

# HEALTH SCIENCE-PUBLIC HEALTH (HLTH)

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## HLTH 100 - Introduction to Health Careers

Provides students with an understanding of various career opportunities in health and safety occupations and the opportunity to determine whether their needs, interests, abilities, and values are suited to careers in this area.

Credits: 3

## HLTH 101 - Personal Health

Addresses concerns pertaining to college living and life-long health. Emphasizes wellness with its emotional, physical, and social components.

Credits: 3

Term(s) Typically Offered: Offered as Needed

Thematic Thread(s): Citizenship & Social Problems, Cultural Literacy & Community Building, Human Diversity & Well-Being, Transfer Thread Completion Course

## HLTH 102 - Health Appraisal and Promotion

Discusses the role of wellness in health promotion. Identifies major health risks and examines primary prevention strategies utilizing select health appraisal instruments for the promotion of optimal individual and community health. Exposes students to agencies, which serve as resources for health information.

Credits: 3

## HLTH 103 - Health and Behavior Change

Examines the major health problems and health risks to determine feasible secondary and tertiary intervention strategies to maintain, promote and manage the highest possible level of individual and community health. Explores behaviors and circumstances that are barriers to seeking and/or adhering to medical advice.

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

Enrollment is limited to students with a program in Public Health, Health Science - Public Health or Hlth Sci-P Hlth-Pre PT-SRU 3+3.

## HLTH 139 - Foundations of Academic Discovery

Foundations of Academic Discovery serves as the entry point to the Rock Integrated Studies Program. With its strong faculty-student interaction, the course promotes intellectual inquiry, critical and creative thinking, and computer skills needed for academic success. Through varied content, the course introduces students to academic discourse and information literacy while exploring topics such as diversity and inclusion and global awareness. This course will set students along the path to becoming engaged with issues and scholarship important to a 21st century education while they learn about themselves and their place in the world.

Credits: 3

Term(s) Typically Offered: Offered as Needed

Enrollment limited to students with a semester level of Freshman 1 or Freshman 2.

Enrollment limited to students with the ROCK STUDIES 2 STUDENT or ROCK STUDIES STUDENT attributes.

## HLTH 190 - Experimental

A unique and specifically focused course within the general purview of a department which intends to offer it on a "one time only" basis and not as a permanent part of the department's curriculum.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

## HLTH 195 - Workshop

A workshop is a program which is usually of short duration, narrow in scope, often non-traditional in content and format, and on a timely topic.

Credits: 1-6

Term(s) Typically Offered: Offered as Needed

## HLTH 198 - Selected Topics

A Selected Topics course is a normal, departmental offering which is directly related to the discipline, but because of its specialized nature, may not be able to be offered on a yearly basis by the department.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

## HLTH 203 - Public Health and Physical Activity

This course will focus on introducing public health students to the benefits of physical activity (PA), how to safely engage in PA and how to apply PA to the public health model.

Credits: 3

Term(s) Typically Offered: Offered Spring Terms

Enrollment is limited to students with a program in Public Health or Health Science - Public Health.

## HLTH 210 - Introduction to Public Health

Provides a broad foundation of information related to the structure and functioning of the community health system including the identification and examination of programs, providers, and current problems associated with the delivery of health services.

Credits: 3

Term(s) Typically Offered: Offered Fall, Winter, & Spring

Enrollment is limited to students with a program in Public Health, Health Science - Public Health or Hlth Sci-P Hlth-Pre PT-SRU 3+3.

## HLTH 211 - Women's Health Issues

Examines the role of women as consumers and as both formal and informal providers of health services.

Credits: 3

Term(s) Typically Offered: Offered Summer Terms

## HLTH 262 - Health Foundations

Identifies and examines the major health problems at the individual and community level. Emphasizes health information and resources that can be used to deliver developmentally appropriate primary, secondary and tertiary education and/or interventions among diverse populations.

Credits: 3

Enrollment is limited to students with a program in Exploratory Physical Educ, School Wellness Education, Health-Physical Educ Teaching, Public Health, Health Science - Public Health or Hlth Sci-P Hlth-Pre PT-SRU 3+3.

**HLTH 290 - Experimental**

A unique and specifically focused course within the general purview of a department which intends to offer it on a "one time only" basis and not as a permanent part of the department's curriculum.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

**HLTH 295 - Workshop**

A workshop is a program which is usually of short duration, narrow in scope, often non-traditional in content and format, and on a timely topic.

