

# HEALTH EDUCATION AND PROMOTION (HLED)

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**HLED 1191 Topics.** Special topics in health, with a focus on personal applications of principles for optimal health. Topics may be changed so that the course may be repeated for credit. 1-3 semester credit hour/s. Course Repeatable. Maximum number of units allowed: 12.

**Campus:** LISLE (Typically Offered: Periodically)

**HLED 2222 Medical Terminology for Health Promotion.** Introduction of medical terms for allied health professionals, with a focus on those commonly encountered by the health promotion professional. Major in Health Education and Promotion or Nutrition and Dietetics or Nutrition and Allied Health or pre-dietetics, or consent of department. 1 semester credit hour/s.

**Campus:** LISLE (Typically Offered: Periodically)  
MESA

**HLED 2280 Community Health and Nutrition Programs.** (Formerly 280) Introduction to the role of the Public and Community Nutrition professional. Over view of health care policy, health care systems, and legislation, discussion of the legislative and regulatory basis of nutrition and dietetics practice, and advocacy. Discussion of current public health and nutrition problems, existing programs and other resources, health literacy, role of environment, and marketing for improving the health of the population, as well as application through development of an educational intervention for the community. Transportation may be required. Prerequisite: NUTR 2200, 2201, 2231 or 2241; or junior standing by credits with co-registration in NUTR 2200, 2201, 2231 or 2241, and consent. Cross-listed HLED 2280 and NUTR 2280. 3 semester credit hour/s.

**Campus:** LISLE (Typically Offered: Fall and Spring Terms)  
MESA (Typically Offered: Periodically)

**HLED 2291 Topics.** Special topics in health. Topics may be changed so that the course may be repeated for credit. 1-3 semester credit hour/s. Course Repeatable. Maximum number of units allowed: 12.

**Campus:** LISLE (Typically Offered: Periodically)

**HLED 3001 Introduction to Health Education and Promotion.** This survey course provides an overview of the discipline of health education as well as the knowledge and skills required in the practice. Fundamental topics of historical context, research, resources, and priorities are explored. The role and competencies of the entry-level health education specialist are introduced as well as certification, occupational settings, future trends, behavior change, multicultural competence, philosophy and ethics that inform professional decisions. 3 semester credit hour/s.

**Campus:** LISLE (Typically Offered: Fall Term)  
MESA (Typically Offered: Fall Term)

**HLED 3271 Health Education Planning.** Health education planning for groups. Focus on competencies for health education specialists related to programs, including pre-planning, behavior change theories, needs assessment, developing goals and objectives as well as intervention strategies with cultural competence, implementation and evaluation. Students develop an educational intervention to facilitate health behavior change in an at-risk audience. Prerequisite: HLED 3001 or Nutrition and Dietetics Major 3 semester credit hour/s.

**Designation:** Writing Intensive

**Campus:** LISLE (Typically Offered: Fall and Spring Terms)  
MESA (Typically Offered: Fall or Spring Term)

**HLED 3290 Selected Topics.** Special topics in health education and promotion. Topics may be changed so that the course may be repeated for credit. 1-3 semester credit hour/s. Course Repeatable. Maximum number of units allowed: 12. Department Consent Required.

**Campus:** LISLE (Typically Offered: Periodically)

**HLED 3357 Health Communications.** (Formerly 357) Study of communication models and strategies to inform and influence individual and community decisions that enhance health. Includes building communication framework and collaboration, and using New and emerging social and media technologies for dissemination of health information, and innovations. Prerequisite: HLED 3271 3 semester credit hour/s.

**Campus:** LISLE (Typically Offered: Spring Term)  
MESA (Typically Offered: Spring Term)

**HLED 3363 Management of Health Initiatives.** This course addresses key concepts for effective management of health education activities. Key topics focus on the administration organizational structure and include: facilitating partnerships, coordinating logistics, training staff/volunteers, monitoring resources, assessing technology needs, building relationships with partners/stakeholders, demonstrating strategic leadership, conducting quality assurance tasks, and engaging in purposeful advocacy. Prerequisite: credit or co-registration in HLED 3271. 3 semester credit hour/s.

