

**DEPARTMENT OF HEALTH AND KINESIOLOGY
MISSISSIPPI UNIVERSITY FOR WOMEN**

HKH 501 Foundations of Health Education

Course Description: The purpose of this course is to introduce graduate students to the historical foundations of health education as both a process and a profession. This course entails educating the health specialist to be a professional who possesses unique training to enable him/her to plan, implement and evaluate programs while developing innovative educational and related health opportunities. Each student will review key theories relating to the health education programs and the scientific basis for the development of these programs will be discussed.

Course Objectives: The following objectives will be used to guide the didactic component of the course as well as assess student achievement. As such, the successful student should be able to:

1. Define health, the need for the definition and discuss the difficulty of the task.
2. Discuss *Healthy People 2000, Healthy People 2010, and The Surgeon General's 1997 Report*.
3. Define philosophically the difference between health education, health promotion, health behavior, and wellness.
4. Discuss the implications of health determinants.
5. Identify various health professions and organizations.
6. Develop and understand needs assessment.
7. Develop health program planning, implementation and evaluation.
8. Discuss various theories for health behavior change.
9. Identify and discuss professional issues in health education.
10. Discuss the past, present and future trends in society, health-related organizations and health education.
11. Identify various reference sites for health education students and professionals.

Evaluation: The following criteria will be used to determine the final grade for this course.

1. Midterm test----25%
2. Final test ----25%
3. List of resources for health education students and practitioners to utilize and demonstration of current health issues in media ---- 25%
4. Class Presentation ----25%