

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 and CPR; prevention, recognition, and treatment of chronic and communicable disease; aging, marriage, and family lifestyles and choices; recognition and treatment of mental disorders; and stress management.

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 Wellness Theory and Applications (GI) (3 credits)

This course combines two elements: the theoretical study of wellness and the application of wellness concepts. Topics include cardiovascular health, body composition, physical fitness, weight control, stress management, sexually transmitted diseases, addictive behaviors and chronic diseases. Other topics include teaching perceptual motor skills and fundamental movements. 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.

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. Prerequisite(s): Eligibility for ENG 101 as demonstrated by a qualifying score on writing assessment or completion of ENG 012 or ENG 018 or ENG 060.

Prerequisite(s): (ENG 012) or (ENG 018) or (ENG 060)

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 (D) (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..

Prerequisite(s): (ENG 012) or (ENG 018) or (ENG 060)

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.

HLTH 281 Field Placement in Community Health Promotion (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 community 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 community 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 community health, and network with professionals. Course fee.

Prerequisite(s): HLTH 108

HLTH 282 Internship in Community Health Promotion (2 credits)

This internship provides the opportunity for students to obtain work experience in a community health promotion setting in coordination with a faculty member. Students apply previous coursework to skill practice in workplace settings that enhance the health of the community. 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 own 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