## 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

### 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

**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 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

**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 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

### 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