

HEALTH (EDUCATION DIVISION)

HLTH-215 HEALTH SCIENCE (3 cr.) A course for teachers. Topics include wellness, fitness, nutrition, weight control, human sexuality, disease prevention, substance use and abuse, injury prevention and emergency care, environmental health, consumerism, mental and emotional wellness. Writing Integrated. Fee required.

HLTH-272 FITNESS AND WELLNESS (3 cr.) Provides students with skills and knowledge to practice health-enhancing behaviors and reduce health risks to themselves and others. Focuses on holistic health, exercise, nutrition, substance use and abuse, stress management, posture, care of the back and neck, prevention of cancer and sexually transmitted diseases. Students will use goal-setting and decision-making skills that enhance health. Lecture and participation in physical activity. Cross-listed with KIN 272. Course fee.

HLTH-288 BASIC FIRST AID/CPR/AED (1 cr.) This course is designed to give students the confidence, skills, and knowledge to act in an emergency situation. The class content includes injury prevention and safety techniques. Upon satisfactory completion of skills tests and written examinations, each student will have the opportunity to obtain a CPR/AED and First Aid card from the American Red Cross.

HLTH-290 DIRECTED STUDY IN HEALTH (1-12 cr.)

HLTH-291 WORKSHOP IN HEALTH (1-12 cr.)

HLTH-292 SPECIAL TOPICS IN HEALTH (1-12 cr.)

HLTH-295 PRACTICUM IN HEALTH (1-12 cr.)

HLTH-296 COOPERATIVE EDUCATION IN HEALTH (1-12 cr.)

HLTH-299 RESEARCH ASSISTANTSHIP (1-12 cr.)

HLTH-342 COMMUNITY HEALTH (3 cr.) An overview of health in world communities. Topics include diseases, environmental health, consumer health, school and workplace health, public health policy, global organizations and issues. Students will learn how to access valid health-enhancing products and services.

HLTH-345 DEATH AND DYING (1 cr.) Trends and patterns in death and dying including cross-cultural and historical perspectives, death in popular culture, demography of death, grief and bereavement, dying patient's perspectives and ethical dilemmas.

HLTH-346 HUMAN SEXUALITY (1 cr.) An overview of biological, behavioral and cultural aspects of human sexuality including study of gender, sexually transmitted diseases, pregnancy and sexual dysfunction.

HLTH-347 STRESS MANAGEMENT (1 cr.) Reviews the physical, social and psychological aspects of the human stress response. Provides students with an increased personal awareness of their own stress and a practical application of relaxation and stress reduction techniques.

HLTH-352 TECHNOLOGIES FOR HEALTH AND WELLNESS PROFESSIONALS (3 cr.) Strategies and skills for the development, utilization and evaluation of instructional media for program administration, health promotion and teaching in health clubs, corporations, youth organizations, public health, and schools. Fee required. Pre-requisite: Junior standing.

HLTH-353 NUTRITION (3 cr.) Principles of life span nutrition. Includes study of nutritional needs during exercise and the influence social, economical, and ethnic factors play in dietary habits and attitudes.

HLTH-390 DIRECTED STUDY IN HEALTH (1-12 cr.)

HLTH-391 WORKSHOP IN HEALTH (1-12 cr.)

HLTH-392 SPECIAL TOPICS IN HEALTH (1-12 cr.)

HLTH-395 PRACTICUM IN HEALTH (1-12 cr.)

HLTH-396 COOPERATIVE EDUCATION IN HEALTH (1-12 cr.)

HLTH-399 RESEARCH ASSISTANSHIP (1-12 cr.) Graded P/F only.

HLTH-452 HEALTH PROMOTION AND WELLNESS COACHING (3 cr.) An introduction to the growing field of health promotion and wellness coaching. This course covers the design, implementation and evaluation of worksite and community health promotion programs. Students implement theory-based Wellness Coaching strategies to promote positive lifestyles.

HLTH-456 DRUGS IN SOCIETY (2 cr.) Covers drug education relevant to today's society. Explores the history, use, physiology, behavior, dependency, treatment and prevention aspects of drugs. Students and guest speakers will share their knowledge on specific issues through presentations and discussions. Utilizes many instructional methods in the pursuit of a general understanding of the effects of drugs upon society. Recommended pre-requisite: PSYC 101 or PSYC 205 or permission of instructor. Cross-listed with PSYC 456.

HLTH-457 DRUGS AND THE ATHLETE (1 cr.) Covers the social-psychological aspects of the use of alcohol and other drugs by athletes. Explores the trends of commonly abused drugs, the physiological effects of use, media influences and social norms towards use, and proactive programming for the educator/coach. Many instructional approaches will be utilized in the pursuit of an understanding of the phenomenon of athletes as drug-abusers.

HLTH-490 DIRECTED STUDY IN HEALTH (1-12 cr.)

HLTH-491 WORKSHOP IN HEALTH (1-12 cr.)

HLTH-492 SPECIAL TOPICS IN HEALTH (1-12 cr.)

HLTH-494 INTERNSHIP IN HEALTH (1-12 cr.) Application of advanced coursework, skills and knowledge to a supervised, practical experience in Kinesiology, Sports Administration, Coaching, Physical Education, Sports Medicine, Physical/Occupational Therapy, Fitness and Wellness. Pre-requisite: Instructor's permission.

HLTH-495 PRACTICUM IN HEALTH (1-12 cr.)

HLTH-496 COOPERATIVE EDUCATION IN HEALTH (1-12 cr.)

HLTH-499 RESEARCH PROJECT AND SEMINAR IN HEALTH (1-12 cr.)