Health Science
College of Allied Health & Nursing
Department of Health Science
213 Highland Center N • 507-389-1527
Website: www.mnsu.edu/dept/health/

Chair: Marlene K. Tappe, Ph.D.

Autumn Hamilton, HSD; Amy Hedman, Ph.D.; Dawn Larsen, Ph.D.; Judith Luebke, Ph.D.; Marge Murray-Davis, Ph.D.; Marlene Tappe, Ph.D.; Mark Windschitl, Ph.D.; Joseph Visker, Ph.D.

The school and community health education programs prepare health professionals with expertise in health promotion and disease prevention.

Students in the School Health and Physical Education program are required to complete 40 credits of General Education courses in 11 Goal Areas for graduation.

The Health Science department requires that a student maintain a “C” or better in all programmatic courses, including both core and elective courses.

Admission to Major is granted by the department. Minimum university admission requirements are:
- a minimum of 32 earned semester credit hours.
- a minimum cumulative GPA of 2.5.
- completion of HLTH 260.

Contact the department for application procedures.

POLICIES/INFORMATION

Grade Policy. A GPA of 2.5 in the major is required for graduation in the Health and Physical Education Program and Community Health Education Program. The Health Science Department requires a maintenance of “C” or better in all programmatic required courses.

P/N Grading Policy. All major courses must be taken for grade.

COMMUNITY HEALTH EDUCATION BS
Degree completion = 120 credits

The community health education program prepares health professionals with expertise in health promotion and disease prevention for employment in public health and community health agencies, health care facilities, business and industry.

Required General Education
HLTH 101 Health and the Environment (3)
(choose 3 credits)
Must complete one of the CHEM courses listed
CHEM 104 Introduction to Chemistry (3)
CHEM 106 Chemistry of Life Process Part I (General) (3)
CHEM 111 Chemistry of Life Process Part II (Organic & Biochemistry) (5)
CHEM 201 General Chemistry I (5)

Major Common Core (41 total credits)
BIOL 220 Human Anatomy (4)
BIOL 310 Basics of Human Physiology (4)
HLTH 260 Introduction to Health Education (4)
HLTH 361 Health Communication and Advocacy (4)
HLTH 380W Health Education Planning, Implementing, & Evaluating I (3)
HLTH 454 Chronic and Infectious Diseases (3)
HLTH 460 Introduction to Epidemiology (3)
HLTH 475 Biostatistics (3)
HLTH 480 Health Education Planning, Implementing & Evaluating 2 (3)
HLTH 495 Senior Seminar in Health Education (1)
HLTH 496 Internship: Health Education (1-9)

Major Unrestricted Electives (9 total credits)
FCS 242 Nutrition for Healthcare Professionals (3)
HLTH 210 First Aid & CPR (3)
HLTH 212 Consumer Health (3)
HLTH 225 Introduction to Alcohol and Drug Studies (3)
HLTH 240 Drug Education (3)
HLTH 311 Family Life & Sex Education (3)
HLTH 315 Holistic Health and Wellness (3)
HLTH 321 Medical Terminology (3)
HLTH 328 Women’s Health (3)
HLTH 400 Clinical Health Issues (3)
HLTH 410 Health Education (3)
HLTH 411 Health Education (3)
HLTH 456 Assessment and Diagnosis of Substance Use Disorders (3)
HLTH 459 Critical Topics in Health (1-3)
HLTH 465 Health Care Delivery in the United States (3)
HLTH 467 Public Health Law (3)
HLTH 469 Co-Occurring Disorders (3)
HLTH 481 Community Organizing for Health (3)
HLTH 488 Worksite Health Promotion (3)

Required Minor: None

HEALTH AND PHYSICAL EDUCATION BS
Degree completion = 120 credits

The Health and Physical Education teaching program meets national and state standards for the preparation of school health educators and physical educators. This program prepares future teachers for what they should know and be able to do in order to help their students’ develop health-related knowledge and skill to engage in healthy behaviors including life-long physical activity.

