Academic Programs

HPE 401  INTRODUCTION TO DRIVER EDUCATION (3) The content organization of the vehicle operator’s tasks as presented in an instructional program. Included are defensive driving, psychophysical factors and the effects of natural and traffic laws on the vehicle operator.

HPE 402  DRIVERS EDUCATION INSTRUCTIONAL PRINCIPLES (3) Prerequisite: HPE 401 for driver education endorsement. A lab course for practice of instructor’s tasks for teaching drivers education to the beginning driver. Included are classroom, in-car and multiple instructional tasks.

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 468  STUDENT TEACHING IN HEALTH AND PHYSICAL EDUCATION PK-12 (12) Prerequisite: Admission to student teaching. This course is an application of effective teaching skills and content studied throughout the candidate’s Educator Preparation Program and major. Candidates are assigned to full-time teaching blocks in local school systems under the guidance of University supervisors and classroom cooperating teachers. Candidates demonstrate their understanding and skills in professional knowledge, instructional planning, instructional delivery, assessment of and for learning, learning environment and professionalism. This course may require a mandatory Criminal and Social Services background check conducted at the candidate’s expense.

HEALTH PROMOTION COURSES (H P)

H P 210  HEALTH DISPARITIES, EQUITY, AND ADVOCACY (3) This course provides opportunities for students to build knowledge and skills in the competencies of health disparities, diversity, inclusion, equity and advocacy. Students will examine cultural competence and cultural humility necessary for effective professional practice and interactions with diverse individuals, organizations and communities. Emphasis is placed on solutions and strategies related to improving the health of individuals and communities.

H P 221W GLOBAL HEALTH [Writing Enriched] (3) Prerequisite: ENGL 123W, HONR 103W, or equivalent. This course will provide students with an overview of the multiple factors that affect health on a global scale, and will equip students to meet the health needs of individuals in a multitude of cultural settings. Students will also be introduced to ethical and human rights concerns as they relate to global health.

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 292  PSYCHOSOCIAL HEALTH (3) This course emphasizes connections between the mind and the body by focusing on the impact that attitudes, perceptions, emotions, relationships, and social support have on a person’s overall health.

H P 300  DRUGS AND BEHAVIOR MANAGEMENT (3) Prerequisites: BIOL 222/222L, 223/223L. 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 222/222L, 223/223L, 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 371W  RESEARCH IN HEALTH PROMOTION [Writing Enriched] (3) Prerequisites: ENGL 123W, HONR 103W, or equivalent, H P 239, and STAT 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 377  STUDY ABROAD (1-6) Prerequisite: Consent of instructor. This course provides students with the opportunity to study principles of health promotion in foreign settings.

H P 387  DOMESTIC STUDY AWAY (3) Domestic Study Away is a parallel experience to study abroad as an experiential learning opportunity that allows students to earn academic credits toward the completion of a degree in an off-campus location using domestic destinations around the United States. Study away programs expose students to diverse perspectives and multiple modes of inquiry in ways not ordinarily achieved in a classroom setting.

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 271, 325, 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.”)

H P 420W  HEALTH PROGRAM PLANNING [Writing Enriched] (3) Prerequisites: ENGL 123W, HONR 103W, or equivalent, H P 239, 271, 371, and 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 103W  TURNING POINTS IN WORLD HISTORY [Writing Enriched] (3) Prerequisite: ENGL 123W, HONR 103W, or equivalent. This course answers the question, “what is history?” and introduces students to methods of historical inquiry through the examination of selected major “turning points” in world history – showing students how historians debate and evaluate evidence. Students will acquire historical skills (close reading, analysis, deduction, reconstruction of the original setting for sources) that are transferable to a wide range of other areas of academic study, and to their future careers – in business, education, government, non-profits, and health care. Students will also reflect on how history shapes the present.

HIST 200W  THE HISTORIAN’S CRAFT [Writing Enriched] (3) Prerequisites: ENGL 123W, HONR 103W, or equivalent. 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 203  CRIME AND PUNISHMENT IN AMERICA (3) 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 204  HISTORY ON FILM (3) This course is a history of the medium of film and an exploration of how film represent historical subjects. Students will be asked to re-conceptualize the boundaries between media and history and understand how film can be both a source for historians to interpret the past and a window into the culture of the filmmaker and the intended audience. This course will not cover the art of film and the technical aspects of filmmaking, but rather, the different ways film and history inform one another.

HIST 205  MUSIC AND REVOLUTION (3) This course examines the pattern of musical influence on political resistance movements throughout history and in different parts of the world. Most forms of activism historically include a musical component whereby songs and musicians have played a major role in both propelling the movement and uniting the participants, whether it be La Marseillaise of the French Revolution, gospel music of the antebellum south, anti-apartheid music in South Africa, or rap/hip hop music of contemporary urban culture. Music has also provided messages that operate under the radar of official communication and that often simply tell the story of the revolution. This course will look at case studies of music influencing rebellion and revolution, using excerpts from the two-volume series Sounds of Resistance and bringing in contributors to the series as guest speakers.

HIST 243  CONTEMPORARY AFRICA (3) This introduction to Africa from an interdisciplinary perspective includes geography, history, social structure, political development, and culture. Themes