



**2009-2010
Suggested Course
of Study**

**Health, Physical
Education and
Athletics Division
(541) 463-5545**

Health Education

As our world becomes more connected and technology increases, individuals and societies can become negatively impacted. The number of illnesses and deaths from chronic diseases, such as heart disease, cancer, diabetes, and stroke are in part related to personal health choices. In addition, new and emerging infectious diseases are stretching the available resources to combat them. Thus, the achievement of optimal health remains a worldwide priority in the twenty-first century. The primary role of a health educator is to act as an “agent of change” that positively impacts both an individual’s and society’s ability to reach its fullest potential.

The Health Education course of study is designed for students who would like to further their career goals in any of the following health areas: Health Education, Public Health, Health Care Administration, Health Promotion, Environmental Health and Occupational Health and related fields. These fields provide career opportunities that include, but are not limited to: Teacher/Educator, Administrator, Researcher, Epidemiologist (person who studies disease), Sanitarian, Occupational Health Specialist, Environmental Toxicologist, and Public Health Specialist.

This is a suggested course of study, which is not the same as a state-approved vocational program leading to a degree with a vocational major from the Lane Board of Education. Rather the courses below are appropriate electives for students interested in Health Education.

First Year

Fall

HE 275 Lifetime Health and Fitness

Winter

HE 252 First Aid

Spring

HE 250 Personal Health

HE 222 Consumer Health

Second Year

Fall

HE 152 Drugs Society and Behavior

HE 209 Human Sexuality

Winter

HE 125 Workplace Health and Safety

Spring

HE 255 Global Health