

HEALTH SCIENCE

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/

Chair: John A. Romas

Johnson Afolayan, Autumn Benner, Steve Bohnenblust, Amy Hedman, Roy Kammer, Dawn Larsen, Judith Luebke, Marge Murray-Davis, Bikash Nandy, Marlene Tappe, 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 2.5.
- 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: 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 the 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 (38 credits):

BIOL 220	Human Anatomy (4)
FCS 240	Nutrition I (3)
HLTH 212	Consumer Health (3)
HLTH 260	Introduction to Health Education (4)
HLTH 310	Drug Education (3)
HLTH 311	Family Life and Sex Education (3)
HLTH 320	Health Teaching Methods I (3)
HLTH 335	Emotional Health in the Classroom (3)
HLTH 410	Current Health Issues (3)
HLTH 420	Health Teaching Methods II (3)
HLTH 454	Chronic and Infectious Diseases (3)
HLTH 475	Biostatistics (3)

Electives (6-7credits):

BIOL 230	Human Physiology (4)
HLTH 361	Health Communications (3)
HLTH 440	Teaching First Aid and CPR (2)
HLTH 441	Death Education (3)
HLTH 450	Environmental Health (3)
HLTH 451	Stress and Health (3)
HLTH 459	Critical Topics in Health (1-3)
HLTH 460	Introduction to Epidemiology (3)
HP 414	Physiology of Exercise (3)

Required General Education: (16 credits)

BIOL 100	Our Natural World (4)
CHEM xxx	Elective (3)
HLTH 101	Health and the Environment (3)
HLTH 210	First Aid and CPR (3)
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 Diseases (3)
HLTH 460	Introduction to Epidemiology (3)
HLTH 480	Community and Program Development for Health (4)
HLTH 496	Internship: Community Health (4)

Required Electives Minor (3 credits):

Choose a minimum of 3 Health Science credits from required electives for major.

POLICIES/INFORMATION

Grade Policy. A GPA of 2.5 in the major is required for graduation in the School Health Program and Community Health Program.

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.

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 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.

HEALTH SCIENCE

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 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 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.

Fall, Spring

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.

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.

Spring

HLTH 320 (3) Health Teaching Methods I

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

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 and secondary school.

Pre: HLTH 101; School Health Major

Fall

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

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.

Spring

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.

Fall, Spring

HLTH 420 (3) Health Teaching Methods II

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

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, 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.

Fall

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-Fall

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) 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.

Spring

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

Fall, Spring

HEALTH SCIENCE

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.

Fall

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

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) 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

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.

Fall, Spring

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, HLTH 361, HLTH 460

Fall

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-Fall

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 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

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