

HEALTH SCIENCE (HLTH)

Courses

HLTH 101 WELLNESS FOR A DIVERSE SOCIETY (3)

Focuses on health and wellness topics and factors that influence health including personal behaviors, relationships, community characteristics, and policies. Examines health disparities and the social determinants of health. The social determinants of health are non-medical factors that impact health and can lead to health disparities, like access to healthy foods and safe housing. Students analyze these issues within the U.S. and compare the U.S. to other countries. Students who have successfully completed the honors version of this course (HLTH 102) will not receive additional credit for this course. Core: The United States as a Nation.

HLTH 102 HONORS WELLNESS FOR A DIVERSE SOCIETY (3)

Health promotion, disease prevention and healthy lifestyles; analysis of personal attitudes and behaviors. Honors College course. Students who have successfully completed the non-honors version of this course will not receive additional credit for this course. Core: The United States as a Nation.

HLTH 103 EMC, FIRST AID AND SAFETY (3)

Emergency intervention designed for people who may have to give first aid, advanced life support or cardiopulmonary resuscitation in the course of their daily lives. Standard certification will be by the American Heart Association. Safety awareness will be explained.

HLTH 201 INTERNATIONAL HEALTH (3)

An overview of international health issues and problems, methods of health care delivery, health infrastructure, and epidemiology on a global scale.

HLTH 204 NUTRITION AND WEIGHT CONTROL FOR THE CONSUMER (3)

Using consumer models, this course contains elements of nutrition, weight control and fitness.

HLTH 207 HEALTH CARE IN THE U.S. (3)

Analysis of health care demands, cost, supply, and recipients. Analysis of different health care settings and factors such as professionalism, the professional education system, authority structures, ethical responsibilities, and referrals. Emerging policy debate and role of managed care are also explored. Core: The United States as a Nation.

HLTH 208 MENTAL HEALTH, STRESS MANAGEMENT, AND CRISIS INTERVENTION (3)

Emphasis on helping relationships, constructive communication, stress and stressful life events, various approaches to handling crisis situations, and an overview of the mental health services system.

HLTH 217 HONORS HEALTH CARE IN THE U.S. (3)

A survey-seminar course which analyzes the demand, cost, supply and providers of health care. The position and behavior of the health care recipient, analysis of different health care settings, and factors such as professionalism, the professional education system, authority structures, ethical responsibilities, referral, cost accountability and how they affect and define methods for delivery of health care services. Honors College course. Students who have successfully completed the non-honors version of this course will not receive additional credit for this course. Core: The United States as a Nation.

HLTH 219 WOMEN'S HEALTH (3)

Critical analysis of gender as a social construct of health. Exploration of physiological, psychological, behavioral, and technical aspects of women's health care needs and barriers. Enable students to become informed consumers of health care services. Prerequisite: Consent of Instructor.

HLTH 220 SEXUALITY IN A DIVERSE SOCIETY (3)

Covers the multifaceted components of human sexuality, including historical influences, religious influences, moral development and values, sexual practices and alternate behaviors, health behaviors, and sex-related diseases. Core: Diversity & Difference.

HLTH 222 FOUNDATIONS OF HEALTH EDUCATION AND HEALTH BEHAVIOR (3)

Social, cultural, and historical foundations examined in light of planning and implementing health education programs. Prerequisites: HLTH 101 (may be taken concurrently); major/minor status.

HLTH 310 INTRODUCTION TO PUBLIC HEALTH (3)

Examines and explores an overview of the broad field of public health. Will introduce students to public health data and their use, disease etiology, environmental health, health policy, health promotion, and disease prevention. Prerequisite: HLTH 207 (may be taken concurrently).

HLTH 311 CHRONIC AND COMMUNICABLE DISEASE (3)

A factual, non-clinical approach to the major chronic and communicable diseases that are health problems in the U.S. population today. Patient education methods and the role of the health educator in relation to these diseases are stressed. Prerequisites: HLTH 101 or HLTH 207; and one of the following: BIOL 120/ BIOL 120L, BIOL 191/ BIOL 191L, BIOL 200/ BIOL 200L, BIOL 206/ BIOL 206L, or BIOL 220.

