

HEALTH PROMOTION COURSES (H P)

H P 102 LIFE CHOICES FOR HEALTH AND WELLNESS (2) This course explores the various factors influencing health. Students differentiate between healthy behaviors and those which place individuals at risk; investigate resources for health information; and become knowledgeable about and practice lifestyle health management skills.

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 PROMOTION (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 275 MEDICAL TERMINOLOGY (3) This course will familiarize students entering the public health fields with fundamental medical terms, medical instrumentation, and medical exams used for a diagnosis, while also providing essential spelling and grammatical skills for the medical workplace.

H P 290 **SPIRITUALITY AND HEALTH (3)** Spiritual health is one of the six dimensions of wellness and is a vital component in the development and maintenance of overall health and well-being. Spiritual health can be defined as the experience of connection to self, others, and the community at large, providing a sense of purpose and meaning. The course is an exploration of current knowledge about the intersection of human spirituality and health. It is intended for health promotion and other health professionals and endeavors to address such questions as, What is spirituality? What is health? How are they related and how is spirituality currently being integrated into primary health care?

H P 300 **DRUGS AND BEHAVIOR MANAGEMENT (3)** *Prerequisites: BIOL 214, 215 or 222, 223.* This course surveys addictive substances and the causes of addictive behavior, theories of prevention, and treatment.

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 325 **HUMAN DISEASES (3)** *Prerequisites: BIOL 214/214L, 215/215L, H P 239.* This course is a study of communicable and chronic diseases with regard to disease description, etiology, signs and symptoms, diagnostic procedures, treatment, prognosis, and prevention.

H P 340 **WOMEN'S HEALTH ISSUES (3)** Much of previous health research has focused on health-related issues solely as they relate to the male population. This course will explore current health research, which has taken a more intentional look at health-related issues as they relate to the female population. The course will look at women's health issues, with particular attention to their relevance for health promotion and education. Topics covered will focus on several dimensions of wellness, including the physical, mental, emotional, and spiritual and include: gender bias in health research; leading causes of death for women; body image and the media; eating disorders; depression; stress from multiple roles; violence and abuse; nutrition for pregnancy & breastfeeding; exercise and pregnancy; alcoholism among women; alcohol use and pregnancy; impact of tobacco, caffeine, and illegal drug use on women and on pregnancy; complications of sexually transmitted infections in women; cardiovascular disease as the leading cause of death among women; osteoporosis among women; pregnancy and asthma, epilepsy, lupus, and multiple sclerosis; cancers of the lung, breast, cervix, uterus, ovaries, skin, colon, and rectum.

H P 371 **RESEARCH IN HEALTH PROMOTION (3)** *Prerequisites: H P 239, MATH 222.* This course is intended to prepare students pursuing careers in health science fields (health education, public health, allied health, and medical professions) to be proficient in the practical aspects of health science research with a basis in theory. Basic principles of research will be examined with emphasis on study design, data collection, and basic statistical analysis of research data.

H P 372 **CONTEMPORARY HEALTH ISSUES (3)** This course is directed toward current health problems and concerns and includes such topics as disease, fitness, environmental health, global health, consumer health, and drug therapies.

H P 397 **INDEPENDENT STUDY IN HEALTH PROMOTION (1-3)** *Prerequisites: Approval of faculty sponsor and school dean; junior or senior standing.* This course provides students the opportunity to pursue individual study of topics not covered in other available courses. The area for investigation is developed in consultation with a faculty sponsor, and credit is dependent on the nature of the work. May be repeated for no more than six credits.

H P 398 **SPECIAL TOPICS IN HEALTH PROMOTION (1-3) [credit depends on topic]**
Prerequisite: A background of work in the discipline. This course will focus on an aspect of the discipline not otherwise covered by the regularly offered courses. The topic will vary according to professor and term; consequently, more than one may be taken by a student during his/her matriculation.

H P 415 **INTERNSHIP IN HEALTH PROMOTION (6-12)** *Prerequisites: H P 325, 271, 420; senior status with a minimum 2.25 QPA; approval of written proposal by health promotion department chair prior to registration.* This course offers a professional internship with an appropriate public health/clinical site. The student and internship coordinator will agree on 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.")

Academic Programs

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H P 420 **HEALTH PROGRAM PLANNING (3)** *Prerequisites: H P 239, 271, 371, 372.* This course prepares students to plan, develop, implement, and evaluate health education programs for a variety of settings, including community and worksite.