**Campus:** LISLE (Typically Offered: Fall Term)  
MESA (Typically Offered: Fall Term)

**HLED 4369 Health Coaching Techniques.** This course introduces the health coaching principles and skills for health professionals. It provides a practical foundation about evidence-based coaching psychology. Participants will explore a driving question – How can one inspire others to take charge of their lives and make healthful behavior choices? The course addresses: i) coaching relationship skills and presence; ii) harnessing motivation; iii) identifying generative moments; iv) conducting coaching sessions; and v) thriving as a coach. Prerequisites: NUTR 2200, NUTR 2201, NUTR 2231, or NUTR 2241; and HLED 3271. 3 semester credit hour/s.

**Campus:** MESA (Typically Offered: Spring Term)  
LISLE (Typically Offered: Spring Term)

**HLED 4381 Behavioral and Social Aspects of Public Health.** (Formerly 381) Addresses behavioral and social factors and theories related to individual and population health. Prerequisite: Senior standing by credits, HLEDPR Major, 2.800/4.000 GPA, and consent of Nutrition Department Chairperson. It does not count towards science core, general education courses, nutrition major elective, or health science major credit. 3 semester credit hour/s. Department Consent Required.

**Campus:** LISLE (Typically Offered: Fall and Summer Terms)  
MESA

**HLED 4390 Selected Topics.** Special topics in health education and promotion. Topics may be changed so that the course may be repeated for credit. 1-3 semester credit hour/s. Course Repeatable. Maximum number of units allowed: 12. Department Consent Required.

**Campus:** LISLE (Typically Offered: Periodically)

**HLED 4394 Health Research Methods and Program Evaluation.** This course provides an overview of scientific writing, research design and evaluation methods, assessment and evaluation instruments, data collection methods, measurement and statistical analysis. Pre-Requisite: "C" or better in WRIT 1102; HLED 3271; and Credit or co-registration in MATH 1150 or PSYC 2250. 3 semester credit hour/s.

**Designation:** Writing Intensive

**Campus:** LISLE (Typically Offered: Spring Term)

MESA (Typically Offered: Spring Term)

**HLED 4399 Health Research.** A supervised health research project that is conducted on or off campus. Transportation may be required. Independent Study. Prerequisite: GPA of 3.20 or higher. Grade of C or better in WRIT 1102. Grade of C or better in MATH 2229 or PSYC 2250 or MATH 1150/BALT 1150. Credit or co-registration in HLED 4392. Instructor consent. Fee: \$170. 1-3 semester credit hour/s. Course Repeatable. Maximum number of units allowed: 9. Department Consent Required.

**Campus:** LISLE (Typically Offered: Periodically)

MESA

**HLED 4466 Health Education Capstone.** (Formerly 4366) Capstone experience for Health Education and Promotion Majors. This course focuses on NCHEC Areas of Responsibility (2020) IV-VI with competencies related to community needs assessment and health improvement as well as professional development. Working as a small team, students will conduct a community health assessment project in order to identify and address current or emerging health issues in a community with the goal to develop long-term health improvement strategies. This will also involve community engagement and collaborative participation with partners. Part of the course is at an off-campus site; transportation may be required. Prerequisites: GPA of 2.50/4.00; AND Senior standing by credits earned prior to start of experience; AND Grade of "C" or better in the following: NUTR 2200, 2201, 2231 or 2241; HLED 3271; and HLED/NUTR 2280. Credit or co-registration in HLED 3363; AND must be Health Education and Promotion major (HLEDPRMAJ); AND Department Consent Required. 3 semester credit hour/s. Department Consent Required.

**Designation:** Engaged Learning

**Campus:** LISLE (Typically Offered: Spring Term)

MESA (Typically Offered: Spring Term)