HLTH 210 Introduction to the Discipline  
Credits 3. 3 Lecture Hours.  
Concepts essential to understanding the discipline: competencies and career opportunities for professional health educators in school and community settings.  
Prerequisites: Current health major; HLTH 231 or concurrent enrollment.  

HLTH 214/KINE 214 Health and Physical Activity for Children  
Credits 3. 3 Lecture Hours.  
(PHED 1331) Health and Physical Activity for Children. Coordinated school health and physical activity programs appropriate for elementary aged children; focus on the content of the curriculum and the philosophical underpinnings of programming related to health and physical activity.  
Prerequisite: KINE 198.  
Cross Listing: KINE 214/HLTH 214.  

HLTH 216 First Aid  
Credits 2. 1 Lecture Hour. 2 Lab Hours.  
(PHED 1306) First Aid. Basic first aid instruction leading to National Safety Council, University Level, first aid course completion recognition.  

HLTH 221 Safety  
Credits 3. 3 Lecture Hours.  
The magnitude of the accident problem as it relates to individual and community well-being; promotion of safe behavior. No credit will be given for both HLTH 221 and SAED 301.  

HLTH 222 Concepts in Peer Health Education  
Credits 3. 3 Lecture Hours.  
Preparation as peer educators and campus community leaders; experiential learning; includes various health topics, program development, presentation and public speaking, communication and group facilitation.  

HLTH 231 Healthy Lifestyles  
Credits 3. 3 Lecture Hours.  
(PHED 1304) Healthy Lifestyles. Health issues relevant to students; included are mental health, use and abuse of drugs, human sexuality, communicable diseases, environmental and consumer health.  

HLTH 236 Race, Ethnicity and Health  
Credits 3. 3 Lecture Hours.  
Explore in-depth the racial, ethnic, and cultural dimensions that underlie health and health disparities; emphasis on culture, social economic status and governmental policies as they influence the adaptation of health practices.  

HLTH 240/KINE 240 Computer Technology in Health and Kinesiology  
Credits 3. 2 Lecture Hours.  
Application of current technology in the areas of health and kinesiology; fundamentals of computers and their use; application of commercial software to health and kinesiology settings; use of computer networks for communications and research.  
Prerequisite: Freshman or sophomore classification in health or kinesiology.  
Cross Listing: KINE 240/HLTH 240.  

HLTH 241/KINE 241 Health and Physical Activity for Adults  
Credits 3. 3 Lecture Hours.  
(PHED 1333) Health and Physical Activity for Adults. Coordinated school health and physical activity programs appropriate for middle and high school students; focuses on the philosophical underpinnings of programming related to health and physical activity.  
Prerequisite: KINE 198.  
Cross Listing: KINE 241/HLTH 241.  

HLTH 250 Introduction to Public Health  
Credits 3. 3 Lecture Hours.  
Concepts necessary to an understanding of public health; topics include history of public health, health behaviors, social factors, environmental influences, governmental and voluntary health agencies, and health care careers.  
Prerequisites: Freshman or sophomore classification; approval of instructor.  

HLTH 251 Community Health Education  
Credits 3. 3 Lecture Hours.  
Preparation as community health educators; theory and application of teaching methods; basic health behaviors and health maintenance; role of the community as a health educator.  
Prerequisites: HLTH 231 or concurrent enrollment.  

HLTH 255 Community Health Practice  
Credits 3. 3 Lecture Hours.  
Preparation as community health educators; role of the community as a health educator.  
Prerequisites: HLTH 231 or concurrent enrollment.  

HLTH 260/PHED 260 Nutrition  
Credits 3. 3 Lecture Hours.  
The role nutrition plays in health and disease; emphasis on the interrelationship of nutrients, food, and health and on the importance of proper nutrition on a long-term basis.  

HLTH 261 Nutrition in Practice  
Credits 3. 3 Lecture Hours.  
The role nutrition plays in health and disease; emphasis on the interrelationship of nutrients, food, and health and on the importance of proper nutrition on a long-term basis.  