Required General Education
CHEM 106 Chemistry of Life Process Part I (General) (3)
FCS 140 Introduction to Nutrition (3)
HLTH 212 Consumer Health (3)
HLTH 240 Drug Education (3)
HP 182 Aquatic Skills (1)
HP 189 Concepts of Fitness (2)
KSP 220W Human Relations in a Multicultural Society (3)
PSYC 101 Introduction to Psychological Science (4)

Prerequisites to the Major (choose 8 credits)
BIOL 220 Human Anatomy (4)
BIOL 310 Basic of Human Physiology (4)

Major Common Core
HLTH 210 First Aid & CPR (3)
HLTH 311 Family Life & Sex Education (3)
HLTH 320 School Health Education (3)
HLTH 410 Current Health Issues (3)
HLTH 420W Health Teaching Methods (3)
HLTH 451 Emotional Health and Stress (3)
HLTH 454 Chronic and Infectious Diseases (3)
HP 202 Introduction to Teaching PE & Health (1)
HP 203 Fundamentals of Indoor and Outdoor Games (3)
HP 204 Fundamentals of Individual and Dual Sports (2)
HP 205 Fundamentals of Rhythm and Dance (2)
HP 256 Teaching K-3 Physical Education (2)
HP 348 Structural Kinesiology and Biomechanics (3)
HP 387 Methods of Teaching PE K-12 (3)
HP 411 Developmental/Adapted Physical Education (3)
HP 413 Lifespan Motor Development (2)
HP 414 Physiology of Exercise (3)
This School Health teaching program meets National and state standards for the preparation of school health educators. This program prepares future teacher for what they should know and be able to do in order to help their students' develop health-related knowledge and skill to engage in health behaviors.

Required for General Education
CHEM 104 Introduction to Chemistry (3)
CMST 102 Public Speaking (3)
FCS 240 Nutrition I (3)
HLTH 101 Health and the Environment (3)
HLTH 210 First Aid and CPR (3)
KSP 220W Relations in the Multicultural Society (3)

Major Common Core (35 credits)
BIOL 220 Human Anatomy (4)
HLTH 212 Consumer Health (3)
HLTH 240 Drug Education (3)
HLTH 260 Introduction to Health Education (4)
HLTH 311 Family Life and Sex Education (3)
HLTH 320 Health Teaching Methods I (3)
HLTH 410 Current Health Issues (3)
HLTH 420 Health Teaching Methods II (3)
HLTH 451 Stress and Health (3)
HLTH 454 Chronic and Infectious Diseases (3)
HLTH 475 Biostatistics (3)

Major Restricted Electives (choose 14 credits)
BIOL 310 Basics of Human Physiology (4)
HLTH 361 Health Communication and Advocacy (4)
HLTH 440 Teaching First Aid and CPR (2)
HLTH 441 Death Education (3)
HLTH 450 Environmental Health (3)
HLTH 459 Critical Topics in Health (1-3)
HLTH 460 Introduction to Epidemiology (3)
HP 414 Physiology of Exercise (3)

Other Graduation Requirements
K-12 Education: Refer to the list of required professional education courses. KSP 220W Human Relations in a Multicultural Society is included in the required general education section. Therefore, total professional education credits counted in this section will be 27 instead of 30.

SCHOOL HEALTH EDUCATION BS
Degree completion = 120 credits

COMMUNITY HEALTH EDUCATION MINOR
Minor Core (Core 21 credits)
HLTH 260 Introduction to Health Education (4)
HLTH 361 Health Communication and Advocacy (4)
HLTH 380W Health Education Planning, Implementing, & Evaluating I (3)
HLTH 454 Chronic and Infectious Diseases (3)
HLTH 460 Introduction to Epidemiology (3)
HLTH 496 Internship: Health Education (1-9)

Minor Electives (3 credits)
In addition to the Core, one 3 credit elective course is required for the minor.
FCS 242 Nutrition for Healthcare Professionals (3)
HLTH 210 First Aid & CPR (3)
HLTH 212 Consumer Health (3)
HLTH 225 Introduction to Alcohol and Drug Studies (3)
HLTH 240 Drug Education (3)

Other Graduation Requirements
Secondary Education: Refer to the list of required professional education courses. KSP 220W Human Relations in a Multicultural Society is included in the required general education section. Therefore, total professional education credits counted in this section will be 27 instead of 30.
HLTH 260 (4) Introduction to Health Education
Health 260 is required of all Health Science majors and minors. This is the
foundation class for the professional preparation of health educators. The course
explores the knowledge, skills, and competencies of health educators in various
settings. Health 260 is a prerequisite for all 300 and 400 level School and Com-
Community Health required courses.
Pre: HLTH 101
Fall, Spring

