

HEALTH (HLTH)

HLTH 141 - Personal and Social Health, 4 credits.

A multidimensional approach to health that includes physical, social, emotional, intellectual, and spiritual health promotion that emphasizes self-responsibility and prevention. Theories of behavior change are examined to understand the factors that influence personal lifestyle decisions and societal norms.

Frequency: *Every Semester, Summer Session*

HLTH 143 - First Aid and CPR: Emergency Response, 2 credits.

The study of accident problems, first aid and medical self-help prepares the student for positive response to stressful conditions. Teaches skills needed for emergency care of victims of accidents, illnesses and disasters.

Frequency: *1st or 2nd Half - 1st Semester, 1st or 2nd Half - 2nd Semester*

HLTH 220 - Introduction to Health Education and Health Promotion, 2 credits.

This course is designed to expose students considering a health education degree to the basic concepts and theories of health, health education, and health promotion. An overview of job settings for health educators with emphasis on assessing needs, planning programs, and evaluation.

Frequency: *Every Semester*

HLTH 340 - Comprehensive School Health Programs, 2 credits.

An overview of the school's role in the healthy development of youth, including: health instruction, health services, school environment, physical education, nutrition and food services, counseling and personal support, school/parent/community partnerships, and school site health promotion.

Frequency: *Every Semester*

HLTH 380 - Special Topics, 0-4 credits.

Courses covering various topics of interest in this particular discipline are offered regularly. Contact department or program chair for more information.

Frequency: *Not offered on a Regular Basis*

Repeatable: Yes

HLTH 390 - Internship, 1-8 credits.

Frequency: *Not offered on a Regular Basis*

Repeatable: Yes

HLTH 480 - Independent Study, 1-4 credits.

This course provides an opportunity for individual students to conduct in-depth study of a particular topic under the supervision of a faculty member. Contact the department or program chair for more information.

Frequency: *Not offered on a Regular Basis*

Repeatable: Yes

HLTH 481 - Special Problems Seminar, 1-4 credits.

A flexible course designed to meet the needs and desires of students. Possibilities include current research or trends in physical education.

Frequency: *Not offered on a Regular Basis*

HLTH 487 - Directed Research, 1-4 credits.

This course provides an opportunity for individual students to conduct research in a specific area of study, completed under the direction of a faculty mentor. Specific expectations of the research experience to be determined by the faculty. Repeatable for credit. Prerequisite: consent of instructor.

Frequency: *Not offered on a Regular Basis*

Repeatable: Yes