

## HEALTH STUDIES (HS)

The Kinesiology and Health Studies Department recommends that each student obtain a medical examination and be covered by an adequate accident and hospital insurance policy before participating in any of the programs of the department.

**131. Emergency Health Care.** Credit 2 hours. A course dealing with the cause and prevention of accident; the acquisition of sufficient knowledge to determine the nature and extent of injury; and sufficient skill to administer proper first aid. Includes a study of the American Red Cross program and the American Medical Association Medical Self-Help Training Course.

**132. Personal Health.** Credit 2 hours. A survey course covering various aspects of physical, mental, and social well-being. Attempts to create greater appreciation and understanding of individual health principles which should be reflected in a more intelligent self-directed health behavior.

**133. Healthy Lifestyles for the 21<sup>st</sup>. Century.** Credit 3 hours. Prerequisite: Permission of the Department Head. Course is designed so that students learn the importance of identifying and applying steps for making decisions and taking responsibility for their own health-related learning and behaviors. Knowledge recall as well as more advanced learning skills are addressed in assignments and examinations. Students also become aware of a wide range of health resources, support services, and technology.

**162. Drugs and Society.** Credit 3 hours. Students will know the incidence of drug use and abuse in society, pharmacology of selected drugs and principles of altering one's state of consciousness; will know where they stand as to their own drug use, be able to communicate attitudes about drugs; explore alternatives to substance abuse, and approaches to prevention and community resource.

**232. Introduction to Elementary School Health and Physical Education.** Credit 3 hours. Prerequisite: Education 203 and 212. Overview of health and physical education issues and topics. Consideration will be given to the principles of state law and policies regarding health and physical education. Introduction to curriculum content and activities in health and physical education. Two hours lecture and one hour laboratory per week.

**251. Health and Human Sexuality-Contemporary Perspectives.** Credit 3 hours. Emphasis will be placed on the relationship between personal health and human sexuality. The understanding of human sexuality through self-awareness, value clarification and decision-making will also be a concern. Students will be encouraged to reflect critically upon their feelings and attitudes toward their own sexuality and the sexuality of others in their cultural setting.

**252. Health and Stress.** Credit 3 hours. Students will explore health problems related to stress and tension through analysis of causative and psycho-social stresses and intervening physiological mechanism. Particular emphasis is placed on prevention and control of stress through techniques such as exercise, neuro-muscular relaxation, biofeedback, and meditation.

**300[260]. Foundations of Health Education.** Credit 3 hours. Prerequisites: Sophomore standing. This course is designed to introduce students to health education and promotion. It will include the historical aspects of health and health education, ethics, CHES certification and responsibilities, theoretical foundations, health education settings, professional organizations, agencies and journals.

**312. Community Health.** Credit 3 hours. Prerequisite: Sophomore standing. A course concerned with the important aspects of human ecology and conservation of human resources, environmental health, disease prevention and control, and community resources available to the population. Emphasis is placed upon major health problems of college years and early adulthood.

**313. Healthcare Delivery Systems.** Credit 3 hours. Prerequisites: Junior Standing or permission of the Department Head. This course will examine the healthcare delivery system in the United States. It will examine the entire Continuum of Care and uses the construct of a fully integrated system as a means to evaluate the current system. Key issues confronting healthcare today will be explored.

**331. Health Information and the Media.** Credit 3 hours. Prerequisite: Computer literacy. Design and production of education materials. Review fundamentals of computer multimedia presentations. Methods of planning, implementing, and evaluating multimedia presentations.

**340. Healthcare Law and Ethics.** Credit 3 hours. Prerequisites: HS 300, 312, or 313; and Junior standing or permission of the Department Head. The course will present government policies and guidelines related to the operation of health care systems. Emphasis will be placed on the implementation of healthcare and the responsibilities and ethics ascribed to healthcare managers.

**351. Health Problems of the Aging and Aged.** Credit 3 hours. Students will examine the psychological, physiological and socio-economic aspects of aging; sexuality; death, dying, and bereavement; self-actualization and creativity; health needs and crisis; and medical-care programs.

**360. Introduction to Epidemiology.** Credit 3 hours. Prerequisites: Junior standing, MATH 161 and 241, and either HS 132 or 133, or permission of Department Head. An introduction to the study of distribution of health events in human populations. Methods of assessing health states in populations by the use of morbidity and mortality data. Includes disease tracking and control methods for use in health care decisions. Major types of epidemiological investigations are also studied.

**362. Promoting Health in the Worksite.** Credit 3 hours. Prerequisites: Junior standing, and either HS 132 or 133, or permission of Department Head. Introduction to the design and implementation of health programs in a variety of worksite settings. Attention to concerns of administrative and staff support, recidivism, specific interventions, and policy.

**401. Health Instruction.** Credit 3 hours. Prerequisites: HS 300 or HS 312 or EPSY 301; and HS 133; and HS 162 or 251 or 252. This course will examine different strategies and methods that can be used in health education in various settings, including schools, communities and worksites. This course is designed primarily for Kinesiology and Health Studies majors. Students in other majors who wish to enroll must receive permission from the KHS Department Head. Consideration is given to elementary and secondary school as well as adult content selection; implementation, and evaluation procedures. Includes preparation and presentation of selected health topics. Teaching strategies and basic principles of health education are emphasized.