HLTH 265 Nutrition and Physical Activity  
Credits 3. 3 Lecture Hours.  
Integration of nutrition and physical activity for health, recreation, and fitness.  

HLTH 275 Health Assessment  
Credits 3. 3 Lecture Hours.  
Competency-based course in health assessment.  
Prerequisites: HLTH 231 or concurrent enrollment.  

HLTH 281 Health Education in Elementary Schools  
Credits 3. 3 Lecture Hours.  
Concepts of health education and the planning of health education programs for elementary school; emphasis on the content of the curriculum and the philosophical underpinnings of programming related to health and physical activity.  
Prerequisites: HLTH 231 or concurrent enrollment.  

HLTH 285 Directed Studies  
Credits 0 to 4. 0 to 4 Other Hours.  
Work on a specified topic with the intent of promoting independent reading, research and study; supplement existing course offerings or subjects not presently covered.  
Prerequisites: Freshman or sophomore classification; approval of instructor.  

HLTH 291 Research  
Credits 0 to 4. 0 to 4 Other Hours.  
Research conducted under the direction of faculty member in health. May be repeated 4 times for credit.  
Prerequisites: Freshman or sophomore classification and approval of instructor.  

HLTH 331 Community Health  
Credits 3. 3 Lecture Hours.  
Aspects of the community that relate to health; identification and analysis of community health programs; organizational pattern and functions of voluntary and governmental health agencies; organizing the community for health action; and coordination of school and community health programs.  
Prerequisite: HLTH 231 or concurrent enrollment.  

HLTH 332 School Health Program  
Credits 3. 3 Lecture Hours.  
Background, development, administration and framework of the school health program; role of the school health team; nature and function of school health services and healthful school living.  
Prerequisite: HLTH 231 or concurrent enrollment.  

HLTH 333 Spirituality and Health  
Credits 3. 3 Lecture Hours.  
Exploration of the relationship between spirituality, religion, health, health education and spiritual health; identification of techniques to measure spiritual health/wellness and enlighten healthcare professionals to the role spiritual health plays in healing; identification of spirituality topics important to health care professionals.  
Prerequisite: HLTH 231, HLTH 331 or approval of instructor.  

HLTH 334/WGST 334 Women's Health  
Credits 3. 3 Lecture Hours.  
A broad range of health issues that are either unique to women or of special importance to women; information for the health consumer; preparation as an advocate of healthy lifestyles; awareness of the role health plays in the life of all women.  
Prerequisite: Junior or senior classification.  
Cross Listing: WGST 334/HLTH 334.  

HLTH 335 Human Diseases  
Credits 3. 3 Lecture Hours.  
Causes of disease, course of communicable disease, body's defense against disease and classification and description of diseases.  
Prerequisite: BIOL 319, BIOL 320; admission to professional phase of program.  

HLTH 342 Human Sexuality  
Credits 3. 3 Lecture Hours.  
Many aspects of human sexuality; physiology and function of human reproductive system; factors involved in learning sex roles, biological and emotional motivations associated with the sexual aspects of life and their relationship to marriage and family planning.  
Prerequisite: Admission to the professional phase of program.
HLTH 353 Drugs and Society
Credits 3. 3 Lecture Hours.
Use and abuse of drugs in today’s society; physiological, sociological and psychological factors involved.
Prerequisite: BIOL 319, BIOL 320; admission to professional phase of program.

HLTH 354 Medical Terminology for the Health Professions
Credits 3. 3 Lecture Hours.
Designed for students interested in pursuing a career in a health, medical, scientific or other helping profession; develop medical word power skills combined with related health and disease knowledge.
Prerequisite: Junior or senior classification.

HLTH 403 Consumer Health
Credits 3. 3 Lecture Hours.
#Selection, evaluation and understanding of health information, medical services, advertising of products and sociocultural factors in consumer health protection.
Prerequisite: Junior or senior classification.

HLTH 405 Rural Health
Credits 3. 3 Lecture Hours.
Issues facing rural health care; emphasis on understanding the geographical characteristics of rural communities and their affect on health care delivery.
Prerequisites: HLTH 331; junior or senior classification.

