

HEALTH STUDIES (H S)

Any experimental courses offered by H S can be found at:

registrar.iastate.edu/faculty-staff/courses/explisting/ (<http://www.registrar.iastate.edu/faculty-staff/courses/explisting/>)

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 promoting health, and preventing poor health conditions. Study of personal responsibility on the long-term benefits of maintaining a high level of wellness and health. Identification and mitigation of negative lifestyle habits.

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.

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

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

H S 290: Independent Study

Cr. 1. Repeatable, maximum of 3 credits. F.S.

Prereq: 2nd semester freshmen, sophomores and permission from instructor.

Study under supervision of faculty.

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: Preparation and Search Strategies for Kinesiology and Health Internships

(Cross-listed with KIN). Cr. 0.5. F.S.

Prereq: Junior classification; to be taken minimum of two semesters prior to required internship.

Preparation of relevant material for a successful internship/career search. Specific internship timeline, process, procedures will be reviewed.

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

Cr. 16. F.S.

Prereq: H S 375

Advance registration required.

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

Cr. 16. 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.

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. F.S.

Prereq: KIN 358 or H S 350; STAT 101 or STAT 587.

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: Internship in Health Studies

Cr. 8-16.

Prereq: Senior classification and advanced registration.

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

H S 485A: Internship in Health Studies: Community and Public Health

Cr. 8-16. F.S.SS.

Prereq: All required courses and C- or better in HS 310 and HS 430.

Kinesiology and Health majors only. Cumulative GPA 2.0.

Observation and practice in selected community and public health agencies. Offered on a satisfactory-fail basis only.

H S 485B: Internship in Health Studies: Physical Activity and Health Promotion

Cr. 8-16. F.S.SS.

Prereq: All required courses and C- or better in KIN 458 and KIN 467.

Kinesiology and Health majors only. Cumulative GPA 2.0.

Observation and practice in selected physical activity and health promotion agencies. 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. F.S.

Prereq: KIN 358 or H S 350; STAT 101 or STAT 587.

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.