HEALTH (HEAL)

100 Level Courses

HEAL 110: Personal Health. 3 credits.
Focuses on individual health improvement by studying mental/emotional
well-being, fitness, nutrition, drug abuse prevention, consumerism, safety
and other topics. Notes: One section of HEAL 110 will be dedicated
distance education while remaining sections will be traditional
classroom, 100% face-to-face. Offered by Recreation, Health & Tourism.
May not be repeated for credit.

Schedule Type: Lecture

HEAL 200: School and Community Safety. 1 credit.
Focuses on safety in home, school, road, work, and community settings.
Offered by Recreation, Health & Tourism. May not be repeated for credit.

Schedule Type: Lecture

200 Level Courses

HEAL 220: Dimensions of Mental Health. 3 credits.
Focuses on integrating behavioral and sociocultural factors in studying
mental health. Offered by Recreation, Health & Tourism. May not be
repeated for credit.

Schedule Type: Lecture

HEAL 230: Introduction to Health Behavior. 3 credits.
Introduces health behavior in context of health psychology. Explores
various theoretical models to understand health, illness and sick-
role behaviors. Studies health and disease from a biopsychosocial
perspective. Examines health and treatment of health problems.
Offered by Recreation, Health & Tourism. May not be repeated for credit.

Schedule Type: Lecture

Mason Core: Social/Behavioral Sciences, Encore: Well-Being

300 Level Courses

HEAL 310: Drugs and Health. 3 credits.
Analyzes drug use, with emphasis on positive aspects, and presents
alternatives to drug misuse and abuse. Offered by Recreation, Health &
Tourism. May not be repeated for credit.

Schedule Type: Lecture

HEAL 312: Health and Wellness Choices. 3 credits.
Actively involves students in becoming managers of their personal health
and well-being throughout life span. Consistent with Healthy People 2000
goals for nation. Emphasizes lifestyle activity and fitness, behavioral
change, and maintenance. Notes: May be taken by nonmajors. Offered by
Recreation, Health & Tourism. May not be repeated for credit.

Schedule Type: Lecture

HEAL 325: Health Aspects of Human Sexuality. 3 credits.
Covers biological, behavioral, and sociocultural factors in human sexual
behavior. Offered by Recreation, Health & Tourism. May not be repeated
for credit.

Schedule Type: Lecture

HEAL 327: Women’s Health. 3 credits.
Examines health issues unique to women, including health care, food and
exercise, reproductive and gynecological issues, chronic diseases, and
issues of violence. Offered by Recreation, Health & Tourism. May not be
repeated for credit.

Schedule Type: Lecture

HEAL 331: Men’s Health. 3 credits.
Examines socio-cultural influences on men’s development and
expression of health beliefs and practices. Explores health issues specific
to men. Analyzes research literature on interventions to improve men’s
health. Offered by Recreation, Health & Tourism. May not be repeated for
credit.

Schedule Type: Lecture

HEAL 350: Interventions for Populations and Communities at Risk. 3 credits.
Identifies culturally, physically, emotionally, mentally, and
demographically diverse populations and communities at risk. Covers
implications for developing innovative programs and role of HFRR
interventions. Offered by Recreation, Health & Tourism. May not be
repeated for credit.

Schedule Type: Lecture

HEAL 351: Relationship Health. 3 credits.
Describes development of healthy relationships. Examines influencing
factors. Analyzes current research. Designs strategies for maintaining
healthy relationships. Offered by Recreation, Health & Tourism. May not be
repeated for credit.

Schedule Type: Lecture

HEAL 372: Health Communication. 3 credits.
Applies research-based models and theories of health assessment
and promotion at individual, organizational, agency, and community
levels. Uses communication approaches and skills in context of behavior
change strategies, including policy and program development. Offered by
Recreation, Health & Tourism. May not be repeated for credit.

Schedule Type: Lecture

400 Level Courses

HEAL 402: Introduction to Driver Education Instruction. 3 credits.
Introduces vehicle operator’s tasks in highway transportation system.
Provides essential knowledge and skills to instruct driver education.
Offered by Recreation, Health & Tourism. May not be repeated for credit.

Schedule Type: Lecture

HEAL 403: Driver Education Practice and Administration. 3 credits.
Applies driver education to simulated and actual driving environments.
Provides essential knowledge and skills to administrate driver education.
Offered by Recreation, Health & Tourism. May not be repeated for credit.

Schedule Type: Lecture

HEAL 405: Teaching Methods in Health Education (K-12). 3 credits.
Covers content, methodology, and resource materials in teaching
health education for physical education teaching majors. Notes: Field
experience required. Offered by Recreation, Health & Tourism. May not be repeated for credit.

**Recommended Prerequisite:** BSED/PHED status.

**Registration Restrictions:**
Enrollment is limited to students with a major in Physical Education.

**Schedule Type:** Lecture

**HEAL 480:** *Special Topics.* 1-3 credits.
Presents selected health issues or problems. Focuses on applying information to education programs. Offered by Recreation, Health & Tourism. May be repeated within the degree for a maximum 3 credits.

**Schedule Type:** Lecture

**HEAL 499:** *Independent Study in Health Education.* 1-3 credits.
Studies problem area in health education research, theory, or practice under faculty direction. Offered by Recreation, Health & Tourism. May not be repeated for credit.

**Recommended Prerequisite:** Completion of 90 credits.

**Registration Restrictions:**
Enrollment is limited to students with a major in Health Education, Health, Fitness Rec Resrcs, Individualized Study, Nursing, Physical Education (Special), Physical Education or Parks, Rec, Leisure Studies.

**Schedule Type:** Independent Study

### 500 Level Courses

**HEAL 516:** *Program Development and Resources in Health Education.* 3 credits.
Open to licensed and provisionally licensed health and physical education teachers in the commonwealth of Virginia and students in ASTL physical education program. Focuses on program development, health content, methodology, and resources for teaching preK-12 health education.

**Notes:** Distance learning course. Offered by Recreation, Health & Tourism. May not be repeated for credit.

**Recommended Prerequisite:** Licensed and provisionally licensed health and physical education teachers in the Commonwealth of Virginia, and students in the Physical Education masters program.

**Registration Restrictions:**
Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Non Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may not enroll.

**Schedule Type:** Lecture