Credits: 1-6

Term(s) Typically Offered: Offered as Needed

**HLTH 298 - Selected Topics**

A Selected Topics course is a normal, departmental offering which is directly related to the discipline, but because of its specialized nature, may not be able to be offered on a yearly basis by the department.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

**HLTH 301 - Introduction to Health Education**

Examines the knowledge and skills necessary to function effectively as a community, school, or worksite health educator. Emphasizes the responsibilities and competencies of the Certified Health Education Specialist.

Prerequisites: HLTH 103<sup>D</sup> and HLTH 210<sup>D</sup>

<sup>D</sup> Requires minimum grade of D.

Credits: 3

Term(s) Typically Offered: Offered Spring Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment is limited to students with a program in Public Health, Health Science - Public Health or Hlth Sci-P Hlth-Pre PT-SRU 3+3.

**HLTH 309 - Introduction to the Study of Disease**

Provides a broad foundation of information related to the etiology, pathophysiological mechanisms, signs and symptoms, outcomes and current therapies for selected communicable, genetic, and chronic diseases.

Prerequisites: BIOL 216<sup>D</sup> or BIOL 209<sup>D</sup> or BIOL 110<sup>D</sup>

<sup>D</sup> Requires minimum grade of D.

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment is limited to students with a program in Public Health, Health Science - Public Health or Hlth Sci-P Hlth-Pre PT-SRU 3+3.

**HLTH 310 - Environmental Health**

Explores the ecologic, economic, ethical, toxicologic and epidemiologic bases for environmental health both globally and within the community setting. Emphasizes the relationship between biological, physical and chemical agents and disease/injury causation and the role of government.

Prerequisites: CHEM 104<sup>D</sup> or CHEM 107<sup>D</sup> or BIOL 210<sup>D</sup>

<sup>D</sup> Requires minimum grade of D.

Credits: 3

Term(s) Typically Offered: Offered Spring & Summer Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment is limited to students with a program in Public Health, Health Science - Public Health or Hlth Sci-P Hlth-Pre PT-SRU 3+3.

**HLTH 311 - Global Health**

Examines significant health problems affecting people in various parts of the world. Provides opportunities to understand approaches to population health from different cultural perspectives and evaluates disease patterns in distinct global communities. Emphasizes methods for achieving health equity and improving health for all.

Credits: 3

Term(s) Typically Offered: Offered Winter, Spring&Summer

Thematic Thread(s): Human Diversity & Well-Being, Transfer Thread

Completion Course, United States in Global Context

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

**HLTH 312 - Data Management for Health Science**

Explores methods of data collection, manipulation and reporting for health science. Includes computer applications.

Prerequisites: MATH 152<sup>D</sup> or STAT 152<sup>D</sup> or MATH 114<sup>D</sup>

<sup>D</sup> Requires minimum grade of D.

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment is limited to students with a program in Public Health, Health Science - Public Health or Hlth Sci-P Hlth-Pre PT-SRU 3+3.

**HLTH 313 - Biostatistics**

Provides a broad foundation of knowledge related to data analysis in health science. Emphasizes the interpretation of health data and the computer skills for common statistical methods.

Prerequisites: HSAF 312<sup>D</sup> or HLTH 312<sup>D</sup>

<sup>D</sup> Requires minimum grade of D.

Credits: 3

Term(s) Typically Offered: Offered Spring Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment is limited to students with a program in Public Health, Exercise Science, Exercise Sci- Pre PT-SRU 3+3, Health Science - Public Health or Hlth Sci-P Hlth-Pre PT-SRU 3+3.

**HLTH 314 - Nutrition and Health**

Examines basic scientific principles of nutrition, specifically all major nutrient classes in terms of functions, food sources, and adequate intakes along with sensitivity to diverse needs throughout the life cycle. Emphasizes interdisciplinary perspectives on how cultural diversity relates to food choices and how unique ethnic health challenges influence dietary needs.

Credits: 3

Term(s) Typically Offered: Offered Fall & Winter Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment is limited to students with a program in Public Health, Health Science - Public Health or Hlth Sci-P Hlth-Pre PT-SRU 3+3.

**HLTH 316 - Human Sexuality**

Surveys a broad range of information about human sexuality from biological, psychological, sociological, religious, and medical perspectives.

Credits: 3

Term(s) Typically Offered: Offered Every Term

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

**HLTH 390 - Experimental**

A unique and specifically focused course within the general purview of a department which intends to offer it on a "one time only" basis and not as a permanent part of the department's curriculum.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

**HLTH 395 - Workshop**

A workshop is a program which is usually of short duration, narrow in scope, often non-traditional in content and format, and on a timely topic.

