

# HEALTH STUDIES (H S)

Courses primarily for undergraduates:

## H S 105: First Aid and Emergency Care

(1-2) Cr. 2. F.S.SS.

Discussion and application of the basic techniques of utilizing bloodborne pathogen safety measures, administering first aid and cardiopulmonary resuscitation. ARC layperson certification available.

## H S 110: Personal and Consumer Health

(3-0) Cr. 3. F.S.

Physical, mental, emotional and social aspects of health as a basis for understanding and preventing health problems. False and misleading advertising and effects of cultists and faddists on consumer health. Study of legislation and agencies concerned with consumer protection and health insurance.

## H S 215: Drug Education

(3-0) Cr. 3. F.S.

*Prereq: PSYCH 101 or PSYCH 230*

Discussion of use, abuse and addiction of mood modifying substances in contemporary society. Includes study of tobacco, alcohol, and other drugs.

## H S 275: Health Education in the Elementary School

(3-0) Cr. 3. F.S.

*Prereq: HD FS 102 or HD FS 226*

The application of instructional strategies related to health education and physical education for teachers at the elementary level. Credit for both H S 275 and 375 may not be applied toward graduation.

## H S 285: Pre-Internship in Kinesiology and Health

(Cross-listed with KIN). Cr. 1-2. F.S.SS.

*Prereq: Kinesiology and Health major and permission of internship coordinator*

Pre-internship experience with a health or fitness organization based on option. Offered on a satisfactory-fail basis only.

## H S 305: Instructor's First Aid and Cardio-pulmonary Resuscitation

(1-2) Cr. 2. F.S.

*Prereq: H S 105*

Discussion and practice of skills needed to teach first aid and cardiopulmonary resuscitation. ARC certification available.

## H S 310: Community and Public Health

(3-0) Cr. 3. F.S.

*Prereq: H S 110*

Introduction to community health problems, programs of prevention, environmental health agencies, and health services. Study of local, state, and national community health agencies, their purposes and functions.

## H S 350: Human Diseases

(3-0) Cr. 3. F.S.SS.

*Prereq: H S 110 and BIOL 255, BIOL 256*

Discussion of disease process and ill-health in the twentieth century. Emphasis on epidemiology, prevention, treatment, and the understanding of the etiology of communicable and noncommunicable diseases.

## H S 375: Teaching-Learning Process in Health Education

(3-0) Cr. 3. F.

*Prereq: H S 105, H S 110, H S 215*

Principles, methods, materials, and resources involved in the teaching of health. Includes organization and development of the health education curriculum (K-12). Credit for both H S 275 and 375 may not be applied toward graduation.

## H S 380: Worksite Health Promotion

(3-0) Cr. 3. F.S.

*Prereq: KIN 258, KIN 366*

The design and implementation of worksite health promotion programs and the benefits these programs have for both employees and employers. Review of various health risk appraisals and planning theory-based incentive programs designed to promote positive lifestyles.

## H S 385: Strategies for Professional School and Field Experience Opportunities

(Cross-listed with KIN). Cr. R. F.S.

*Prereq: Junior classification; to be taken minimum of two semesters prior to graduation or field experience placement.*

Search techniques and preparation of relevant material for work and/or professional school admission. Information specifically related to health care and kinesiology fields. Field experience process and procedures will be reviewed.

## H S 390: Administration of the School Health Program

(3-0) Cr. 3. F.

*Prereq: H S 310*

History and legal basis of school health programs. Procedures for developing, organizing, administering, and evaluating a modern program of health services, healthful school living, and health instruction. Includes administration, community and school relationships.

## H S 417: Supervised Teaching in Health Education in the Secondary School

Cr. 12. F.S.

*Prereq: H S 375*

Advance registration required.

## H S 417A: Supervised Teaching in Health Education in the Secondary School: Initial Endorsement

Cr. 14. F.S.

*Prereq: H S 375*

Students must be fully admitted to Teacher Education and must apply for approval to enroll at the beginning of the semester prior to registering.

## H S 417B: Supervised Teaching in Health Education in the Secondary School: Additional Endorsement

Cr. arr. F.S.

*Prereq: H S 375*

Students must be fully admitted to Teacher Education and must apply for approval to enroll at the beginning of the semester prior to registering.

## H S 430: Community Health Program Development

(3-0) Cr. 3. F.

*Prereq: H S 380*

Techniques of needs assessment, program design, administration, and evaluation of community health education programs in various settings.

**H S 464: Physical Activity Epidemiology**

(Dual-listed with H S 564). (3-0) Cr. 3. S.

*Prereq: KIN 358 or H S 350; STAT 101 or STAT 401*

Understanding health benefits of physical activity on chronic disease prevention and health promotion throughout the life span, from clinical and public health perspectives. Discussion and application of real-life physical activity assessment, research, guidelines, and promotion in population levels.

**H S 485: Directed Field Experience in Health Promotion**

Cr. 8-16.

*Prereq: All required health studies courses and permission of coordinator*

Advance registration required. Supervised experience in health promotion field. Offered on a satisfactory-fail basis only.

**H S 490: Independent Study**

Cr. 1-3. Repeatable, maximum of 6 credits.

*Prereq: 6 credits in health studies and permission of coordinator*

**Courses primarily for graduate students, open to qualified undergraduates:**

**H S 564: Physical Activity Epidemiology**

(Dual-listed with H S 464). (3-0) Cr. 3. S.

*Prereq: KIN 358 or H S 350; STAT 101 or STAT 401*

Understanding health benefits of physical activity on chronic disease prevention and health promotion throughout the life span, from clinical and public health perspectives. Discussion and application of real-life physical activity assessment, research, guidelines, and promotion in population levels.