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.

POLICIES/INFORMATION

Health Science
The Department of Health Science offers undergraduate degrees in Alcohol and Drug Studies, Community Health Education, and School Health Education. It also offers an undergraduate degree in Health and Physical Education in collaboration with the Department of Human Performance. The department also offers a 21 credit Health Science Minor.

Admission Requirements. Please see the admission requirements specific to each of the undergraduate programs offered by the Department of Health Science.

Academic Requirements

Grade Policy. The Department of Health Science requires students in Alcohol and Drug Studies, to earn a “C” or better in all required general education, required, and elective courses in the major. Students in Community Health Education, Health and Physical Education, and School Health Education are required to earn a “C” or better in all required general education (except Chemistry), required major courses (except Human Anatomy), and elective courses in these majors. The department also requires students in the Health Science minor to earn a “C” or better in all core and elective courses in the minor.

Minimum G.P.A. Policy. The Department of Health Science requires students in Alcohol and Drug Studies, Community Health Education, Health and Physical Education, and School Health Education to maintain a G.P.A. of 2.5 or better in the major (required general education, required, and elective courses in a major). A G.P.A. of 2.5 in the major is required for graduation in Alcohol and Drug Studies, Community Health Education, Health and Physical Education, and School Health Education.

P/N Grading Policy. All required general education, required, and elective courses must be taken for grade except HLTH 495, HLTH 496, and HLTH 497.

Academic Integrity Policy

The Department of Health Science values and supports an environment conducive to learning as well as academic integrity. Therefore, students are expected to comply with Minnesota State Mankato student responsibilities and policies for academic integrity. Academic integrity includes meeting one's responsibilities in an honest and forthright manner and avoiding acts of dishonesty, plagiarism, cheating, collusion, and other forms of academic misconduct. An act of dishonesty, cheating, collusion, and/or any other form of academic misconduct will result in a 0 on the assessment and a full letter grade deduction from the course grade (e.g., “A-” to “B-”). An act of plagiarism will result in a 0 on the assessment or assessments and the student will be required to meet with the Chairperson of the Department of Health Science. Two acts of academic misconduct or a repeated act of plagiarism after remediation will result in a “C” or better in two of the following four required General Education courses:

- CMST 102: Public Speaking,
- CMST 203: Intercultural Communications,
- PSYC 101: Introduction to Psychological Science, and/or
- SOC 101: Introduction to Sociology.

Meeting with the Alcohol and Drug Studies Coordinator to complete the Alcohol and Drug Studies Program Permission Form and sign the Alcohol and Drug Studies Form of Understanding.

Internship Pre-requisites. Pre-requisites for the Alcohol and Drug Studies internship (HLTH 496: Internship: Alcohol and Drug Studies) include:

- a “C” or better in all Major Common Core courses;
- a minimum G.P.A. of 2.5;
- submission of the completed Alcohol and Drug Studies Internship Application Packet one full semester prior to the anticipated beginning of the internship (the packet is available in the Alcohol Drug Studies Student Handbook);
- successful completion of an internship interview with the Alcohol and Drug Studies Coordinator;
- successful completion of a Department of Human Services background check; and
- submission of the internship Site Approval Form signed by an official designee of the approved internship site.

The Alcohol and Drug Studies Internship. The internship requires the completion of 880 clock hours at an approved internship site per the Minnesota Board of Behavioral Health and Therapy licensure requirements.

Chemical Use Problems. Consistent with standards of practice in the field, students participating in the internship process must be free of chemical use problems for at least two years immediately preceding their internship. Examples of chemical use problems include, but are not limited to:

- receiving treatment for chemical use within this time period
- chemical use that has a negative impact on the student’s academic performance;
- chemical use that affects the student’s professional credibility of treatment services with clients, referral sources, or other members of the community; and
- symptoms of intoxication or withdrawal during academic roles.

Background Check. Students involved in any field experience need to undergo a criminal background check prior to registering for HLTH 497 Internship: Alcohol and Drug Studies. Students are responsible for the fees associated with the background check. This information is provided to health agencies and organizations for their determination of suitability for placement. The Department of Health Science coordinates the background check process.