**402. School Health Education.** Credit 3 hours. Prerequisite: HS 131; HS 132 or 133; HS 162; HS 251; HS 461; KIN 351; or permission of the Department Head. This course will focus on strategies of instruction for health education to be used primarily in the school setting. Additional topics relevant to teacher preparation will also be addressed, especially class management strategies. During the course, students will teach health education at various grade levels. This course will provide experience in classroom observation and supervised teaching.

**410. Internship in Health Education and Promotion.** Credit 3-6 hours. A senior-level internship during which students engage in practical experience in the field. A minimum of 320 field-based hours is required for course completion. Detailed requirements are provided in the catalogue in the Department of Kinesiology and Health Studies section. May be repeated for a total of six hours.

**420 [320]. Health Promotion Program Planning.** Credit 3 hours. Prerequisites: Junior standing, and either HS 132 or 133, and either HS 162, 251, or 252, and either HS 300 or 312, or permission of Department Head. A course for the individual desiring to become a health educator. An exploration of the knowledge and skills required for effective professional health education practice. Includes an introduction to current theory, and concept; methods of assessing, planning, implementing, and evaluating health education/promotion programs; ethical issues; plus professional competencies and credentialing.

**430. Health Consumerism and Introduction to Complementary and Alternative Modalities for Health Professionals.** Credit 3 hours. An exploration of alternative and complementary healthcare treatments and therapies covering a broad range of healing philosophies. Students will examine safety & effectiveness, practitioner expertise, service delivery and cost. Current research conducted by the National Center of Alternative and Complementary Health will be investigated.

**435. Healthcare Administration.** Credit 3 hours. Prerequisites: HS 300, 312, or 313; and Junior standing or permission of the Department Head. This course will introduce concepts, principles, and practices of healthcare administration. Students will develop their knowledge in areas including negotiation, leadership, organizational design, organizational culture, how people work in organizations and strategy.

**439. Spirituality and Health.** Credit 3 hours. Prerequisite: Junior standing or permission of the Department Head. An exploration of the influences of spirituality on aspects of health and disease. Through a combination of class discussion, group activities, guest speakers, and self-reflection, students will identify the relationship between spirituality, illness, and health promotion.

**440. Research Methods in Health Sciences.** Credit 3 hours. Prerequisites: Junior standing, and either HS 300 or HS 312, or permission of the Department Head. This course introduces students to research theory and methods of the health science field. The research methodologies covered in this class are applicable to all disciplines of the health science field. Students will learn the entire process for conducting and evaluating scientific research.

**453. Health Assessment and Promotion.** Credit 3 hours. Prerequisite: Junior standing, and either HS 132 or 133, and either ZOO 250 or ZOO 251, or permission of the Department Head. An examination of the cause, identification and control of selected lifestyle diseases. Emphasis is placed on risk factor assessment and health screening methodologies.

**454. Health Behavior Change.** Credit 3 hours. Prerequisite: Junior standing, and either HS 132 or 133 or permission of Department Head. Students will explore and apply principles of modifying health behaviors on an individual, group, and community level for the prevention of health problems or the adoption of healthy lifestyles. Partial emphasis is placed on improving student competency in communication, decision making and counseling skills for assisting others in confronting personal health concerns.

**461. The School Health Program.** Credit 3 hours. Prerequisites: HS 131 and 132 or 133 and Junior standing. A study of administrative policies, procedures and principles essential to the development and implementation of a comprehensive school health program.

**462. Health Seminar.** Credit 3 hours. Prerequisite: Junior standing. Course identified by description each semester offered. May be repeated as topics vary.

**499. Internship in Health Studies.** Credit 3 hours. Prerequisites: Senior standing, and HS 300, 312, or 313; or permission of the Department Head. During the last semester of the senior year, a final field experience is required for all health studies students. Students will gain experience in methodologies, techniques, and programs specific to the internship site.

**601. Statistical Methods in Health Studies.** Credit 3 hours. Special parametric and non-parametric statistics applicable to research techniques in health studies.

**603. Contemporary Problems and Issues in Health.** Credit 3 hours. Identification and study of current problems and issues in health and health education. Extensive reading and critical analysis of literature required.

**606. Introduction to Research.** Credit 3 hours. Prerequisite: HS 601. Principles, procedures, and techniques of research with an intensive survey of current scientific investigations in the areas of health. Special attention is given to practical application.

**610. Health Education Curriculum and Instruction.** Credit 3 hours. Prerequisites: HS 638 and one of the following: HS 617, 619, 620, 621, 622, 624, 626, 627, 628, 629, or 636, or permission of the Department Head. This course will prepare graduate students with the necessary competencies for evaluating health education curricula and for developing health instructional units for teaching health in various settings such as schools, community, and work-sites. Graduate students will learn how to write and evaluate lesson plans using computer technology and instructional methods that are age and developmentally appropriate and demonstrate teaching competencies during field experiences.

