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. Offered by School of Education (http://catalog.gmu.edu/colleges-schools/education-human-development/school-education/). Limited to three attempts.

Schedule Type: Lecture

200 Level Courses

HEAL 200: School and Community Safety. 1 credit.
Focuses on safety in home, school, road, work, and community settings. Offered by School of Education (http://catalog.gmu.edu/colleges-schools/education-human-development/school-education/). Limited to three attempts.

Schedule Type: Lecture

HEAL 220: Dimensions of Mental Health. 3 credits.

Schedule Type: Lecture

HEAL 230: Introduction to Health Behavior. 3 credits.

Mason Core: Social/Behavioral Sciences, Encore: Well-Being (http://catalog.gmu.edu/mason-core/)

Schedule Type: Lecture

Grading:
This course is graded on the Undergraduate Regular scale. (http://catalog.gmu.edu/policies/academic/grading/)

HEAL 250: Introduction to School Health. 3 credits.

Schedule Type: Lecture

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 School of Education (http://catalog.gmu.edu/colleges-schools/education-human-development/school-education/). Limited to three attempts.

Schedule Type: Lecture

HEAL 325: Health Aspects of Human Sexuality. 3 credits.

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 School of Education (http://catalog.gmu.edu/colleges-schools/education-human-development/school-education/). Limited to three attempts.

Schedule Type: Lecture

HEAL 331: Men’s Health. 3 credits.

Schedule Type: Lecture

HEAL 350: Interventions for Populations and Communities at Risk. 3 credits.

Schedule Type: Lecture

Grading:
This course is graded on the Undergraduate Regular scale. (http://catalog.gmu.edu/policies/academic/grading/)

HEAL 351: Relationship Health. 3 credits.

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 School of Education (http://catalog.gmu.edu/colleges-schools/education-human-development/school-education/). Limited to three attempts.

Schedule Type: Lecture
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 School of Education (http://catalog.gmu.edu/colleges-schools/education-human-development/school-education/). Limited to three attempts.

Registration Restrictions:
Required Prerequisite: HEAL 250 C.
C Requires minimum grade of C.

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

Schedule Type: Lecture

Grading:
This course is graded on the Undergraduate Regular scale. (http://catalog.gmu.edu/policies/academic/grading/)

HEAL 480: Special Topics. 1-3 credits.
Presents selected health issues or problems. Focuses on applying information to education programs. Offered by School of Education (http://catalog.gmu.edu/colleges-schools/education-human-development/school-education/). May be repeated within the degree for a maximum 3 credits.

Specialized Designation: Topic Varies

Schedule Type: Lecture

Grading:
This course is graded on the Undergraduate Regular scale. (http://catalog.gmu.edu/policies/academic/grading/)

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 School of Education (http://catalog.gmu.edu/colleges-schools/education-human-development/school-education/). Limited to three attempts.

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. (http://catalog.gmu.edu/policies/academic/grading/)

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 School of Education (http://catalog.gmu.edu/colleges-schools/education-human-development/school-education/). May not be repeated for credit.