Licensure and Certification. The Alcohol and Drug Studies Major provides students with the academic coursework necessary to pursue a number of credentialing options. Students are responsible for verifying their eligibility for credentialing with their respective credentialing boards.
Community Health Education BS

Program Information. Students must earn a “C” or better in all required general education courses (except Chemistry), required major courses (except Human Anatomy), and elective courses in the Community Health Education major. Students must also maintain a G.P.A. of 2.5 or better in the major (required general education, required, and elective courses). A G.P.A. of 2.5 in the major is also required for graduation in Community Health Education.

Admission Requirements. CHE major admission requirements include:
- completion of a minimum of 32 credit hours,
- a minimum cumulative G.P.A. of 2.5,
- a “C” or better in HLTH 101: Health and the Environment,
- a “C” or better in HLTH 260: Introduction to Health Education.

The Community Health Education Internship. The internship requires the completion of 450 clock hours at an approved internship site.

Maximum Number of Credit Hours During the Community Health Education Internship. Students may take no more than 12 credits of coursework, including 9 credits of HLTH 496: Internship: Health Education, during the internship semester.

Background Check. Students involved in any field experience need to undergo a criminal background check prior to registering for HLTH 496 Internship: Health Education. Students are responsible for the fees associated with the background checks. This information is provided to health agencies and organizations for their determination of suitability for placement. The Department of Health Science coordinates the background check process.

Internship Pre-requisites. Pre-requisites for the Community Health Education internship (HLTH 496: Internship: Health Education) include:
- a “C” or better in all Major Common Core courses (except Human Anatomy);
- a minimum G.P.A. of 2.5;
- a meeting with the Director of the Community Health Education Internship Program one semester in advance of their anticipated internship semester;
- submission of required application materials by the designated due date;
- official approval of the site by the Internship Director. Note: Eligibility for selection at internship sites may be subject to terms and policies of the internship site (i.e. background checks, criminal history, etc.) and the Community Health Education Program; and
- completion of a criminal background check.

Health and Physical Education BS

Program Information. This major has two General Education waivers: 40 credits of General Education, and 2) BIOL 220: Human Anatomy and BIOL 310: Human Physiology to meet Goal area 3 lab requirement.

Students must earn a “C” or better in all required general education (except Chemistry) and required courses (except Human Anatomy) in the Health and Physical Education major. Students must also maintain a G.P.A. of 2.5 or better in the major (required general education and required courses). A G.P.A. of 2.5 in the major is also required for graduation in Health and Physical Education.

Admission Requirements. Health and Physical Education major admission requirements include:
- completion of a minimum of 32 credit hours,
- a minimum cumulative G.P.A. of 2.5,
- and a “C” or better in ENGL 101, and
- a “C” or better in general education MATH.

Professional Education admission requirements include:
- completion of a minimum of 32 credit hours,
- a minimum cumulative G.P.A. of 2.5,
- a “C” or better in ENG 101,
- a “C” or better in general education MATH,
- a “C” or better in HLTH 101, and
- a “C” or better in HLTH 260.

School Health Education BS

Program Information. Students must earn a “C” or better in all required general education (except Chemistry), required courses (except Human Anatomy), and elective courses in the School Health Education major. Students must also maintain a G.P.A. of 2.5 or better in the major (required general education, required, and elective courses). A G.P.A. of 2.5 in the major is also required for graduation in School Health Education.

Admission Requirements

School Health Education major admission requirements include:
- completion of a minimum of 32 credit hours,
- a minimum cumulative G.P.A. of 2.75,
- evidence of registration for MTLE Basic Skills Exam,
- completion in or completion of KSP 220W,
- a “C” or better in ENG 101, and
- a “C” or better in general education MATH.

Professional Education admission requirements include:
- a minimum of 32 credit hours,
- a minimum cumulative G.P.A. of 2.75,
- evidence of registration for MTLE Basic Skills Exam,
- enrollment in or completion of KSP 220W,
- a “C” or better in ENG 101, and
- a “C” or better in general education MATH.

