

# EDHL - HEALTH EDUCATION (EDHL)

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**EDHL U170 First Aid 1 Credit Hour**

Instruction leading to basic certification in standard first aid and cardiopulmonary resuscitation. Discussion of HIV/AIDS and back injury prevention is also included.

**EDHL U221 Lifelong Health & Wellness 3 Credit Hours**

Wellness and fitness trends in America. Self-assessment of health status concepts, human sexuality, health promotion strategies (physical fitness, stress management, nutrition, weight control) and health maintenance of major life style diseases (Cardiovascular disease, cancer, diabetes mellitus, HIV, substance abuse).

**EDHL U331 Health and Physical Education for the Elementary School Child 3 Credit Hours**

Methods and materials for teaching health and physical education in the elementary school including integration and correlation of materials with other subjects at primary and intermediate grade levels.

**EDHL U334 The School Health Program 3 Credit Hours**

Methods of teaching health with special emphasis on the relationship of health to physical education. Health service, healthful school living, and method and materials of teaching health are included.

Prerequisite(s): EDHL U221.