



Plymouth State UNIVERSITY

COLLEGE OF GRADUATE STUDIES

Winter 2009-2010 Graduate Course Schedule

Please note that courses are subject to change. REGISTER EARLY to reserve your space!
Please visit plymouth.edu/graduate/directions for directions to courses held off campus.

Health

HL - Health Education

HL5150.01 **CRN: 20335** **EATING DISORDERS CLINICAL**
Plymouth
1 – 3 Credits
Margaret Burckes-Miller margaret@plymouth.edu
Student must contact Dr. Burckes-Miller (margaret@mail.plymouth.edu) prior to 10/15/09 to arrange meeting dates and times.

This clinical experience is a capstone course for those enrolled in the eating disorders certificate program. Students will be able to choose a focus on awareness, prevention, and education experience or a clinical experience working in an eating disorders treatment facility for 120 hours. Prerequisite: 12 credits of Eating Disorders certificate program.

HL5560.OL **CRN: 20419** **ST:ISSUES IN HEALTH & FITNESS**
NEW Online Course
3 Credits
Carla Maslakowski cmaslakowski@plymouth.edu

This is an online course using Blackboard. Online sessions begin 12/1/2009 and end 2/28/2010.

This course will review some of the major disorders and issues in health today and agents used to treat them. This includes the following: hypertension, asthma, migraine, cholesterol, constipation, insomnia, performance enhancing drugs, weight control, pain management, sports injuries, and the common cold.

HP - Health Promotion

HP5090.01 **CRN: 20361** **MIND BODY TECHNIQUES FOR STRESS & HEALTH**
Plymouth – Draper and Maynard Hall 404
3 Credits
Margaret Burckes-Miller margaret@plymouth.edu
This course has an online component using Blackboard.
Friday 5PM – 9PM 12/4, 1/8
Saturday 8:30AM – 4:30PM 12/5, 1/9
Sunday 8:30AM – 2:30PM 12/6, 1/10

The focus of this course will be to introduce the student to mind-body techniques for stress management and health issues. Some of the techniques will include yoga, breathing, meditation, progressive relaxation, imagery, and massage as well as an introduction to the field of integrative medicine. Some of the therapies discussed will include energy medicine, aromatherapy, and acupuncture. Will be accepted as one credit in stress management. Offered Spring Term of even years.

HP5210.01 **CRN: 20468** **FITNESS PRINCIPLES**
NEW Plymouth – Draper and Maynard Hall 406
1 Credit
Maria Melchionda mimelchionda@plymouth.edu
Friday 4:30PM – 9PM 2/19
Saturday 9AM – 4PM 2/20

The fitness component is designed to provide the student the opportunity to experience, research, and develop a variety of fitness activities for use in his/her future career as a health educator. The elements of physical fitness and total body wellness will be discussed and applied in diverse ways. Each student will develop and compile fitness methods appropriate for a variety of populations and settings. Offered Spring Term of even years.

HP5230.01 **CRN: 20467** **SUBSTANCE ABUSE**
NEW Plymouth – Draper and Maynard Hall 406
1 Credit
Maria Melchionda mimelchionda@plymouth.edu
Friday 5:30PM – 9:30PM 2/5
Saturday 9AM – 4PM 2/6

This course is designed to provide students with an overview of contemporary drug use and abuse. Course content includes the determinants of drug abuse psychological, physiological, societal and pharmacological aspects of drugs, prevention and treatment of drug addiction, as well as information about specific drugs.

HP5240.01 **CRN: 20360** **FIRST AID AND CPR**
Plymouth – Draper and Maynard Hall 401 Margaret Burckes-Miller margaret@plymouth.edu
1 Credit
Monday 5PM – 9:30PM 1/4, 1/11
Wednesday 5PM – 9PM 1/6

First Aid and CPR is designed to certify individuals in cardiopulmonary resuscitation and basic first aid. Includes breathing and cardiac emergencies for adults, children and infants, and advanced airway management skills. Students will have the opportunity to be certified in First Aid and CPR at the end of the course. Offered Spring Term of even years.

HP5250.01 **CRN: 20420** **CONSUMER HEALTH**
NEW Plymouth Maria Melchionda mimelchionda@plymouth.edu
1 Credit

This is an online course using Blackboard. Oonline sessions begin 12/1/2009 and end 2/28/2010.

The focus of this course is to identify content, resources, materials, and instructional strategies for providing consumer education to various populations. Students will discuss key issues including legal and ethical considerations, curriculum development and resources for the school and community setting. The relationship of consumerism and health will be the underlying theme of this professional preparation course. This is an online course and is offered each term.

HP5560.01 **CRN: 20359** **CPR/AED AND FIRST AID INSTRUCTOR**
Plymouth – Draper and Maynard Hall 404 Margaret Burckes-Miller margaret@plymouth.edu
1 Credit
Friday 5PM – 9PM 1/15, 1/22
Saturday 8:30AM – 12:30PM 1/16
Sunday 8:30AM – 3:30PM 1/17

The course is designed to train students as first aid and CPR instructors. Upon successful completion of the course students will be eligible to receive a certificate as an instructor for first aid, CPR and AED. Prerequisite; Current certification in Adult, Child and Infant CPR and Standard First Aid.