Credits: 1-6

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

**HLTH 398 - Selected Topics**

A Selected Topics course is a normal, departmental offering which is directly related to the discipline, but because of its specialized nature, may not be able to be offered on a yearly basis by the department.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

**HLTH 406 - Program Planning and Evaluation**

Provides basic proficiency in quantitative and qualitative approaches to health education and health promotion program measurement and evaluation. Current trends and issues in community, school and worksite health promotion are brought to bear on the problems of implementing and interpreting the results of formative and summative evaluation.

Prerequisite: HLTH 301<sup>D</sup>

<sup>D</sup> Requires minimum grade of D.

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

Enrollment limited to students with a semester level of Senior 1 or Senior 2.

Enrollment is limited to students with a program in Public Health, Health Science - Public Health or Hlth Sci-P Hlth-Pre PT-SRU 3+3.

**HLTH 408 - Public Health Administration**

This course is designed to give an overview of the context, infrastructure and core functions of public health systems and related administration. It focuses on the administrative aspects for carrying out the public health functions, and the legal, ethical, economic, management, leadership, and regulatory dimensions of public health systems. This course also addresses performance measures, strategic planning, information systems, and current issues or trends in public health.

Prerequisite: HLTH 210<sup>D</sup>

<sup>D</sup> Requires minimum grade of D.

Credits: 3

Term(s) Typically Offered: Offered Fall Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment is limited to students with a program in Public Health or Health Science - Public Health.

**HLTH 410 - Epidemiology**

Introduces the study of population-based research and statistical methods of inquiry regarding distribution and determination of disease in human populations. Emphasizes appropriate study design and investigative techniques and interpretation of findings related to community health. Prerequisites: HLTH 313 Biostatistics or taking HLTH 313 Biostatistics concurrently.

Prerequisite: HLTH 313 (may be taken concurrently)<sup>D</sup>

<sup>D</sup> Requires minimum grade of D.

Credits: 3

Term(s) Typically Offered: Offered Spring & Summer Terms

Enrollment limited to students with a semester level of Senior 1 or Senior 2.

Enrollment is limited to students with a program in Public Health, Health Science - Public Health or Hlth Sci-P Hlth-Pre PT-SRU 3+3.

**HLTH 424 - Nutrition and Exercise**

This course provides an understanding of the dietary standards that dictate nutritional requirements for apparently healthy adults. Emphasis is placed on the evaluation of an recommendations for macronutrients, micronutrients, and hydration status for health, physical activity, and human performance.

Prerequisites: (HLTH 314<sup>D</sup> or ERS 300<sup>D</sup>) and ERS 301<sup>D</sup> and ERS 302<sup>D</sup>  
<sup>D</sup> Requires minimum grade of D.

Credits: 3

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment is limited to students with a program in Exercise Science, Exercise Sci- Pre PT-SRU 3+3 or Athletic Training.

Enrollment limited to students in the BS 6149 or BS 6204 programs.

**HLTH 440 - Public Health Seminar**

This course is designed to provide a critical analysis of the major contemporary public health problems facing persons and communities. Content will also address professionalism and career advancement in the public health professions.

Credits: 3

Term(s) Typically Offered: Offered Spring Terms

Enrollment limited to students with a semester level of Senior 1 or Senior 2.

Enrollment is limited to students with a program in Public Health, Health Science - Public Health or Hlth Sci-P Hlth-Pre PT-SRU 3+3.

**HLTH 450 - Internship**

Provides opportunity to apply theory and develop competencies through a work-related experience in an appropriate cooperating enterprise. Summers only.

Credits: 1-12

Term(s) Typically Offered: Offered Fall, Spring, & Summer

Enrollment limited to students with a semester level of Senior 1 or Senior 2.

Enrollment is limited to students with a major in Health Science - Public Health or Hlth Sci-P Hlth-Pre PT-SRU 3+3.

**HLTH 455 - Student Teaching - Health Science**

Under the guidance of a cooperating teacher and university supervisor, students engage in two, eight week assignments on a full-time basis in specified school districts and attend scheduled seminars. Supervisors assign additional requirements.

Credits: 3-12

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

**HLTH 490 - Independent Study**

Students study under the supervision of a professor on a specific and significant topic. Independent Study courses give students the opportunity to pursue research and/or studies that are not part of the university's traditional course offerings. Students work one on one or in small groups with faculty guidance and are typically required to submit a final paper or project as determined by the supervising professor.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

**HLTH 495 - Workshop**

A workshop is a program which is usually of short duration, narrow in scope, often non-traditional in content and format, and on a timely topic.

Credits: 1-6

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

**HLTH 498 - Selected Topics**

A Selected Topics course is a normal, departmental offering which is directly related to the discipline, but because of its specialized nature, may not be able to be offered on a yearly basis by the department.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.