

## HEALTH PROMOTION COURSES (H P)

**H P 224** **ADDICTION AND BEHAVIOR MANAGEMENT (2)** This course surveys addictive substances and the causes of addictive behavior. Various theories of prevention and treatment are researched.

**H P 239** **DIMENSIONS OF HEALTH AND WELLNESS (3)** This course surveys historical and philosophical perspectives of health issues including the identification of individual responsibility for the development of attitudes and patterns of health behavior.

**H P 270** **NUTRITION (3)** This course is a study of the science of food, its use within the body, and its relationship to a positive concept of good health.

**H P 271** **FOUNDATIONS OF HEALTH EDUCATION (3)** This course examines foundations of the profession and the concepts and principles underlying the use of educational strategies to promote health in school, worksite, health care, or community settings. Identification of theoretical frameworks from behavioral and social sciences and their relationship to designing health education programs are discussed.

**H P 272** **ADULT HEALTH AND DEVELOPMENT PROGRAM (3)** This course is an interdisciplinary experiential learning course that provides one-on-one interaction with senior citizens from the local community. Students and senior citizens will engage in a variety of activities and educational projects to promote healthy and positive aging. Students, together with their senior partner, participate in fitness activities and workshops on topics related to aging and human performance. Students have an opportunity to learn through hands-on experience. In addition, this course directs attention toward a better understanding of issues of diversity as stereotypes related to aging are explored. Prior to being partnered with a senior citizen, students receive special training to prepare them to work effectively with the older population.

**H P 301** **NON-MEDICAL HEALING (3)** This course examines the role of health services which deviate from or compete with the medical model. Social and legal issues, reliability of information, and the development of guidelines for utilization of services are studied.

**H P 315** **HEALTH BEHAVIOR AND COMMUNICATION (3)**  
*Prerequisite:* H P 271. This course examines health behavior theories; models and frameworks from health and social sciences; marketing and communication; and their applications to individual, group, or community health education initiatives.

**H P 322** **HEALTH ASPECTS OF AGING (3)** This course studies the biological, epidemiological, and social aspects of an aging population and the relationship to health and health care.

**H P 372** **CONTEMPORARY HEALTH ISSUES (2)** This course is directed toward current health problems and concerns and includes the topics of fitness, environmental health, and health careers.

**H P 409** **INDEPENDENT STUDY IN HEALTH PROMOTION (1-3)**  
*Prerequisites:* Approval of faculty sponsor and School Dean. This course provides an opportunity to pursue individual interests and projects not covered in other available courses. The area for investigation is developed in consultation with a faculty member, and credit is dependent on the nature of the work. May be repeated for no more than six credits.

**H P 415** **INTERNSHIP IN HEALTH PROMOTION (1-6)**  
*Prerequisites:* Juniors or seniors with a 2.25 minimum QPA; approval of written proposal by internship coordinator, and supervising faculty prior to registration. This course offers a professional internship with an appropriate health fitness organization/program. The student and faculty sponsor will agree upon the location and responsibilities of the intern. The number of credits will depend upon the nature of the project and the number of hours involved in the project. (See "Internships.")

**H P 420** **HEALTH PROGRAM PLANNING (3)** *Prerequisite:* H P 271 or consent of instructor. This course prepares students to plan, develop, implement, and evaluate health education programs for a variety of settings, including community and worksite.