# 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 as 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

**Grading:**
This course is graded on the Undergraduate Regular scale.

## 200 Level Courses

**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

**Grading:**
This course is graded on the Undergraduate Regular scale.

**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

**Grading:**
This course is graded on the Undergraduate Regular scale.

**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 means of preventing and treating health problems. Offered by Recreation, Health & Tourism. May not be repeated for credit.

**Schedule Type:** Lecture

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

**Grading:**
This course is graded on the Undergraduate Regular scale.

**HEAL 250: Introduction to School Health.** 3 credits.
Presents an overview of school health programs. Focuses on the content of health education in K-12 schools and provides an introduction to health education instruction. Offered by Recreation, Health & Tourism. Limited to three attempts.

**Schedule Type:** Lecture

**Grading:**
This course is graded on the Undergraduate Regular scale.

## 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

**Grading:**
This course is graded on the Undergraduate Regular scale.

**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

**Grading:**
This course is graded on the Undergraduate Regular scale.

**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

**Grading:**
This course is graded on the Undergraduate Regular scale.

**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

**Grading:**
This course is graded on the Undergraduate Regular scale.

**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

**Grading:**
This course is graded on the Undergraduate Regular scale.

**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
Health (HEAL)

Grading:
This course is graded on the Undergraduate Regular scale.

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

Grading:
This course is graded on the Undergraduate Regular scale.

400 Level Courses

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: HEAL 250; BSED/PHED status.

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

Schedule Type: Lecture

Grading:
This course is graded on the Undergraduate Regular scale.

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

Grading:
This course is graded on the Undergraduate Regular scale.

Additional Course Details: Title varies by section and/or semester

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

Grading:
This course is graded on the Undergraduate Regular scale.

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

Grading:
This course is graded on the Graduate Regular scale.