

# HLTH - HEALTH (HLTH)

## 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 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. **Cross Listing:** KINE 214/HLTH 214.

## HLTH 216/KINE 216 First Aid

**Credits 2. 2 Lecture Hours.** (PHED 1306) First Aid. Basic first aid instruction leading to University Level, first aid course completion recognition. **Cross Listing:** KINE 216/HLTH 216.

## 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.

## 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. **Prerequisite:** Grade of C or better in HLTH 210 or concurrent enrollment.

## 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 Introduction to Health Disparities and Diversity

**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. 3 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, kinesiology or sport management. **Cross Listing:** KINE 240/HLTH 240.

## 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.** Exploration of aspects of a healthy community through community organizing, building and asset mapping; identification of factors that influence the health of the community; utilization of research methods and analysis to assess community health; identification of and application of evidence-based practices and interventions to address common community health issues. **Prerequisite:** Grade of C or better in 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:** Grade of C or better in HLTH 210 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:** Grade of C or better in HLTH 210; approval of instructor for non-HLTH majors.

## HLTH 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.

## 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:** Grade of C or better in BIOL 320, HLTH 210, HLTH 231, and HLTH 240/KINE 240.

## 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.

## 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:** Grade of C or better in BIOL 320, HLTH 210, HLTH 231, and HLTH 240/KINE 240.

## 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:** Grade of C or better in HLTH 210.

## 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. **Prerequisite:** Grade of C or better in HLTH 210, HLTH 236, and HLTH 331; junior or senior classification.

## HLTH 407 Global Health

**Credits 3. 3 Lecture Hours.** A synthesized examination of global health from a multi-level, anthropological perspective; strong emphasis on ethical considerations implicit in global health research and program implementation; heavy use of true case studies and problem-solving exercises designed to increase cross-cultural awareness, cultural competence, empathy and critical thinking skills. **Prerequisite:** Grade of C or better in HLTH 210, HLTH 231, HLTH 240/KINE 240, BIOL 319, BIOL 320 and COMM 203; grade of C or better in ENGL 103 or ENGL 104.

## HLTH 410 Worksite Health Promotion

**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:** Grade of C or better in BIOL 320, COMM 203, ENGL 104 or ENGL 103, HLTH 210, HLTH 231, and HLTH 240/KINE 240.

## 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. **Prerequisite:** Grade of C or better in HLTH 231, BIOL 320, and COMM 203; grade of C or better in HLTH 222, HLTH 240/KINE 240, HLTH 332, or HLTH 331; grade of C or better in ENGL 103 or ENGL 104.

## 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:** Grade of C or better in HEFB 222/KNFB 222 or KNFB 222/HEFB 222; grade of C or better in BIOL 107 or BIOL 111; grade of C or better in PHYS 201 or CHEM 119; junior or senior classification.

## 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. **Prerequisite:** Grade of C or better in HLTH 222, HLTH 231, HLTH 240/KINE 240, HLTH 331, BIOL 320, and COMM 203; grade of C or better in ENGL 103 or ENGL 104.

## HLTH 429 Environmental Health

**Credits 3. 3 Lecture Hours.** Emphasis on the interconnectedness between the environment, both natural and man-made, and human health; range of topics including sustainability, population growth, toxicology, waste management, air and water quality, built environment and environmental psychology; demonstration of how the environment can support or hinder each dimension of wellness while being effective consumers of information. **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:** Grade of C or better in HLTH 222, HLTH 231, HLTH 240/KINE 240, HLTH 331, BIOL 320, and COMM 203; grade of C or better in ENGL 103 or ENGL 104.

## 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.** 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. **Prerequisite:** Grade of C or better in HLTH 210, HLTH 231, HLTH 240/KINE 240, and COMM 203; grade of C or better in ENGL 103 or ENGL 104.

## 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:** Grade of C or better in HLTH 210, HLTH 231, HLTH 240/KINE 240, BIOL 320, and COMM 203; grade of C or better in ENGL 103 or ENGL 104.

## 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:** Grade of C or better in 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.