

## Health Science

*College of Allied Health & Nursing*  
*Department of Health Science*  
 213 Highland Center N • 507-389-1527  
 Web site: [www.mnsu.edu/dept/health/](http://www.mnsu.edu/dept/health/)

Chair: Judith K. Luebke

Steve Bohnenblust, Canda Cororan, Dawn Larsen,  
 Linda Marshall, Marge Murray-Davis, Bikash Nandy,  
 John A. Romas, Mark Windschitl

The school and community health programs prepare 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, and schools.

**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 2.00 (C).  
 - completion of HLTH 260.  
 Contact the department for application procedures.

### COMMUNITY HEALTH BS

#### Required for Major (Core, 35 credits):

HLTH 260	Introduction to Health Education (4)
HLTH 361	Health Communications (3)
HLTH 454	Chronic and Infectious Diseases (3)
HLTH 460	Introduction to Epidemiology (3)
HLTH 475	Biostatistics (3)
HLTH 480	Community and Program Development for Health (4)
HLTH 496	Internship in Community Health (8)
BIOL 230	Human Physiology (4)
FCS 240	Nutrition I (3)

#### Required Electives for Major (15 credits):

15 credits of Health Science electives. Determined in consultation with academic advisor. HLTH 101 Health and Environment is not a Health Science elective.

#### Electives:

HLTH 210	HLTH 212	HLTH 225
HLTH 310	HLTH 311	HLTH 315
HLTH 321	HLTH 400	HLTH 410
HLTH 441	HLTH 449	HLTH 450
HLTH 451	HLTH 455	HLTH 456
HLTH 459	HLTH 465	HLTH 469
HLTH 488		

#### Required Minor: none

### SCHOOL HEALTH BS, TEACHING

#### Core (39 credits):

HLTH 101	Health and the Environment (3)
HLTH 210	First Aid and CPR (3)
HLTH 212	Consumer Health Issues (3)

HLTH 260	Introduction to Health Education (4)
FCS 240	Nutrition I (3)
HLTH 310	Drug Education (3)
HLTH 311	Family Life and Sex Education (3)
HLTH 335	Emotional Health in the Classroom (3)
HLTH 420	Health Teaching Methods (5)
HLTH 454	Chronic and Infectious Diseases (3)
HLTH 460	Introduction to Epidemiology (3)
HLTH 475	Biostatistics (3)

#### Electives (6 credits):

HLTH 361	Health Communications (3)
HLTH 400	Women's Health (3)
HLTH 410	Current Health Issues (3)
HLTH 441	Death Education (3)
HLTH 450	Environmental Health (3)
HLTH 451	Stress and Health (3)
HLTH 455	Health and Aging (3)
HLTH 459	Critical Topics (1-3)
BIOL 230	Physiology (4)

#### Required Support Courses (13 credits):

CHEM xxx	Elective (3)
BIOL 100	Our Natural World (3)
BIOL 220	Human Anatomy (4)
SPEE 102	Public Speaking (3)

### COMMUNITY HEALTH MINOR

#### Required for Minor (Core, 21 credits):

HLTH 260	Introduction to Health Education (4)
HLTH 361	Health Communications (3)
HLTH 454	Chronic and Infectious Disease (3)
HLTH 460	Introduction to Epidemiology (3)
HLTH 480	Community and Program Development for Health (4)
HLTH 496	Internship in Community Health (4)

#### Required Electives Minor (3 credits):

Choose a minimum of 3 Health Science credits

### POLICIES/INFORMATION

**GPA Policy.** A 2.0 GPA is required for admission to the college and the department majors.

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

### 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.

F, S GE-10

#### HLTH 210 (3) First Aid & CPR

Provides the knowledge and skills necessary in an emer-

---

gency 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.

F, S      *GE-11*

### **HLTH 212 (3) Consumer Health Issues**

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.

F, S      *GE-2*

### **HLTH 215 (1) CPR Basic Rescuer**

Certification and recertification in all aspects of CPR for the non-professional and professional. Emphasizes recognition and care for cardiac and respiratory emergencies; special rescue situations, minimizing risk of disease transmission, use of pocket and bag-valve resuscitation devices, and two rescuer CPR.

V

### **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.

F, S

### **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.

F, S

### **HLTH 310 (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.

F, S      *GE-5*

### **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.

S

### **HLTH 315 (3) Holistic Health and Wellness**

This course presents a study of the essential nature and characteristics of total health. The course explores di-

mensions of mental, physical, social, and spiritual wellbeing. Various approaches to holistic health and wellness are considered.

### **HLTH 321 (3) Medical Terminology**

For health care personnel, emphasis on spelling, pronunciation and meaning.

F, S

### **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 F

### **HLTH 361 (3) Health Communications**

Health Communications focuses upon the development of skills necessary to communicate technical and practical information for the health professional. Theory and practice of written, verbal and electronic communication methods will be addressed.

Pre: HLTH 260 F, S

### **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.

S      *CD-Related*

### **HLTH 410 (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.

Pre: HLTH 475 S

### **HLTH 420 (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.

Pre: HLTH 260 S

### **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 V

### **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.

F

**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 ALT-F

**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.

ALT-F

**HLTH 451 (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.

S

**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: HLTH 260 F, S

**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.

F *CD-Related*

**HLTH 456 (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 or Rule 25 training in Chemical Dependency Assessment.

Pre: HLTH 225 S

**HLTH 459 (1-3) Critical Topics in Health**

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

V

**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. Ex-

plores the interaction of agent, host and environment with the emphasis on application of principles of prevention.

F, S

**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.

V

**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.

V

**HLTH 469 (3) Chemical Dependency: Dual Diagnosis**

The focus of this course is on assessment and treatment of persons with coexisting mental disorders as well as chemical dependency.

Pre: HLTH 225 F

**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.

F, S

**HLTH 480 (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 programs. Principles of program planning, implementation and evaluation are presented.

Pre: HLTH 260, 361, 460 F

**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.

ALT-F

**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.

V

**HLTH 496 (1-8) Internship: Community Health**

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: Completion of all Community Health core courses  
F, S

**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: Course work completed F, S

**HLTH 499 (1-6) Individual Study**

An in-depth study on a topic of particular interest to the student and project supervisor.

F, S