**Health Education**

**HEDP 1001 - Introduction to Wellness .................2.00 Credits** Recognize and solve problems in personal health. Its major purpose is to present the philosophy, objectives and methods of personal health, highlight personal health problems and enhance the student's physical, mental and social well-being.

**HEDP 2250 - Introduction to Drug Education ....2.00 Credits** Designed to study the "why" aspects of drug use. Emphasis is placed on developing positive attitudes that will help the student to make consistent decisions about drug-related issues. Suitable alter- natives to individual drug abuse problems will be presented.

**HEDP 2267 - First Aid & Safety Education .........2.00 Credits** General safety education in the instructional program, causes of accidents and remedial action. Emphasis is placed on the preven- tive aspect of safety education, and first aid education. Leads to Certification. Includes CPR.

**HEDP 2450 - Basic Athletic Training....................4.00 Credits** Course explains athletic injuries/illnesses and rehabilitation pro- tocols. Injury evaluations are also discussed with an emphasis on the major joints of the body.

*Prerequisite: HEDP 2267*

**HEDP 2452 - Advanced Athletic Training.00 OR 4.00 Credits** Course explores advanced skills in athletic injuries in the axial re- gion. Advanced skills in dealing with unconscious athletics are discussed. Therapeutic modalities and their use in the training room is examined with an emphasis on electrical stimulation. Cryother- apy and hydrotherapy.

*Prerequisite: HEDP 2450*

**HEDP 4490 - Current/Contemporary**

**Issues in Health ........................................................3.00 Credits** This course is designed to assist students in defining current and contemporary health issues. Topics such as sexuality, nutrition, weight control, infectious and non-infectious conditions, cancer, car- diovascular disease, aging, and death and dying will be highlighted in this course.