

## Health Science

*College of Allied Health & Nursing*

*Department of Health Science*

213 Highland Center N • 507-389-1527

Website: [www.mnsu.edu/dept/health/](http://www.mnsu.edu/dept/health/)

Chair: Marlene K. Tappe, Ph.D.

Steve Bohnenblust, Ed.D.; Autumn Hamilton, HSD; Amy Hedman, Ph.D.; Roy Thomas Kammer, Ed.D.; Dawn Larsen, Ph.D.; Judith Luebke, Ph.D.; Marge Murray-Davis, Ph.D.; Marlene Tappe, Ph.D.; Mark Windschitl, Ph.D.

The school and community health education programs prepare health professionals with expertise in health promotion and disease prevention.

**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

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 Introduction to Chemistry (for Allied Health) (3)

CHEM 111 Chemistry of Life Processes (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	410W	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

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

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)

(Choose 1 from below)

CHEM 104 Introduction to Chemistry (3)

CHEM 106 Introduction to Chemistry (for Allied Health) (3)

#### Prerequisites to the Major

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 410W Current Health Issues (3)

HLTH 420 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 256 Teaching K-3 Physical Education (2)

HP 348 Structural Kinesiology and Biomechanics (3)

HP 387 Methods of Teaching PE K-12 (3)

HP 403 Measurement & Evaluation in Human Performance (3)

HP 411 Developmental/Adapted Physical Education (3)

HP 413 Lifespan Motor Development (2)

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.

### SCHOOL HEALTH EDUCATION BS

This School Health teaching program meets National and state standards for the preparation of school health educators. This program prepares future teacher for

## HEALTH SCIENCE

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 CPR (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	410W	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 I (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	410W	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 and 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 current health concerns and controversies in health science using the elements of reasoning 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 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

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 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