ALCOHOL AND DRUG STUDIES MAJOR BS

Degree completion = 120 credits

The Alcohol and Drug Studies major is an interdisciplinary program administered by the Department of Health Science. The program prepares students to enter the addictions field or further their knowledge of addictions to strengthen their competency within other disciplines. The Alcohol and Drug Studies major provides students with the academic coursework necessary to pursue the Licensed Alcohol and Drug Counselor (LADC) credential through the Minnesota Board of Behavioral Health and Therapy and the Board Certified Counselor (BCC) credential through the Minnesota Certification Board. Students are responsible for verifying their eligibility for credentialing within their respective credentialing boards.

Required General Education

<table>
<thead>
<tr>
<th>Code</th>
<th>Course Title</th>
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</thead>
<tbody>
<tr>
<td>CMST</td>
<td>Intercultural Communication (4)</td>
</tr>
<tr>
<td>PSYC</td>
<td>Introduction to Psychological Science (4)</td>
</tr>
<tr>
<td>SOC</td>
<td>Introduction to Sociology (3)</td>
</tr>
</tbody>
</table>

Major Common Core

A total of 12 credit hours of HLTH 497 must be completed.

<table>
<thead>
<tr>
<th>Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>CSP</td>
<td>Interpersonal Helping Skills (3)</td>
</tr>
<tr>
<td>CSP</td>
<td>Counseling the Chemically Dependent Family (3)</td>
</tr>
<tr>
<td>HLTH</td>
<td>Introduction to Alcohol and Drug Studies (3)</td>
</tr>
<tr>
<td>HLTH</td>
<td>Ethics and Professionalism for Addictions Professionals (3)</td>
</tr>
<tr>
<td>HLTH</td>
<td>Pharmacology for Alcohol and Drug Professionals (3)</td>
</tr>
<tr>
<td>HLTH</td>
<td>Theories and Methods for Addictions Professionals (3)</td>
</tr>
<tr>
<td>HLTH</td>
<td>Assessment and Diagnosis of Substance Use Disorders (3)</td>
</tr>
<tr>
<td>HLTH</td>
<td>Co-Occurring Disorders (3)</td>
</tr>
<tr>
<td>HLTH</td>
<td>Internship: Alcohol and Drug Studies (1-12)</td>
</tr>
<tr>
<td>SOC</td>
<td>Law and Chemical Dependency (3)</td>
</tr>
</tbody>
</table>

Major Restricted Electives

9 credits of Health Science Electives

Required Minor: Yes. Any.
## COMMUNITY HEALTH EDUCATION BS

**Degree completion = 120 credits**

### Required General Education
- **CMST 102** Public Speaking (3)
- **HLTH 101** Health and the Environment (3)
- **HLTH 212** Consumer Health (3)

(choose 3 credits. Must complete one of the CHEM courses listed)

- **CHEM 104** Introduction to Chemistry (3)
- **CHEM 106** Introduction to Chemistry (for Allied Health) (3)

### Pre-requisites to the Major

Community Health Education Major admission requirements include completion of a minimum of 32 credit hours, a minimum cumulative G.P.A. 2.5, a “C” or better in HLTH 101: Health and the Environment, and a “C” or better in HLTH 260: Introduction to Health Education.

### Major Common Core (44 total credits)
- **BIOL 220** Human Anatomy (4)
- **BIOL 310** Basics of Human Physiology (4)
- **HLTH 260** Introduction to Health Education (3)
- **HLTH 361** Health Communication and Advocacy (4)
- **HLTH 380W** Health Education Planning, Implementing, and 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 and Evaluating 2 (3)
- **HLTH 482** Administration and Grant Writing in Health Education (4)
- **HLTH 495** Senior Seminar in Health Education (1)
- **HLTH 496** Internship: Health Education (1-9)

### Major Unrestricted Electives

(Electives: 6 total credits)

