

# 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 (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

**Schedule Type:** Lecture

**Grading:**

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

## 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 (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

**Schedule Type:** Lecture

**Grading:**

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

**HEAL 220:** *Dimensions of Mental Health*. 3 credits.

Focuses on integrating behavioral and sociocultural factors in studying mental health. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

**Schedule Type:** Lecture

**Grading:**

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

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

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

**Schedule Type:** Lecture

**Grading:**

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

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

**Schedule Type:** Lecture

**Grading:**

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

## 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 (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

**Schedule Type:** Lecture

**Grading:**

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

**HEAL 325:** *Human Sexuality*. 3 credits.

Covers the biological, psychological, emotional, and sociocultural factors related to human sexual behaviors. Includes topics such as anatomy, gender, sexual response, sexual behaviors, sexual orientation, relationships, reproduction, contraception, sexual difficulties and solution, sexually transmitted infections, and sexual coercion. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

**Schedule Type:** Lecture

**Grading:**

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

**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 (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

**Schedule Type:** Lecture

**Grading:**

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

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

**Schedule Type:** Lecture

**Grading:**

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

**HEAL 350:** *Health Interventions for Vulnerable Populations*. 3 credits.

Identifies cultural, social, and demographical health risk factors for an array of groups within vulnerable communities. Addresses the role of the practitioner in community health program development. Introduces models and approaches to develop innovative intervention programs that improve the well-being of the community. Offered by School of

Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

**Schedule Type:** Lecture

**Grading:**

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

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

**Schedule Type:** Lecture

**Grading:**

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

**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 (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

**Schedule Type:** Lecture

**Grading:**

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

## 400 Level Courses

**HEAL 405:** *Teaching Methods in Health Education (K-12)*. 3 credits.

Presents methodology and resources for teaching health education in K-12 schools. Note: Fieldwork required. Offered by School of Education (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). Limited to three attempts.

**Recommended Prerequisite:** Cumulative GPA of 2.5, Completed a minimum of 45 credits.

**Registration Restrictions:**

**Required Prerequisites:** HEAL 250<sup>C</sup>, 250<sup>XS</sup>, BIOL 124<sup>C</sup>, 125<sup>D</sup> or PHED 202<sup>C</sup>.

<sup>C</sup> Requires minimum grade of C.

<sup>XS</sup> Requires minimum grade of XS.

<sup>D</sup> Requires minimum grade of D.

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

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<https://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 (<https://catalog.gmu.edu/colleges-schools/education-human-development/school-education/>). 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, Junior Plus, 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. (<https://catalog.gmu.edu/policies/academic/grading/>)