HLTH 315 PROGRAM PLANNING IN PUBLIC HEALTH (3)

In-depth analysis of the planning process for programs and interventions in the public health field, including programs implemented in community, school, and other settings. Requires a grade of C or better to fulfill Core requirement. Prerequisites: ENGL 102 or ENGL 190 or equivalent, HLTH 339 or HLTH 222, and major/minor standing. Core: Advanced Writing Seminar.

HLTH 331 NUTRITION FOR HEALTH PROFESSIONALS (3)

An in-depth study of the chemical nature and utilization of nutrients: the composition, digestion, absorption of foods, and the normal nutritional requirements of the human body. Focus on nutrition and health, and nutrition and disease. Prerequisite: BIOL 191/BIOL 191L (BIOL 190) or higher with lab or consent of the instructor.

HLTH 333 FOOD SAFETY SCIENCE (3)

Principles of the spread of food borne illness as applied to maintaining safe supplies in food and food service establishments. Field trips required. Prerequisites: BIOL 190, BIOL 191/ BIOL 191L, BIOL 201 or BIOL 200/ BIOL 200L.

HLTH 335 PUBLIC HEALTH POLICY (3)

The role of governmental and nongovernmental policies in shaping public health. Focuses on the policy process, stakeholder roles, and use of evidence-based information. Prerequisites: HLTH 310 (may be taken concurrently); Public Health majors/minors or Health Science minors; or permission of instructor.

HLTH 339 HEALTH BEHAVIOR THEORY (3)

Review of public health theory as a way to predict, examine and explain risk factors and health behaviors. Prerequisites: HLTH 310 (may be taken concurrently); Public Health majors/minors; or permission of instructor.

HLTH 340 MATERNAL AND CHILD HEALTH FOUNDATIONS (3)

An introduction to maternal and child health policies, programs, and issues. Focuses on current maternal and child health issues and disparities and associated policies and programs in the US that aim to improve maternal and child health. This course has been offered as a special topic; students who have earned credit for this course as a special topic will not receive additional credit for HLTH 340. Prerequisites: HLTH 101 or HLTH 310.

HLTH 350 URBAN FOOD SYSTEMS (3)

Uses experiential learning, discussion, and readings to challenge students to examine the environment of complex urban food systems. Students will consider what it would take to improve these systems to assure access for all to nutritious, adequate, affordable food, ideally with reduced environmental harm. Prerequisites: ENGL 102 or equivalent and completion of Core 6 course. Core: Metropolitan Perspectives.

HLTH 360 INTRODUCTION TO PEER EDUCATION (3)

This comprehensive training course is designed to teach students how to be effective peer educators. Students will gain hands on experience with understanding the peer education process as well as techniques for effective communication and peer support. The course content will consist of theoretically-based skills and strategies associated with peer leadership, and knowledge of current health topics related to the college student population.

HLTH 401 TEACHING ABOUT DRUGS AND SEX (3)

Content, procedures and methods for presenting sensitive subjects including human sexuality and drugs. Not open to law enforcement majors. Prerequisites: HLTH 222, BIOL 191/ BIOL 191L (BIOL 190), HLTH major status, or consent of instructor.

HLTH 402 HEALTH COMMUNICATION (3)

Analysis of health message design, health behavior and communication theory emphasizing the persuasion process to improve health and other social conditions of living. Application of theoretical principles augmented with specific skills to design, implement and evaluate health messages. Prerequisites: HLTH 101 or equivalent; Core 9.

HLTH 405 DRUGS IN OUR CULTURE (3)

An in-depth review of harmless, harmful, useless, and useful substances that may affect behavior or mood; the interaction of psychological, sociological and physiological components are included. Prerequisite: HLTH 101.

HLTH 407 VIOLENCE PREVENTION FOR HEALTH EDUCATORS (3)

Development of effective violence prevention programs for future school and community health educators. Prerequisite: SOCI 358 or consent of instructor.

HLTH 410 HEALTH EDUCATOR CERTIFICATION EXAM PREPARATION (1)

Prepares students to use their knowledge in health promotion to answer certification-style questions in preparation for the Certified Health Education Specialist (CHES®) exam. Focuses on the eight Areas of Responsibility for Health Education Specialists. Prerequisite: consent of department.