- **FCS 242** Nutrition for Healthcare Professionals (3)
- **HLTH 210** First Aid & CPR (3)
- **HLTH 211** Human Sexuality in a World of Diversity (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 417** Principles of Wellness Coaching (3)
- **HLTH 440** Teaching First Aid and CPR (2)
- **HLTH 441** Death Education (3)
- **HLTH 450** Environmental Health (3)
- **HLTH 451** Emotional Health and Stress (3)
- **HLTH 455** Health and Aging (3)
- **HLTH 456** Assessment of Chemical Dependency (3)
- **HLTH 459** Critical Topics in Health (1-3)
- **HLTH 465** Health Care Delivery in the United States (3)
- **HLTH 466** Global Health (3)
- **HLTH 467** Public Health Law (3)
- **HLTH 469** Chemical Dependency: Dual Diagnosis (3)
- **HLTH 477** Behavior Change Foundations and Strategies (3)
- **HLTH 488** Worksite Health Promotion (3)
- **HLTH 491** Directed Research in Health Science (1-6)

### Required Minor
- None

## HEALTH AND PHYSICAL EDUCATION BS

**Degree completion = 120 credits**

The Health (5-12) and Physical Education (K-12) 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 skills to engage in healthy behaviors. This major meets Minnesota Board of Teaching (BOT) requirements for licensure in both Health Education and Physical Education.

### Required General Education
- **CHEM 106** Chemistry of Life Processes (5)
- **CHEM 104** Introduction to Chemistry (3)
- **CHEM 106** Introduction to Chemistry (for Allied Health) (3)
- **HLTH 101** Health and the Environment (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)

### Pre-requisites to the Major
- **BIOL 220** Human Anatomy (4)
- **BIOL 310** Basics 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 Team Sports (2)
- **HP 204** Fundamentals of Individual and Dual Sports (2)
- **HP 205** Fundamentals of Rhythm and Dance (2)
- **HP 348** Structural Kinesiology and Biomechanics (3)
- **HP 356** Methods of Elementary Physical Education (3)
- **HP 387** Methods of Secondary Physical Education (3)
- **HP 411** Developmental/Adapted Physical Education (3)
- **HP 413** Lifespan Motor Development (2)
- **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**

The School Health Education (5-12) teaching program meets national and state standards for the preparation of school health 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 skills to engage in healthy behaviors. This major meets Minnesota Board of Teaching (BOT) requirements for licensure in Health Education.

### Required for General Education
- **BIOL 100** Our Natural World (4)
- **CMST 102** Public Speaking (3)
- **FCS 140** Introduction to Nutrition (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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 220</td>
<td>Human Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 310</td>
<td>Basics of Human Physiology</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 106</td>
<td>Chemistry of Life Process Part I (General)</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 212</td>
<td>Consumer Health</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 240</td>
<td>Drug Education</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 260</td>
<td>Introduction to Health Education</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 311</td>
<td>Family Life and Sex Education</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 320</td>
<td>Health Teaching Methods I</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 410</td>
<td>Current Health Issues</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 420W</td>
<td>Health Teaching Methods II</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 454</td>
<td>Chronic and Infectious Diseases</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 475</td>
<td>Biostatistics</td>
<td>3</td>
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</tbody>
</table>

### Major Restricted Electives (choose 3 credits)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>HLTH 361</td>
<td>Health Communication and Advocacy</td>
<td>4</td>
</tr>
<tr>
<td>HLTH 440</td>
<td>Teaching First Aid and CPR</td>
<td>2</td>
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<tr>
<td>HLTH 441</td>
<td>Death Education</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 450</td>
<td>Environmental Health</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 459</td>
<td>Critical Topics in Health (1-3)</td>
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<tr>
<td>HLTH 460</td>
<td>Introduction to Epidemiology</td>
<td>3</td>
</tr>
<tr>
<td>HP 414</td>
<td>Physiology of Exercise</td>
<td></td>
</tr>
</tbody>
</table>

