

HEALTH (HLTH)

HLTH 101 Contemporary Health Issues (GI) (3 credits)

This course presents an overview of current health issues and problems facing our society. Topics include emergency care, common chronic and infectious diseases, aging, sexual health, mental health, stress management, physical health, environmental health, addiction, and social health.

HLTH 102 EMC, First Aid, and Safety (3 credits)

This course prepares students to meet the certification requirements from a nationally recognized organization. Topics include first aid, emergency medical care, Cardiopulmonary resuscitation (CPR), Automated External Defibrillator (AED) training, safety awareness and accident triage. Course fee.

HLTH 103 Personal Fitness and Wellness (GI) (3 credits)

The emphasis of this course is to learn how to take control of one's fitness and lifestyle habits so that the student can make a deliberate effort to achieve the highest potential for well-being. Topics include cardiovascular health, body composition, physical fitness, weight control, stress management, sexually transmitted diseases, addictive behaviors and chronic diseases. In a laboratory setting, students assess and evaluate their personal wellness state, and practice strategies (including a fitness program) to achieve an optimal level of wellness. Course fee.

HLTH 104 Environmental Health (GI) (3 credits)

This course examines, from an interdisciplinary and global perspective, the health of the environment and how it affects human health. It addresses such issues as ozone depletion, global warming, human hunger, water pollution and shortages, and other indications of global malaise. Solutions are discussed and evaluated.

HLTH 105 Introduction to Holistic Health (3 credits)

This course explores the expanding field of holistic health therapies that address the interplay of body, mind, and spirit. It reviews modern health threats (stress, obesity, poor nutrition, inactivity, toxins). It examines how complementary and alternative medicine (CAM) contrasts with and supplements traditional Western medicine. A wide range of therapies—including yoga, massage, and acupuncture—is covered, along with lifestyle changes that promote wellness.

HLTH 106 Nutrition for Personal Wellness (GI) (3 credits)

This class introduces students to practical nutrition information. Emphasis on the role of nutrients in health management, weight control, and disease prevention, as well as behavioral influences on eating habits are discussed. Students assess personal nutritional status, develop individual nutrition plans, and learn positive eating behavior modification strategies.

HLTH 107 Stress Management (3 credits)

This course examines different stressors and their impact on one's health. Mental health, stress related illnesses, and healthy and unhealthy choices are discussed. Stress management techniques are emphasized.

HLTH 108 Introduction to Public Health (3 credits)

Public health is the science of protecting and improving the health of families and communities through promotion of health lifestyles, research for disease and injury prevention and detection and control of infectious diseases. This course presents an introduction to the structure and functions of public health organizations and public health practice.

HLTH 191 IS: Stress Management (1 credit)

HLTH 192 Independent Study: Stress Management (2 credits)

This course examines different stressors and their impact on one's health. Mental health, stress related illnesses, and healthy and unhealthy choices are discussed. Stress management techniques are emphasized.

HLTH 201 Human Sexuality (3 credits)

This course will examine major aspects of human sexuality from biological, historical, and cultural perspectives. Topics include male anatomy and physiology, female anatomy and physiology, sexual behaviors, contraceptives, health related issues, conception, pregnancy, birth, gender development, and relationship sexuality.

HLTH 202 Health Behavior (3 credits)

The course examines the psychosocial factors that influence health behavior. Theoretical frameworks for behavior modification intervention programs are emphasized. Prerequisites Eligibility for ENG 101 as demonstrated by a qualifying score on writing assessment or completion of ENG 012 or ENG 018 or ENG 060. This course is only offered in the spring semester. Course fee.

Prerequisite(s): (ENG 101) or (ENG 012) or (ENG 018) or (ENG 060) or (PARCC English Language with a score of 750) or (Accuplacer English with a score of 090) or (Next Gen Writing with a score of 263) or (Compass - Writing with a score of 070) or (SAT Verbal/Critical Reading with a score of 480)

HLTH 203 The U.S. Health Care System (GB) (3 credits)

This course provides an introduction to the organization, delivery, and financing of the United States health care system. Students examine the historical, social, economic, technological, and political forces that have shaped and continue to influence the system. Issues related to cost, quality, and access are analyzed. This course is only offered in the spring semester.

Prerequisite(s): ENG 101 or ENG 012 or ENG 018 or ENG 060 or PARCC English Language with a score of 750 or Accuplacer English with a score of 090 or Next Gen Writing with a score of 263 or Compass - Writing with a score of 070 or SAT Verbal/Critical Reading with a score of 480 or or

HLTH 204 Women's Health Issues (3 credits)

This course provides an introduction to women's health over the adult life span. Students examine the biological, medical, psychosocial, economic, and political factors that influence the health and well-being of women.

HLTH 281 Field Placement in Public Health (1 credit)

This is a structured career exploration course that includes 3 hours of faculty-led instruction and mentorship and 12 hours of job shadow rotation at public health workplaces, including but not limited to post-secondary education, government, non-profit, and medical/hospital settings. Students evaluate their interest in the field of public health through observation of day-to-day responsibilities associated with the profession, learn more about the skills and qualifications necessary to be successful in the field of public health, and network with professionals. Course fee.

Prerequisite(s): (HLTH 108)

HLTH 282 Internship in Public Health (2 credits)

This internship provides the opportunity for students to obtain work experience in a public health promotion setting in coordination with a faculty member. Students apply previous coursework to skill practice in workplace settings. Written goals and objectives, as well as evaluation criteria, are agreed upon and confirmed in writing by the student, site supervisor, and faculty mentor. Students may not use their job as an intern site. The work experience time commitment is equivalent to 5 hours per week during the 3rd 5-week spring semester. Course fee.

Prerequisite(s): (HLTH 281)