

## HEALTH SCIENCE

## COMMUNITY HEALTH MS

SCHOOL HEALTH  
EDUCATION MS

(DISCIPLINE-BASED)

College of Allied Health and Nursing  
Department of Health Science  
213 Highland North • 507-389-1527

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The Department of Health Science offers graduate study in several broad areas: community health, school health, and alcohol and drug studies. The Community Health program is designed for the professional interested in health promotion in public, private or voluntary organizations. The School Health Education degree is for licensed teachers seeking advanced study in health education. The Alcohol and Drug Studies Program prepares students for licensure as alcohol and drug counselors through the State of Minnesota Department of Occupational Health. All Health Science graduate programs meet requirements for taking the National Certified Health Education Specialist (CHES) Examination.

## COMMUNITY HEALTH SCIENCE MS

(Thesis Plan - 30 credits)

(Alternate Plan Paper - 34 credits)

## Required Core (21 credits)

HS 630 Techniques of Research (3)  
HS 631 Seminar (3)  
HS 665 Theory & Philosophy in Health Education (3)  
HS 659 Health Administration (3)  
HS 664 Health Program Planning & Evaluation (3)  
HS 560 Introduction to Epidemiology (3)  
HS 575 Biostatistics (3)

Required Health Science and Related Electives (9-13 credits)  
any 500/600 level electives selected in consultation with an advisor

## Required Thesis

HS 699 Thesis (1-6, minimum of 3)

## SCHOOL HEALTH EDUCATION MS

(DISCIPLINE-BASED)

(Thesis Plan - 30 credits)

(Alternate Plan Paper - 34 credits)

## Required Core (21 credits)

HS 560 Introduction to Epidemiology (3)  
HS 575 Biostatistics (3)  
HS 630 Techniques of Research (3)  
HS 631 Seminar (3)  
HS 510 Current Health Issues (3)  
HS 665 Theory & Philosophy in Health Education (3)  
HS 661 Curriculum Trends (3)

Required Professional Education Electives (6 credits)  
any 500/600 level Professional Education electives selected in consultation with an advisor

Required Health Science and Related Electives (3-7 credits)  
any 500/600 level electives selected in consultation with an advisor  
HS 699 Thesis (1-6, minimum of 3)

## COURSE DESCRIPTIONS

## HLTH 500 (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.

## HLTH 510 (3) Current Health Issues

An in-depth review of significant current health concerns and controversies in health science, using the elements of reasoning as the framework for critiquing the issues.

Prerequisite: HLTH 475

## HLTH 520 (5) Health Teaching Methods

Overview of methodology and materials used in the school health setting. Review curriculum development, teaching strategies and program administration. Includes the preparation and presentation of lessons.

## HLTH 541 (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.

## HLTH 550 (3) Environmental Health

Promotes 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.

## HLTH 551 (3) Stress and Health

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.

## HLTH 554 (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.

Prerequisite: HLTH 260

## HLTH 555 (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.

## HLTH 556 (3) Assessment of Chemical Dependency

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 for Rule 25 training in Chemical Dependency Assessment.

Prerequisite: HLTH 225

## HLTH 559 (1-3) Critical Topics in Health

An in-depth study of specific topics of current interest in the Health Science discipline.

## HLTH 560 (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.

## HLTH 565 (3) Health Care Delivery in the United States

An examination of the system of delivery of health care in the United States from an historical, social, political, and economic perspective.

## HLTH 567 (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.

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## HEALTH SCIENCE

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### HLTH 569 (3) Chemical Dependency: Dual Diagnosis

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 for Rule 25 training in Chemical Dependency Assessment. Prerequisite: HLTH 225

### HLTH 575 (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.

### HLTH 580 (4) Community and Program Development for Health

Focuses upon knowledge and skills necessary for community organization and program development. The course identifies and explores methods and techniques needed for organizing a community for implementing health promotion. Prerequisite: HLTH 260, 361, 460

### HLTH 588 (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.

### HLTH 590 (1-4) Workshop

Intensive educational experience on selected topics related to skill development, content update, or material development. Typically offered in a concentrated format.

### HLTH 630 (3) Techniques of Research in Health

Examines and applies research methods common to health science. Requires an extensive literature review. This course should be taken near the end of a graduate program when the student is ready to begin work on the thesis or alternate plan paper. The student must have completed a plan of study prior to enrollment.

### HLTH 631 (3) Seminar

Course requires completion of thesis proposal or alternate plan paper, extensive literature review, and oral presentation for group review. Prerequisite: HLTH 630

### HLTH 632 (3) Alcohol Education

Designed to examine the health effects of alcohol with the primary emphasis on the prevention of alcohol-related problems. Those factors influencing the use and abuse of alcohol are covered.

### HLTH 640 (3) Health and Sick Role Behavior

Reviews concepts of health and illness as they affect individuals, families, and communities. Cross-cultural perspectives and the influence of economics, political, religious, geographical, and educational factors on health are emphasized.

### HLTH 659 (3) Health Administration

Specific managerial components will be emphasized such as organizational patterns, fiscal administration, and personnel management common to the health system. Administrative functions of policy settings, planning coordination, public issue involvement, and community relations will be included. Particular attention is given to the human side of management.

### HLTH 661 (3) Curriculum Trends

Current philosophies and models of health curriculum design are explored. Requires the development of a model curriculum consistent with recent developments in school health education.

### HLTH 662 (3) Human Sexuality

Explores current issues, controversies, and concerns affecting sexual health. Relationships between social, cultural, psychological, environmental, and physical factors of sexuality are examined.

### HLTH 664 (3) Health Program Planning & Evaluation

Provides a thorough background on the practical aspects of health planning, including development, adoption, and implementation of health programs.

### HLTH 665 (3) Theory and Philosophy of Health Education

Directed toward providing a solid theoretical and philosophical foundation for profes-

sional health education practice. Current and historical health education, theoretical and philosophical models, and concepts are explored. Application of these models and concepts to professional practice is emphasized.

### HLTH 666 (3) International Health

An examination of health status and health care delivery systems of developing, transitional, and developed nations. Includes social, economic, and political analysis of health policy formation.

### HLTH 668 (3) Grant Proposal Writing for Health Professionals

Designed to make students familiar with the steps of grant writing, explore the various sources of grants available to health professionals, and develop skills and competencies to successfully write grant proposals.

### HLTH 677 (1-4) Individual Study

An in depth project on a topic of particular interest to the student. Project must be approved by the faculty supervisor and department chairperson and proposal filed with department.

### HLTH 690 (1-3) Selected Topics in Health

Provides an in-depth investigation of a topic of particular concern at the time of offering. Topics will deal with timely issues regarding health promotion, disease prevention, and/or socio/political concerns regarding health in the modern world. Prerequisite: may depend on topic

### HLTH 696 (1-6) Internship: Health Science

A concentrated work experience for those students preparing for a career in community health. Prerequisite: core courses completed

### HLTH 697 (1-12) Internship: Chem Dependency

A concentrated pre-professional experience for those preparing for a career in chemical dependency. All core course work must be completed prior to placement. Student must schedule placement one semester in advance. Prerequisite: 3.0 GPA in Chemical Dependency, core courses completed

### HLTH 699 (1-4) Thesis

Credit for students working on their thesis. Permission of advisor and department chairperson required. Prerequisite: all core courses and HLTH 630 completed

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