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Health Education Specialist Ideas

1. As a health educations specialist at HBU, my first idea would be to push health education classes to be a part a core classes at HBU. Many who aren’t taking any kinesiology or science courses are not given the opportunity to learn some very vital information regarding environmental factors as well as how their actions have negative effects mentally and physically going forward. I believe this will promote a more positive life and help to form good habits.
2. Second, I would aim to monitor and improve the food being produced and served at the cafeteria on campus. Rather than processed foods, we would carry more proteins and whole grains. As a health education specialist I would like to implement programs to promote a healthier lifestyle. For example, it could be called the “Right Choice Program” and myself or trained health advisors could be in the cafeteria offering optional advice during high traffic hours. Many people would like help, but do not know where to find it. I would want this to be a helpful program that is welcoming and promotes health not just weight loss.
3. A weight training program. The Bradshaw fitness center membership is a part of the cost off attending HBU, but I will work to get more people over there. I would love to make a certain amount of hours required at least for the first semester or a whole freshman year. But ultimately I feel that people want to go to the gym and better themselves but there is a stigma that the gym doesn’t feel welcoming to newcomers. Or that its too late to start. A lot of times its that someone just starting doesn’t know what to do. I would like to implement a program that invites newcomers to work out, and assigns personal trainers at no charge. I feel that this would be welcoming, and help to build a foundation for health going forward. At this age we need multiple days a week of exercise for 30-45 minutes and I believe this idea could help students reach it.
4. To better understand the HBU community, an idea I have would be to conduct various anonymous surveys among all students. These surveys would aim to better understand the areas of: exercise, diet, disease preventions, alcohol and tobacco use, sleep habits, stress levels, studying habits and more. With this we could better target what must be improved as a whole.
5. The last idea would be to make HBU a safer campus. HBU has already added emergency centers around campus, but there could be more done to the setup of the campus. More lights could be added, camera security systems out doors and in the parking lot and so on. Being in a rough part of town may scare some, but we can ensure that in our gates there is nothing for anyone to fear. This can reduce stress levels and promote mental health.