Department of Health Behavior and Education

Acting Chairperson:	Makhoul, Judy
Associate Professors:	Afifi-Soweid, Rima A; Heath, Robin L; Makhoul, Jihad J.
Assistant Professors:	Abdulrahim, Sawsan A; Kabakian-Khasholian, Tamar K; Osman, Hibah O.
Lecturer:	[P]El Kak, Faysal H.
Instructor:	Kanj, Mayada F.

Departmental courses are designed to introduce students to the theory and concepts of the field of health behavior and education, with an emphasis on the socio-cultural aspects of health behavior change. The Department of Health Behavior and Education contributes courses to Health Sciences major and minor programs. The department also contributes courses to and coordinates a Teaching Diploma in Health Education in cooperation with the Department of Education.

The following courses are offered by the department:

HBED 201 Health Awareness 3.0; 3 cr.
A course that aims to increase understanding of the social dimensions of health and illness and the factors that relate to healthy living. This course tackles common health concerns as they relate to the individual, with an emphasis on prevention and wellness lifestyle behavior. This course is open to students from all faculties.

HBED 203 Health Communication 2.2; 3 cr.
A course that provides an introduction to the assumptions we make about communication and key elements of the communication process. Factors that inhibit communication as well as some of the functions of communication as they relate to increasing positive health behavior and group effectiveness are dealt with. This course aims to enhance writing and oral presentation skills, as well as effective interaction skills with peers and supervisors at work. *Students cannot receive credit for both HBED 203 and EDUC 238.*

HBED 209 Socio-Cultural Factors in Health and Illness 3.0; 3 cr.
An introductory course on the social and behavioral theories and concepts that apply to the analysis of health-related behaviors. Emphasis is placed on core concepts relating to health and illness, and on the main models relating to the study of health behavior at the personal, familial, institutional, and cultural levels.

HBED 237 Theories and Methods of Health Education 3.0; 3 cr.
A course that introduces students to the major theories of health behavior and health promotion. Emphasis is placed on the application of health behavior theories to health promotion and education practice. *Students cannot receive credit for both HBED 237 and EDUC 237.*

P Part time