**611. Environmental Health.** Credit 3 hours. This course will survey local, state, national and international environmental health issues. Emphasis will be placed on environmental stewardship including health advocacy.

**617. Spiritual Health: Research and Programming in Health Promotion.** Credit 3 hours. The focus of this class is to review current research in the field of spiritual health and its application in health promotion programming. Emphasis will be placed on an evaluation of current literature, a review of current assessment tools, and the process of integrating spiritual health into current health promotion programming.

**619. Traditional and Complementary/Alternative Health Practices.** Credit 3 hours. An exploration of the traditional health care fields including allopathic/osteopathic health care plus a variety of alternative and complementary healthcare treatments and therapies. This course will include information about health consumerism and current healthcare insurance issues. Current research conducted by the National Center for Complementary and Alternative Medicine will be investigated.

**620. Drug Education Programming.** Credit 3 hours. A study of overall drug use and abuse in our society, especially among youth. Particular attention will be given to the historical foundations of drug prevention and a review of successful drug prevention programs. Includes drug education curriculum development and evaluation strategies.

**621. Sexuality Education Programming.** Credit 3 hours. The acquisition of human sexuality information and an exploration of personal values and current sexuality research. Includes sexuality education curriculum development and evaluation strategies.

**622. Stress Management Programming.** Credit 3 hours. Of importance will be the mind-body connection or the psycho-physiological effects of stress on health. Emphasis will be placed on prevention of stress and demonstration of a variety of strategies to control stress and tension. Includes stress management program development and evaluation strategies.

**624. Health Counseling.** Credit 3 hours. To provide health care providers, educators and counselors the opportunity to develop skills and knowledge to advise students and clients confronted with personal health concerns.

**626. Health Aspects of Aging, Death and Dying.** Credit 3 hours. Students will examine the physiological, psychological, and socio-economic aspects of aging, death and dying. Special consideration will be given to health needs and crisis, medical-care programs, wellness lifestyles, self-actualization and creativity, death, dying, and bereavement.

**627. Current Health Practices and Preventive Medicine.** Credit 3 hours. This course will apply unified concepts of health and disease, including the body, mind and spirit, to a sound philosophy of the personal obligation to preserve one's own health; examine holistic approaches to health care and delivery and health behavior by addressing the biological, psycho-social, and environmental factors which emphasize the prevention of disease and maintenance of optimum health; analyze the application of wellness programs to business, industrial and educational settings.

**628. Health Seminar.** May be repeated as topics vary. Credit 3 hours. Course identified by description each semester offered.

**629. Health Seminar.** May be repeated as topics vary. Credit 3 hours. Course identified by description each semester offered.

**632. Independent Research.** Credit 3 hours. Prerequisite: Must be a graduate student in the Health & Kinesiology Master of Arts program and have taken at least 9 hours of graduate coursework including HS 601 or 606, or permission of the Department Head. Student will demonstrate research design and literature review competency. If a research study is implemented, student must obtain appropriate IRB approval.

**634. Independent Reading.** Credit 3 hours. Prerequisite: Must be a graduate student in the Health & Kinesiology Master of Arts program and have taken at least 9 hours of graduate coursework, or permission of the Department Head. Directed study of the professional and research literature in an area of health not covered in other courses.

**635. Worksite Health Promotion.** Credit 3 hours. An analysis of strategies for planning, implementation, and evaluation of health promotion programs in worksite settings. Topics include: successful worksite models, assessing corporate culture, screening approaches, and legal issues.

**636. Nutrition for Health and Physical Performance.** Credit 3 hours. Prerequisite: Basic nutrition or permission of the Department Head. Principles of nutrient metabolism and their role and function in the maintenance of health and prevention of disease. Development of nutritional plans for specific conditioning, including dietary concerns for those in physical performance programs. Credit may not be received for both Health Studies 636 and Kinesiology 636.

**637. Epidemiology.** Credit 3 hours. Prerequisite: HS/KIN 601 or permission of Department Head. Covers the principles and methods of epidemiology. Includes research designs and methods used to study and describe disease occurrence. Develops skills in obtaining, evaluating and interpreting research findings and other population data sources.

**638. Program Planning and Evaluation.** Credit 3 hours. Analysis of planning models and diagnostic techniques used to design programs in a variety of settings. Emphasis on systematic analysis of needs, establishment of objectives and development of evaluation strategies.

**646. Grant Proposal Writing.** Credit 3 hours. Focuses on the necessary competencies and skills of writing and submitting proposals and evaluating and administering grants for health education, allied health, kinesiology and related fields including schools, communities and work sites.

**710. Internship in Health Promotion.** Credit 3-6 hours. Prerequisite: Permission of the Department Head. A field work experience that provides an opportunity for students to perform all the health promotion activities that a regularly-employed staff member would be expected to perform. The purpose is to prepare professionals with practical skills for promoting health-enhancing strategies in others.

**770. Thesis.** Credit 1-6 hours each semester, with 6 hours needed for graduation. The student must enroll in the thesis course each semester the thesis is in progress. The thesis is graded Pass-Fail. Prerequisites: HS 601 and 606 or 607.