this course is curriculum development and instruction in school health education. It includes health concerns of school-age populations, curriculum resources, and unit and lesson plan development.

HPE 361 THE MEASUREMENT OF PERFORMANCE IN HEALTH AND PHYSICAL EDUCATION (3) Prerequisite: MATH 222. This course focuses on analyzing performance from quantitative and qualitative perspectives and the proper use of various instruments in health and movement.

HPE 362 HEALTH AND PHYSICAL EDUCATION FOR EXCEPTIONAL POPULATIONS (3) Prerequisite: Admission to teacher preparatory program. This course surveys individualization of instruction for persons with challenging conditions and provides on-site clinical experiences with special populations.

HPE 397 INDEPENDENT STUDY IN HEALTH AND PHYSICAL EDUCATION (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.

HPE 398 SPECIAL TOPICS IN HEALTH AND PHYSICAL EDUCATION (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.

HPE 415 INTERNSHIP IN HEALTH AND PHYSICAL EDUCATION (1-12) 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 on the location and responsibilities of the intern. The number of credits will depend on the nature of the project and the number of hours involved in the project. (See “Internships.”)

HPE 467 STUDENT TEACHING IN HEALTH AND PHYSICAL EDUCATION K-12 (11) Prerequisite: Admission to Student Teaching; corequisite EDUC 448. This supervised full-time, one semester field experience in K-12 culminates in full responsibility for teaching health and physical education under the direction of a cooperating teacher and College supervisor. All students will have placements in both elementary and secondary programs.

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.
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?

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.

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.

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.

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.

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.

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.

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.

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.

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

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.

HISTORY COURSES (HIST)

HIST 101-102  HISTORY OF CIVILIZATION I, II (3,3)  This is the basic course sequence in history designed to provide the student with a knowledge of world cultures and an introduction to the nature of historical thinking. A two-semester sequence, the first semester encompasses the period from prehistory to about 1600 C.E., the second from 1600 to the present.

HIST 200  THE HISTORIAN’S CRAFT (3)  Prerequisites: HIST 101-102. An introduction to historical methods and writing, this course exposes students to ways in which historians think and assists students in developing research topics, conducting original research, and presenting the results in the form of papers and reports. Normally taken in the sophomore year, it is required of all history majors and is open to any student interested in the historical perspective.

HIST 201  THE ATLANTIC WORLD TO 1800 (3)  Prerequisites: HIST 101-102. An integrative survey of the history of civilizations that developed around the Atlantic World, drawing particular attention to the ways in which Europe, Africa, and the Americas were drawn together into an Atlantic Civilization, with its own distinctive features that sets it apart from the Mediterranean and Pacific Civilizations. This course covers Atlantic history from its beginnings in the Age of Exploration to the period of revolutions at the end of the 18th century. This course, along with HIST 202, forms a core sequence for all history majors.

HIST 202  THE ATLANTIC WORLD SINCE 1800 (3)  Prerequisites: HIST 101-102. This course covers Atlantic history from the period of revolutions down to the present, which saw fissures in the Atlantic World but during which time Atlantic Civilization nevertheless persisted. This course, along with HIST 201, forms a core sequence for all history majors.

HIST 203  CRIME AND PUNISHMENT IN AMERICA (3)  Prerequisites: HIST 101-102. The course is an overview of changing attitudes concerning legal and extralegal issues in crime and law enforcement in America. Among the issues it will address are the roles of race, gender, religion, ethnic origin, and sexuality in the interplay of cultural and legal perceptions in defining, policing, and punishing crimes. It may include such topics as punishment of chattel slaves and penal servitude in the eighteenth and nineteenth centuries, the use of chain gangs and prison farms in the nineteenth and twentieth centuries, rise of the ethnic gangs in the nineteenth and twentieth centuries, the use of civil disobedience in the 20th and 21st centuries, and the rise of anarchism and terrorism in the nineteenth and twentieth centuries.

HIST 216  MODERN JAPAN (3)  Prerequisites: HIST 101-102. This course will deal with the socio-political and historical development of Japan during the period between 1600 and 2000. An examination of the changing economic and political patterns affecting class, ethnic, and gender relations will be the primary foci. All of this will be studied in the context of Japan’s interactions with both its Asia-Pacific neighbors and the West in order to understand the contemporary place of Japan in the modern world.

HIST 243  CONTEMPORARY AFRICA (3)  Prerequisites: HIST 101-102. This introduction to Africa from an interdisciplinary perspective includes geography, history, social structure, political development, and culture. Themes include the impact of colonialism and African nationalism, the role of women in society, the quest for social justice, leadership, and politics since independence, and the role of Africa in world affairs.

HIST 255  AMERICA TO 1877 (3)  Prerequisites: HIST 101-102. This course deals with the founding American colonies, their growth, and eventual break with England that led to the establishment of the republic. Subsequent topics include Federalism, Jacksonian Democracy, Slavery and Sectionalism, the Civil War, and Reconstruction.

HIST 256  AMERICA SINCE 1877 (3)  Prerequisites: HIST 101-102. This course examines the changes that have redefined American life since the 1870s. Special attention is given to the impact of industrialization and urban development, and the emergence of the United States as an international power. Issues of gender, race, class, and family are explored through class discussion, role plays, and debates. Special