HLTH 311 (3) Family Life & Sex Education
Explores biological, physiological, and sociological perspectives of human sexuality. The course examines personal and family relationships and addresses family
life and sex education teaching methods for school and community settings.
Fall, Spring

HLTH 315 (3) Holistic Health and Wellness
This course presents a study of the essential nature and characteristics of total health. The course explores dimensions of mental, physical, social, and spiritual well-being. Various approaches to holistic health and wellness are considered. Variable

HLTH 320 (3) School Health Education
This course provides School Health teaching majors the knowledge, skills, and
dispositions they will need to be a part of a coordinated school health program
team and teach comprehensive school health education in middle/junior and
senior high schools.
Fall, Spring

HLTH 321 (3) Medical Terminology
For health care personnel, emphasis on spelling, pronunciation and meaning. Summer

HLTH 335 (3) Emotional Health in the Classroom
This course presents school health teachers and support staff with materials related
to principles and practices of mental health in the classroom and for the teaching
of mental health. Reviews role of teacher in promotion of positive mental health
and self esteem for children and youth. Decision-making and problem-solving
models are explored. Curriculum development and teaching methodology are
considered for implementing and teaching effective mental health within the
elementary an secondary school.
Pre: HLTH 101; School Health Major
Variable

HLTH 361 (4) Health Communication and Advocacy
Health Communication and Advocacy focuses upon the development of com-
munication and advocacy skills for the health educator. Identifying credible
sources, communicating public health information, health media campaigns,
health advocacy; written and verbal communication skills emphasized.
Pre: HLTH 260
Fall, Spring

HLTH 380W (3) Health Education Planning, Implementing, & Evaluating 1
This course requires students to plan a health promotion and health education
program. Skills include assessing needs, determining objectives, identifying
measurement and intervention strategies, and developing an evaluation plan.
Pre: HLTH 260, HLTH 361
Coreq: HLTH 361, HLTH 495
Fall, Spring
W1

HLTH 400 (3) Women’s Health
This course explores current issues, controversies and concerns affecting women’s
health. Relationships between social, cultural, psychological, environmental and
physical factors of women’s health status are examined.
Variable

HLTH 406 (3) Ethics and Professionalism for Addiction Professionals
The focus of this course is on the foundations of ethics and professionalism for
addictions professionals. The course will cover professional and ethical codes as
well as topics related to continued development as a professional.
Pre: HLTH 225
Fall

HLTH 407 (3) Pharmacology for Alcohol and Drug Professionals
This course provides information on characteristic and classifying information,
pharmacology, pharmacokinetics, pharmacodynamics, behavioral effects, and
pharmacotherapy options for drugs of abuse. The course will focus on the ap-
application of topics in alcohol and drug professional settings.
Pre: HLTH 225

HLTH 408 (3) Theories and Methods for Addictions Professionals
This course explores counseling theories and strategies and how they can be ap-
pied to clients in alcohol and drug treatment programs. The course also provides
an overview of primary functions of addictions professionals and methods to
deliver effective services.
Pre: HLTH 225
Summer

HLTH 410W (3) Current Health Issues
An in-depth review of significant health concerns and controversies in health
science using critical thinking as the framework for critiquing the issues.
Fall, Spring
W1

HLTH 417 (3) Principles of Wellness Coaching
This course contains content associated with achieving entry-level certifications
for wellness coaching. Health behavior change strategies are emphasized within
the context of the health coaching theory, coaching relationship skills, well-being
assessment, and goal setting.
Fall, Spring

HLTH 420 (3) Health Teaching Methods
This course provides School Health teaching majors the knowledge and skills
they will need to be a part of a coordinated school health program team and teach
comprehensive school health education in middle/junior and senior high schools.
Pre: HLTH 320
Fall

HLTH 420W (3) Health Teaching Methods
This course provides School Health teaching majors the knowledge and skills
they will need to be a part of a coordinated school health program team and teach
comprehensive school health education in middle/junior and senior high schools.
Pre: HLTH 320
Fall
W1

HLTH 440 (2) Teaching First Aid and CPR
American Red Cross instructor certification for Community First Aid and Safety
courses. Includes review of course contents, preparation in teaching principles,
methods, strategies, course materials and their use, clerical duties, and teaching
experience.
Pre: HLTH 210
Variable

