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## HEALTH SCIENCE (HLTH) COURSE DESCRIPTIONS

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### 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

Faculty: Autumn Hamilton, Amy Hedman, Dawn Larsen, Jennifer Londgren, Judith Luebke, Marge Murray-Davis, Marlene Tappe, Thad Shunkwiler, Mark Windschitl, Joseph Visker

**Accreditation:** NCATE: Health and Physical Education, BS; School Health Education, BS, MS SABPAC: Community Health Education, BS

The Department of Health Science offers undergraduate majors in Alcohol and Drug Studies (B.S.), Community Health Education (B.S.), and School Health Education (B.S.) as well as a major in Health and Physical Education in collaboration with the Department of Human Performance. (See individually listed programs within Table of Contents.) The department also offers undergraduate minors in Alcohol and Drug Studies and Health Science. At the graduate level the Department of Health Science offers Post-Baccalaureate programs in Public Health Education (100% online) and School Health Education (online-plus) as well as advanced degree programs in Community Health Education (M.S.) (online-plus) and School Health Education (M.S.) (online-plus).

**Academic Map/Degree Plan at [www.mnsu.edu/programs/#All](http://www.mnsu.edu/programs/#All)**

#### POLICIES/INFORMATION

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 Alcohol and Drug Studies and Health Science minors to earn a "C" or better in all core and elective courses in the minors.

**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 ones 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.

#### 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

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**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.

Prerequisite: HLTH 101

Corequisite: HLTH 101

Fall, Spring, Summer

**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.

Prerequisite: 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.

Prerequisite: HLTH 260, HLTH 361

Corequisite: HLTH 361

Fall, Spring

VI

**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.

Prerequisite: HLTH 225

Spring

**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.

Prerequisite: HLTH 225

Fall

**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.

Prerequisite: HLTH 225

Fall

**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.

Prerequisite: 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.

Prerequisite: KSP 330

Fall, Spring

VI

**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.

Prerequisite: 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.

Prerequisite: 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.

Prerequisite: BIOL 220, BIOL 310

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, 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.

Prerequisite: 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.

Prerequisite: 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. Prerequisite: MATH 110, STAT 154, Or any other mathematics course higher than 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.

Prerequisite: 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.

Prerequisite: 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

Prerequisite: HLTH 380W

Corequisite: 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.

Prerequisite: 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.

Prerequisite: 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

HISTORY BA, BS