

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 Luehke, 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 final 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 chair of the Department of Health Science and receive remediation related to plagiarism. Two acts of dishonesty, cheating, collusion, and/or any other form of academic misconduct and/or an act of plagiarism after remediation will result in a final course grade of “F”. Evidence related to any act of academic misconduct will be submitted to the Chairperson of the Department of Health Science. Two acts of academic misconduct or a repeated act of plagiarism after remediation in any Health Science course or courses will result in discontinuance from, or eligibility to enroll in, the academic programs offered by the Department of Health Science. Additionally, evidence related to academic misconduct will be submitted, as appropriate, to the Office of Academic Affairs and and/or the College of Education. Please note: Policy reflects minimum departmental standards. Individual instructors may impose more severe sanctions for an act of academic dishonesty within their courses.

Alcohol and Drug Studies (BS)

Program Information. Students must earn a “C” or better in all required general education, required, and elective courses in the Alcohol and Drug Studies major. Students must also 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.

Admission Requirements. ADS 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 225: Introduction to Alcohol and Drug Studies
- 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.

HEALTH SCIENCE CONTINUED

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. 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 of 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.

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. 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.

Professional Education admission requirements include:

- a minimum of 32 credit hours,
- a minimum of 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

CMST	102	Public Speaking (3)
CMST	203	Intercultural Communication (4)
PSYC	101	Introduction to Psychological Science (4)
SOC	101	Introduction to Sociology (3)

Major Common Core

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

CSP	470	Group Procedures (3)
CSP	471	Interpersonal Helping Skills (3)
CSP	473	Counseling the Chemically Dependent Family (3)
HLTH	225	Introduction to Alcohol and Drug Studies (3)
HLTH	406	Ethics and Professionalism for Addictions Professionals (3)
HLTH	407	Pharmacology for Alcohol and Drug Professionals (3)
HLTH	408	Theories and Methods for Addictions Professionals (3)
HLTH	456	Assessment and Diagnosis of Substance Use Disorders (3)
HLTH	469	Co-Occurring Disorders (3)
HLTH	497	Internship: Alcohol and Drug Studies (1-12)
SOC	465	Law and Chemical Dependency (3)

Major Restricted Electives

9 credits of Health Science Electives

Required Minor: Yes. Any.

HEALTH SCIENCE CONTINUED

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)
CHEM	111	Chemistry of Life Processes (5)
CHEM	201	General Chemistry I (5)

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 skill to engage in healthy behaviors including life-long physical activity. This major is a joint program offered by the Departments of Health Science and Human Performance that meets Minnesota Board of Teaching (BOT) requirements for licensure in both Health Education and Physical Education.

Required General Education

CHEM	106	Chemistry of Life Process Part I (General) (3)
FCS	140	Introduction to Nutrition (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	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	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 CRP (3)
KSP	220W	Relations in the Multicultural Society (3)

HEALTH SCIENCE CONTINUED

Major Common Core

BIOL	220	Human Anatomy (4)
BIOL	310	Basics of Human Physiology (4)
CHEM	106	Chemistry of Life Process Part I (General) (3)
HLTH	212	Consumer Health (3)
HLTH	240	Drug Education (3)
HLTH	260	Introduction to Health Education (3)
HLTH	311	Family Life and Sex Education (3)
HLTH	320	Health Teaching Methods I (3)
HLTH	410	Current Health Issues (3)
HLTH	420W	Health Teaching Methods II (3)
HLTH	454	Chronic and Infectious Diseases (3)
HLTH	475	Biostatistics (3)

Major Restricted Electives (choose 3 credits)

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.

ALCOHOL AND DRUG STUDIES MINOR

Minor Core

CSP	470	Group Procedures (3)
CSP	471	Interpersonal Helping Skills (3)
CSP	473	Counseling the Chemically Dependent Family (3)
HLTH	225	Introduction to Alcohol and Drug Studies (3)
HLTH	406	Ethics and Professionalism for Addictions Professionals (3)
HLTH	407	Pharmacology for Alcohol and Drug Professionals (3)
HLTH	408	Theories and Methods for Addictions Professionals (3)
HLTH	456	Assessment and Diagnosis of Substance Use Disorders (3)
HLTH	469	Co-Occurring Disorders (3)

HEALTH SCIENCE MINOR

Minor Core

HLTH	101	Health and the Environment (3)
HLTH	260	Introduction to Health Education (3)

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

HLTH	210	First Aid & CPR (3)
HLTH	211	Human Sexuality in a World of Diversity (3)
HLTH	212	Consumer Health (3)
HLTH	225	Introduction to Alcohol and Drug Studies (3)
HLTH	240	Drug Education (3)

Electives

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

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	454	Chronic and Infectious Diseases (3)

HLTH	455	Health and Aging (3)
HLTH	459	Critical Topics in Health (1-3)
HLTH	460	Introduction to Epidemiology (3)
HLTH	465	Health Care Delivery in the United States (3)
HLTH	466	Global Health (3)
HLTH	467	Public Health Law (3)
HLTH	475	Biostatistics (3)
HLTH	477	Behavior Change Foundations and Strategies (3)
HLTH	488	Worksite Health Promotion (3)
HLTH	491	Directed Research in Health Science (1-6)

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 is 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, 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

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

HEALTH SCIENCE CONTINUED

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
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 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
Diverse Cultures - Purple

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
WI

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
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

HEALTH SCIENCE CONTINUED

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

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 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

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: 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