HLTH 415 PREPARATION FOR FIELDWORK IN PUBLIC HEALTH (1)

Prepares students for Fieldwork in Public Health (HLTH 422, HLTH 423, or HLTH 424), a culminating experience for students in the public health major. Students learn about professionalism and ethics in the field of public health, and interview with partner organizations to determine internship placements. Prerequisites: open only to Public Health majors; requires consent of instructor to ensure students take HLTH 415 the semester preceding Fieldwork in Public Health (HLTH 422, HLTH 423, or HLTH 424).

HLTH 422 FIELDWORK IN PUBLIC HEALTH (12)

Fieldwork in Public Health is a practical experience in a professional public health setting. The internship, which a student begins after successful completion of all required courses in the Public Health major, involves work hours and assignments established by the organization where the student is placed for their internship. Graded S/ U. Prerequisites: consent of department as well as successful completion (grade "C" or better) of all courses required in the Public Health major and associated prerequisites.

HLTH 423 FIELDWORK IN PUBLIC HEALTH (9)

Fieldwork in Public Health is a practical experience in a professional public health setting. The internship, which a student begins after successful completion of all required courses in the Public Health major, involves work hours and assignments established by the organization where the student is placed for their internship. Graded S/ U. Prerequisites: consent of department as well as successful completion (grade "C" or better) of all courses required in the Public Health major and associated prerequisites.

HLTH 424 FIELDWORK IN PUBLIC HEALTH (6)

Fieldwork in Public Health is a practical experience in a professional public health setting. The internship, which a student begins after successful completion of all required courses in the Public Health major, involves work hours and assignments established by the organization where the student is placed for their internship. Graded S/ U. Prerequisites: consent of department as well as successful completion (grade "C" or better) of all courses required in the Public Health major and associated prerequisites.

HLTH 425 INSTRUCTIONAL METHODS IN HEALTH EDUCATION (3)

Focuses on methods used in community and school settings. Prerequisite: HLTH 315.

HLTH 430 ORGANIZATION, IMPLEMENTATION AND MANAGEMENT OF HEALTH EDUCATION PROGRAMS (3)

Focuses on planning, implementing, and evaluating health promotion and education programs in various settings. Students will apply the concepts they are learning by designing and executing a health promotion event outside of the classroom. Prerequisite: HLTH 315.

HLTH 432 PUBLIC HEALTH PROGRAM EVALUATION (3)

Focuses on how to evaluate public health programs, including instrument development, data collection, data analysis, interpretation, and using evaluation results to develop recommendations for improving public health programs. Prerequisite: HLTH 315.

HLTH 435 INTRODUCTION TO EPIDEMIOLOGY (3)

Examination of epidemiological investigation principles, chronic and communicable diseases, pollution, housing sanitation, and their interrelationships. Prerequisite: BIOL 191/ BIOL 191L (BIOL 190) or BIOL 200/ BIOL 200L (BIOL 201) or BIOL 206/ BIOL 206L (BIOL 202).

HLTH 451 INTRODUCTION TO ENVIRONMENTAL HEALTH (3)

An examination of the causes and human health impacts of climate change and major pollutants in water, air, and food. Focuses on study designs used in environmental epidemiology and environmental toxicology, subpopulations disproportionately impacted by environmental hazards, and policy approaches used to address health risks from the environment. Prerequisites: BIOL 191/ BIOL 191L (BIOL 190) or BIOL 200/ BIOL 200L (BIOL 201) or BIOL 206/ BIOL 206L (BIOL 202).

HLTH 470 HEALTH WORKSHOPS (3)

For teachers, administrators, and individuals concerned about health related fields. Contemporary health aspects are considered with emphasis on implementation of positive behavior aimed at improving the health of the individual and the community. Enrollment is limited to 25. May be repeated for a maximum of 6 units.

HLTH 491 HEALTH DIRECTED READINGS (1-3)

Independent reading in health or health related disciplines.

HLTH 494 HEALTH TRAVEL AND STUDY (3)

An examination of various types of health care delivery in the countries and cities visited in comparison with that of the United States. For complete information contact chair of the department. Prerequisite: HLTH 101 or consent of instructor.

HLTH 495 INDEPENDENT STUDY (1-3)

Directed study on specific problems in health and related fields. Prerequisite: consent of department chair.

HLTH 496 INDEPENDENT STUDY IN PUBLIC HEALTH RESEARCH (1-3)

Directed study or experience on specific topics in public health research. Can be repeated to a maximum of 12 units. Prerequisite: consent of instructor.