### 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.

### ALCOHOL AND DRUG STUDIES MINOR

#### Minor Core

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CSP 470</td>
<td>Group Procedures</td>
<td>3</td>
</tr>
<tr>
<td>CSP 471</td>
<td>Interpersonal Helping Skills</td>
<td>3</td>
</tr>
<tr>
<td>CSP 473</td>
<td>Counseling the Chemically Dependent Family</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 225</td>
<td>Introduction to Alcohol and Drug Studies</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 406</td>
<td>Ethics and Professionalism for Addictions Professionals</td>
<td>3</td>
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<td>HLTH 407</td>
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<td>HLTH 456</td>
<td>Assessment and Diagnosis of Substance Use Disorders</td>
<td>3</td>
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<td>HLTH 469</td>
<td>Co-Occurring Disorders</td>
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</table>

### HEALTH SCIENCE MINOR

#### Minor Core

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>HLTH 101</td>
<td>Health and the Environment</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 260</td>
<td>Introduction to Health Education</td>
<td>3</td>
</tr>
</tbody>
</table>

In addition to the Core, choose one 3 credit 200-level course: (choose 3 credits)

<table>
<thead>
<tr>
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<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HLTH 210</td>
<td>First Aid &amp; CPR</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 211</td>
<td>Human Sexuality in a World of Diversity</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 212</td>
<td>Consumer Health</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 225</td>
<td>Introduction to Alcohol and Drug Studies</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 240</td>
<td>Drug Education</td>
<td>3</td>
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</tbody>
</table>

### Electives

In addition to the Core, choose 12 credits from the following list of 300 and 400 level courses:

<table>
<thead>
<tr>
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<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HLTH 311</td>
<td>Family Life &amp; Sex Education</td>
<td>3</td>
</tr>
<tr>
<td>HLTH 315</td>
<td>Holistic Health and Wellness</td>
<td>3</td>
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<tr>
<td>HLTH 321</td>
<td>Medical Terminology</td>
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<td>HLTH 417</td>
<td>Principles of Wellness Coaching</td>
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<td>HLTH 440</td>
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<td>Health and Aging</td>
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</tr>
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<td>HLTH 459</td>
<td>Critical Topics in Health</td>
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<td>Behavior Change Foundations and Strategies</td>
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<td>HLTH 488</td>
<td>Worksite Health Promotion</td>
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</tr>
<tr>
<td>HLTH 491</td>
<td>Directed Research in Health science</td>
<td>3-6</td>
</tr>
</tbody>
</table>

### 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, Summer  
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, Summer  
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 course is 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, Summer  
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, Summer  
GE-5

#### 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, Summer  
GE-5

#### HLTH 260 (3) Introduction to Health Education

Introduction to Health Education 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.

Pre: HLTH 101  
Coreq: HLTH 101

Fall, Spring, Summer
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, Summer

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.
Fall, Spring, Summer

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
Fall, Spring

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 410 (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

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: KSP 330
Fall, Spring

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, course materials and their use, clerical duties, and teaching experience.
Pre: HLTH 210
Summer

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

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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, 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

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 466 (3) Global Health
This course focuses on the determinants of health, the concept of culture, and the intersection of health issues, culture, and health status. Linkages between health and development are addressed and research methods instrumental for identifying relationships between culture and health are discussed. The course examines diverse strategies for measuring health and explores how public health efforts (domestic and global) benefit from understanding and working with cultural processes. Emphasis is placed on the burden of disease, risk factors, populations most affected by different disease burdens, and key measures to address the burden of disease in cost-effective ways.
Fall (On-Demand), Spring (On-Demand)
Diverse Cultures - Purple

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 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.
Pre: HLTH 380W
Fall, Spring

HLTH 482 (4) Administration and Grant Writing in Health Education
Focuses on entry-level competencies related to the administration and management of health education programs. These include obtaining acceptance and support for programs, leadership, managing human resources, facilitating partnerships in support of health education, grant writing, and training individuals involved in the implementation of health education.
Pre: HLTH 380W
Fall, Spring

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 380W
Coreq: HLTH 380W

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: BIOL 220, BIOL 310, HLTH 260, HLTH 361, HLTH 380W, HLTH 454, HLTH 460, HLTH 475, HLTH 480, HLTH 482, 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