HLTH 407 Global Health
Credits 3. 3 Lecture Hours.
Overview of global health issues; synthesis of historical, cultural, environmental, economic and political perspectives; gathering and understanding international health statistics; cultural, social and political impacts on health and health care behaviors; clinical and population-based approaches to health management and illness resolution; ethical issues implicit in conducting health research; private and public agency relief strategies; opportunities for employment in international health.
Prerequisites: Admission to the professional phase of program; junior or senior classification or approval of instructor.

HLTH 410 Exercise and Health Programs in the Workplace
Credits 3. 3 Lecture Hours.
Careful examination of strategies to design, implement and evaluate exercise and health programs in worksites; including health risk assessment, marketing protocol, needs assessment, corporate culture issues, policy development and cost-benefit analysis.
Prerequisite: Junior or senior classification.

HLTH 415 Health Education Methodology
Credits 3. 3 Lecture Hours.
Theory and practice in the development and use of creative and traditional health education strategies in secondary schools and community settings; emphasis is given to cognitive, affective and behavioral teaching strategies.
Prerequisites: Senior classification and approved acceptance to field experience.

HLTH 421 Elementary School Health Instruction
Credits 3. 3 Lecture Hours.
Modern issues, trends, content and material in elementary school health programs; research and instructional strategies essential for reading in content areas with an emphasis on developing the coordinated school health education for health and kinesiology teacher certification majors.
Prerequisite: Junior or senior classification in health or kinesiology; admission to professional phase of program.

HLTH 425 Health Program Evaluation
Credits 3. 3 Lecture Hours.
Theory and practice in evaluation of health programs in school and community; analysis of test results; evaluation of standardized health tests.
Prerequisites: Senior classification and approved acceptance to field experience.

HLTH 429 Environmental Health
Credits 3. 3 Lecture Hours.
Health aspects of environments; health problems related to water, air and noise pollution; pesticides; population and radiation; examination of various micro-environments which either promote or hinder human health and well-being and their implications for community planning and utilization of human resources.
Prerequisite: Junior or senior classification.

HLTH 440 Contemporary Issues for Community Health Interns
Credits 3. 3 Lecture Hours.
Preparatory course for advanced students in the community health internship program.
Prerequisite: Acceptance to internship program.

HLTH 445 Professional Practice in Health Education
Credits 2. 2 Lecture Hours.
Information, perspectives and skills to promote health and quality of life effectively in community, school, workplace and health-care settings; boundary-crossing partnerships across health disciplines; the role of collaborative efforts to better meet community health needs.
Prerequisites: Admission to professional phase of program; junior or senior classification.

HLTH 481 Seminar in Allied Health
Credit 1. 1 Lecture Hour. 1 Lab Hour.
Admission to allied health professional school and/or careers; research on selected allied health fields, discussion of transition from college environment to professional school/career environment including professional development. Must be taken on a satisfactory/unsatisfactory basis.
Prerequisites: Junior or senior classification.

HLTH 482 Grant Writing in Health
Credit 1. 1 Lecture Hour.
A writing intensive course focused on grant writing in the field of health education and health promotion; grant application written by student on a health-related topic using a recursive writing process. May be taken two times for credit. Must be taken on a satisfactory/unsatisfactory basis.
Prerequisite: Admission to professional phase of program.

HLTH 484 Community Health Internship
Credits 0 to 12. 0 to 12 Other Hours.
Supervised internship at selected community, public or private health agencies.
Prerequisites: HLTH 415, HLTH 425 and HLTH 440; completion of all coursework.

HLTH 485 Directed Studies
Credits 0 to 4. 0 to 4 Other Hours.
Directed study of special problems within the discipline.
Prerequisites: Junior or senior classification; approval of instructor.

HLTH 489 Special Topics in...
Credits 0 to 4. 0 to 4 Lecture Hours.
Selected topics in an identified area of the discipline. May be repeated for credit.
HLTH 491 Research
Credits 0 to 4. 0 to 4 Other Hours.
Research conducted under the direction of faculty member in health. May be repeated 4 times for credit.
Prerequisites: Junior or senior classification and approval of instructor.