designed to complement a student's program focus.

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## **Other Approved Courses**

HEAL/SCWK 403 Interdisciplinary Approaches to the Delivery of Health Services

HEAL 455 Promoting Health in the Workplace

HEAL 474 Community Health