HLTH 441 (3) Death Education
Explores the relationship of death concerns to the process of meaningful liv-
ing. Uses a variety of learning strategies to examine death attitudes, values and
related behaviors.
Variable
HLTH 449 (3) Clinical Health Education
Course is designed for health educators preparing for employment in a medical/health care setting and includes an overview of hospital-clinic based educational program. Patient interviewing and counseling skills are presented for professional and paraprofessional health care personnel. Course emphasis is on developing and preparing a teaching module in patient education.
Pre: HLTH 454
Variable

HLTH 450 (3) Environmental Health
To promote identification and analysis of environmental influences upon health status. Health concerns related to residential, occupational, and other environments are explored. Problems pertaining to air, water, solid waste, housing, land use, toxic waste, and sanitation are addressed.
Fall

HLTH 451 (3) Emotional Health and Stress
Emphasis is on recognition of, and enhancing awareness about, how stress affects human health and performance. Stress management techniques such as relaxation, effective communication, cognitive-behavioral approaches, eating behaviors, regular exercise, and time management are explored.
Fall, Summer

HLTH 452 (4) Stress and Health
Course examines the complex relationship between stress and health and strategies to reduce stress. The course emphasizes evidence-based methods for management of stress and the impact of stress on health outcomes. Students will develop a personal plan for stress management and its application to both personal and professional settings.
Fall, Spring

HLTH 453 (3) Chronic and Infectious Diseases
The purpose of this course is to develop the knowledge and understanding of the causes, symptoms and methods of controlling and preventing chronic and infectious diseases. Primary and secondary prevention strategies will be identified. Emphasis will be placed on those behaviors that foster and those that hinder well-being.
Pre: BIOL 220, BIOL 310
Fall, Spring

HLTH 454 (3) Chronic and Infectious Diseases
The course is designed to provide students with practical knowledge and application techniques in assessing an individual with a chemical use/dependency problem. Various assessment techniques will be presented and discussed as to appropriate utilization. This course meets the criteria or Rule 25 training in Chemical Dependency Assessment.
Pre: HLTH 225
Spring

HLTH 455 (3) Health and Aging
This course investigates the physical and mental health concerns of the aging process. Explores specific health problems confronting older persons, and examines preventive health behaviors and health maintenance practices.
Spring, Alt-Summer

HLTH 456 (3) Assessment and Diagnosis of Substance Use Disorders
This course is designed to provide students with practical knowledge and application techniques in assessing an individual with a chemical use/dependency problem. Various assessment techniques will be presented and discussed as to appropriate utilization. This course meets the criteria or Rule 25 training in Chemical Dependency Assessment.
Pre: HLTH 225
Spring

HLTH 457 (3) Critical Topics in Health
An in-depth study of specific topics of current interest in the Health Science discipline.
Variable

HLTH 460 (3) Introduction to Epidemiology
Examines the philosophy and rationale of current epidemiological practice. Requires the application of epidemiological techniques to selected health concerns. Explores the interaction of agent, host and environment with the emphasis on application of principles of prevention.
Fall, Spring

HLTH 461 (3) Health Care Delivery in the United States
An examination of the system of delivery of health care in the United States from a historical, social, political, and economic perspective.
Variable

HLTH 462 (3) Public Health Law
An examination of the judicial system and the development, enactment and enforcement of laws as they relate to the public’s health.
Variable

HLTH 463 (3) Co-Occurring Disorders
The focus of this course is on assessment and treatment of persons with coexisting mental disorders as well as chemical dependency.
Pre: HLTH 225
Fall

HLTH 464 (3) Biostatistics
Introduction to statistical analysis as applied to the health sciences. Examines concepts and methods of statistical procedures applied to health problems and issues.
Pre: MATH 110
Fall, Spring

HLTH 465 (3) Health Care Delivery in the United States
This course examines approaches to promote health and prevent disease and injury, and explores other health related issues at the workplace. Assessment, planning, implementation and evaluation strategies are addressed. Model programs are discussed, and explores other health related issues at the workplace. Assessment, planning, implementation and evaluation strategies are addressed. Model programs are discussed.
Pre: HLTH 260, HLTH 361, HLTH 460, HLTH 475, HLTH 480
Coreq: HLTH 480
Variable

