

HEALTH AND PHYSICAL EDUCATION (HEDP)

HEDP 1161. Human Sexuality. (2 Credits)

This is an introductory course on Human Sexuality that reviews basic anatomy, sexual function and response, and challenges and disorders of sexual function. This course is designed to familiarize you with the biological, psychological, cultural, and behavioral aspects of human sexuality and family life. The overall theme of the course focuses on responsible sexual behaviors and attitudes. Cultural and psychological dimensions have impacted sexual attitudes and practices in our culture. Cross-cultural and historical comparisons can help us understand how sexuality is culturally and historically determined. Special topics may include types of love, relationships, attraction, sexual dysfunctions and disorders, religion, ethics, politics, personal morality, sexual abuse, pornography, sexual exploitation and harassment, abuse, society's current attitudes about sex, the law, sexually transmitted diseases, sex and the media, and ways to teach and develop personal sexual values. Offered: Fall, Spring, Summer.

HEDP 1163. Personal Health. (2 Credits)

Health problems and trends in modern health practices. Nutrition, heart disease, fitness, and consumer health protection. Prerequisite: None. Offered: Fall, Spring, Summer.

HEDP 1164. Stress Management. (2 Credits)

This course provides an introduction to various strategies that can be utilized by individuals and groups to counteract the effects of stress in their lives. The concepts of health promotion, disease prevention, self-care and healing provide the framework within which the student experiences the use of various stress management strategies. Offered: Fall, Spring, Summer.

HEDP 1165. Mental Health. (2 Credits)

Causes, types, treatment, and prevention of mental illness. Consideration given to society's reaction to the mentally ill and how to maintain mental health. Offered: Fall, Spring, Summer.

HEDP 1166. Drugs and Drug Abuse. (2 Credits)

HSEC 2109 Introduction to Homeland Security (3-0-3) This course provides the historic overview of the terrorist threat which influenced the establishment of the Department of Homeland Security (DHS.) The statutory authority, organization, structure, processes and policies of the DHS will be examined. The course will also briefly review the role of National Intelligence and technology in supporting the capabilities of the DHS as well as its future role. An examination of the current National Strategy for Homeland Security will also be included. Prerequisite: None. Corequisite: None. Technology: 100% online. Offered: On demand.