

Student Learning Outcomes

Course: HED V70B

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> Define spiritual health and describe the many concepts and techniques in achieving spiritual wellness 	Test
<ul style="list-style-type: none"> Develop and implement a personal and/or professional spiritual health plan 	Spiritual health project
<ul style="list-style-type: none"> Discuss the merits of meditation as an integral technique of spiritual health. 	Test

Student Learning Outcomes

Course: HED V73

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> Identify and analyze primary holistic healing sources and healing systems 	Test
<ul style="list-style-type: none"> Identify the social, emotional, physical and spiritual considerations of the nature of holistic health and healing. 	Test
<ul style="list-style-type: none"> Compare and contrast the differences between holistic healing systems and the Western Medical Model. 	Test

Student Learning Outcomes

Course: HED V76

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> Identify the physiological changes of the sympathetic and parasympathetic nervous systems that occur during the stress response from and back to homeostasis 	Test
<ul style="list-style-type: none"> Assess and analyze the relationship between stress and disease with special awareness to the effect on the cardiovascular, digestive, and immune systems. 	Test
<ul style="list-style-type: none"> Analyze how unresolved stress negatively affects a person's psychological health including the relationship between stress and anxiety disorders, depression, sleep problems, memory and concentration. 	Test Journal
<ul style="list-style-type: none"> Demonstrate and evaluate the efficacy of stress reduction techniques such as: mindfulness, imagery, progressive muscle relaxation, meditation and various breathing techniques. 	Demonstration Journal

Student Learning Outcomes

Course: HED V84

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> Perform CPR properly with and without a resuscitation mask 	Pass the American Red Cross skills test
<ul style="list-style-type: none"> Identify cardiovascular anatomy, emergency action principles, and signs of cardiac arrest 	Pass the American Red Cross written test

Student Learning Outcomes
Course: HED V91

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> Describe the major modalities of alternative and integrative medicine 	Test
<ul style="list-style-type: none"> Compare and contrast the efficacy of Western Medicine and Alternative Medicine techniques to the treatment and prevention of illness and disease. 	Test
<ul style="list-style-type: none"> Discuss the history of healing techniques throughout the centuries up to the development of Modern Medicine 	Test

Student Learning Outcomes
Course: HED V92

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> Perform the skills of CPR and Rescue Breathing 	Pass the American Red Cross practical and written tests for Red Cross certification in CPR
<ul style="list-style-type: none"> Perform first aid techniques to burns, bleeding, and joint injuries 	Pass the American Red Cross practical and written tests for Red Cross certification in First Aid

Student Learning Outcomes
Course: HED 93

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> List the six dimensions of wellness and describe how to achieve one's potential in each dimension 	Test
<ul style="list-style-type: none"> Identify, assess and implement health promotion/protection strategies on a personal basis 	Pre/Post assessment of lifestyle behaviors

Student Learning Outcomes
Course: HED 94

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> Identify anatomical structures of the body including: bones, muscles, tendons, joints, and ligaments 	Anatomy Test
<ul style="list-style-type: none"> Students will perform taping and wrapping using appropriate techniques 	Skills test
<ul style="list-style-type: none"> Compare and contrast different modalities used in sports/athletic training for specific sport's injuries 	Injury scenarios

Student Learning Outcomes
Course: HED V95

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Discuss the factors influencing the health and wellness of women	Test
• Identify, assess and implement health promotion/protection strategies for women on a personal basis	Pre/Post assessment of lifestyle behaviors

Student Learning Outcomes
Course: HED 97

Student outcomes: At the end of this course, the student should be able to:	Assessment
• State the five components of physical fitness and describe the principles involved in training in each component	Test
• Design exercise and nutritional programs for increasing fitness of specific populations	Project, test
• Assess and analyze one's daily diet	Computerized diet analysis