HLTH 466 (3) Community Organizing for Health
Students will gain knowledge and skills necessary for community organization in addition to program administration, strategic planning, personnel relations, leadership development, collaboration, and working with diverse populations.
Pre: HLTH 260, HLTH 361, HLTH 460, HLTH 475, HLTH 480
Coreq: HLTH 480
Variable

HLTH 467 (3) Co-Occurring Disorders
The focus of this course is on assessment and treatment of persons with coexisting mental disorders as well as chemical dependency.
Pre: HLTH 225
Fall

HLTH 468 (3) Biostatistics
Introduction to statistical analysis as applied to the health sciences. Examines concepts and methods of statistical procedures applied to health problems and issues.
Pre: MATH 110
Fall, Spring

HLTH 469 (3) Behavior Change Foundations and Strategies
Behavior Change Foundations and Strategies (3 semester credits) is a course that focuses upon the complexity of health behavior change and the skills necessary for a health promotion professional to assess, plan, and evaluate behavior change interventions for individuals and communities. Health behavior change theories and strategies will be discussed. Topics covered in class will include: behavior modification, goal setting, self-management, coping skills, and social support. Emphasis will also be given to the impact of policy and environmental influences on behavior.
Fall, Spring

HLTH 470 (3) Health Education Planning, Implementing & Evaluating
This course is a sequential course to HLTH 380W. Includes health program evaluation and research, with emphasis on evaluation models and approaches, qualitative and quantitative methods, process and summative evaluation, logic models, and dissemination of results.
Fall, Spring

HLTH 475 (3) Biostatistics
Introduction to statistical analysis as applied to the health sciences. Examines concepts and methods of statistical procedures applied to health problems and issues.
Pre: MATH 110
Fall, Spring

HLTH 477 (3) Behavior Change Foundations and Strategies
Behavior Change Foundations and Strategies (3 semester credits) is a course that focuses upon the complexity of health behavior change and the skills necessary for a health promotion professional to assess, plan, and evaluate behavior change interventions for individuals and communities. Health behavior change theories and strategies will be discussed. Topics covered in class will include: behavior modification, goal setting, self-management, coping skills, and social support. Emphasis will also be given to the impact of policy and environmental influences on behavior.
Fall, Spring

HLTH 478 (3) Worksite Health Promotion
The course examines approaches to promote health and prevent disease and injury, and explores other health related issues at the workplace. Assessment, planning, implementation and evaluation strategies are addressed. Model programs are reviewed and analyzed.
Spring, Summer

HLTH 479 (1-4) Workshop
Intensive educational experience on selected topics related to skill development, content update, or material development. Typically offered in a concentrated format.
Variable

HLTH 480 (3) Health Education Planning, Implementing & Evaluating
This course is a sequential course to HLTH 380W. Includes health program evaluation and research, with emphasis on evaluation models and approaches, qualitative and quantitative methods, process and summative evaluation, logic models, and dissemination of results.
Fall, Spring

HLTH 481 (3) Community Organizing for Health
Students will gain knowledge and skills necessary for community organization in addition to program administration, strategic planning, personnel relations, leadership development, collaboration, and working with diverse populations.
Pre: HLTH 260, HLTH 361, HLTH 460, HLTH 475, HLTH 480
Coreq: HLTH 480
Variable

HLTH 482 (3) Co-Occurring Disorders
The focus of this course is on assessment and treatment of persons with coexisting mental disorders as well as chemical dependency.
Pre: HLTH 225
Fall

HLTH 483 (3) Biostatistics
Introduction to statistical analysis as applied to the health sciences. Examines concepts and methods of statistical procedures applied to health problems and issues.
Pre: MATH 110
Fall, Spring
HLTH 496 (1-9) Internship: Health Education
A concentrated pre-professional work experience for those students preparing for a career in community health. Student must schedule placement one semester in advance.
Pre: HLTH 480, HLTH 495
Coreq: HLTH 495
Fall, Spring

HLTH 497 (1-12) Internship: Alcohol and Drug Studies
A concentrated pre-professional experience for those preparing for a career in chemical dependency counseling. All course work must be completed prior to placement. Student must schedule placement one semester in advance.
Pre: Completion of all Alcohol and Drug Studies required core courses.
Fall, Spring

HLTH 499 (1-6) Individual Study
An in-depth study on a topic of particular interest to the student and project supervisor.
Fall, Spring