

Health Science

College of Allied Health & Nursing
Department of Health Science
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Website: www.mnsu.edu/dept/health/

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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 1 (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 400 Women's Health (3)
HLTH 410 Current Health Issues (3)
HLTH 441 Death Education (3)
HLTH 449 Clinical Health Education (3)
HLTH 450 Environmental Health (3)
HLTH 451 Emotional Health and Stress (3)
HLTH 455 Health and Aging (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 291 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)

HEALTH SCIENCE

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

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 CRP (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

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.

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 1 (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)

HLTH 311	Family Life & Sex Education (3)
HLTH 315	Holistic Health and Wellness (3)
HLTH 321	Medical Terminology (3)
HLTH 400	Women's Health (3)
HLTH 410	Current Health Issues (3)
HLTH 441	Death Education (3)
HLTH 449	Clinical Health Education (3)
HLTH 450	Environmental Health (3)
HLTH 455	Health and Aging (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 480	Health Education Planning, Implementing & Evaluating 2 (3)
HLTH 488	Worksite Health Promotion (3)

COURSE DESCRIPTIONS

HLTH 101 (3) Health and the Environment

This course is designed to introduce the wellness concept, encouraging development of physical, mental, social and environmental health of the individual. The course ultimately fosters decision-making through a variety of instructional strategies.

Fall, Spring
GE-10

HLTH 210 (3) First Aid & CPR

Provides the knowledge and skills necessary in an emergency to help sustain life, reduce pain, and minimize the consequences of injury or sudden illness. Includes First Aid certification for the non-professional and all aspects of CPR for the non-professional and professional.

Fall, Spring
GE-11

HLTH 211 (3) Human Sexuality in a World of Diversity

This course is an overview of Human Sexuality with special emphasis on how sexuality relates to marginalized populations. This course requires a supervised field trip.

Variable
GE-7
Diverse Cultures - Gold

HLTH 212 (3) Consumer Health

This a course designed to examine health products, services, and information from the consumer's perspective. Emphasis will be placed on those factors that influence and ultimately determine which products, services, and information sources that you will either accept or reject.

Fall, Spring
GE-2

HLTH 215 (1) First Responder/CPR Recertification

This course is for people currently certified (or expired within the last month) in ARC CPR/AED. This course is also for people currently certified (or expired within the last year) in ARC Emergency Response or as a First Responder.

HLTH 225 (3) Introduction to Alcohol and Drug Studies

This course provides information on a variety of topics related to chemical use, abuse and dependency. Students will be exposed to chemical dependency counseling, assessment and intervention techniques. Different drug classifications will be discussed in detail. Counselor core functions and ethics will be discussed also.

Fall, Spring

HLTH 240 (3) Drug Education

Addresses drugs and drug use from psychological, behavioral, pharmacological, historical, legal and clinical perspectives - while examining the effects of drug use on personal health and social functioning.

Fall, Spring
GE-5

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 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 wellbeing. 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.

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 communication 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

WI

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 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 applied 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

WI

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

WI

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 living. 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 454 (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 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 459 (1-3) 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 465 (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 467 (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 469 (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 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 480 (3) Health Education Planning, Implementing & Evaluating 2

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 488 (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 490 (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 491 (1-6) Directed Research in Health Science

Supervise individual research or investigation in Health Science under guidance of a faculty mentor. Culminating research project with paper and/or presentation required.

On-Demand

HLTH 495 (1) Senior Seminar in Health Education

A seminar for students preparing for a career in Health Education. Emphasis on: reviewing coursework, identifying and securing an internship site, and exploring employment opportunities within community organizations, public health agencies, work sites, health care facilities, and educational settings for health education

Pre: HLTH 260, HLTH 361, HLTH 460

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