COURSE #	SLO		FA 2015	Spr 2016	FA 2016	Spr 2017
HED 101	1	Demonstrate knowledge, skills and appreciation of successful keys to weight control, including but not limited to: Understanding human behavior that results in an imbalance in body weight; Basic exercise program design; Basic nutrition understanding and meal plan design; Importance of assessment in body composition; Management of stress; Identify the basic principles for achieving and maintaining energy balance through healthy lifestyle practices.	X			
HED 105	1	Demonstrate risk and preventative factors for health problems that affect youth in the United States including nutrition, exercise, school safety and violence..		ASP,AAR		
	2	Discuss and design appropriate grade-level curriculum, lesson planning and teaching methods that will effectively influence youth to embrace healthy nutritional choices and exercise		ASP,AAR		
HED 120	1	Demonstrate knowledge, skills and appreciation of the scope of personal health in the six dimensions of wellness: Physical, Emotional, Mental, Social, Spiritual and Environmental				
	2	Demonstrate their understanding of the concept of prevention to maximizing each individual's personal health				
HED 155	1	Identify the functions and sources of macronutrients and micronutrients and water.	X			
	2	Recognize the relationship between nutrition in disease and health.	X			
	3	Understand human behavior that results in an imbalance in energy through energy cons	X			
	4	Identify the basic principles for achieving and maintaining energy balance through health	X			
HED 158	1	Identify the six classes of nutrients by name, function, caloric energy in a gram, food source, range of caloric amount in total diet	ASP, AAR			
	2	Identify the unique nutritional needs of active individuals and athletes	ASP, AAR			
	3	Understand appropriate timing of nutrient intake before and after exercise to maximize performance and recovery	ASP, AAR			

COURSE #	SLO		FA 2015	Spr 2016	FA 2016	Spr 2017
HED 199	1	Students will be able to identify, examine and assess a component of Health Education in a study of individualized content				
HED 201	1	Differentiate between the basic epidemiological methods used to determine sources and causation of disease				
	2	Describe how public health is organized and paid for in the United States				
	3	Discuss strategies for prevention, detection, and control of infectious and chronic diseases				
	4	Outline the role of the government in environmental health issues by identifying hazards within the following categories; pesticides and chemicals, air pollutants, water pollutants, solid and hazardous wastes				
	5	Name the major causes of food-borne illness, and determine what branch of the government is responsible to act to prevent food –borne diseases				
HED 255	1	Identify the six classes of nutrients by name, function, caloric energy in a gram, food source, range of caloric amount in total diet.	X			
	2	Understand human behavior that results in an imbalance in metabolism leading to obesity, diabetes, and heart disease.	X			
	3	Identify the basic principles for achieving and maintaining energy balance through healthy lifestyle practices.	X			
HED 298	1	Students will be able to define, analyze and synthesize components of Health Education within a specialized topic of the discipline				
HED 299	1	A: Students will be able to define and analyze components of Health Education within a specialized topic of the discipline				
	2	B: Students will be able to define, analyze and synthesize components of Health Education within a specialized topic of the discipline				

FA 2017	Spr 2018	FA 2018	Spr 2019	FA 2019	Spr 2020	FA 2020	Spr 2021
X	x						
X	x						

FA 2017	Spr 2018	FA 2018	Spr 2019	FA 2019	Spr 2020	FA 2020	Spr 2021
X							
X							
X							
X							
X							