HEALTH (HTH)

HTH 110 - Personal Health and Wellness. 3 Credits.
Focus on health principles and their relevance in contemporary society, the evaluation and application of scientific advances to hypothetical lifestyles, and on contemporary problems in life.

HTH 292 - Independent Study. 1-6 Credits.
(R-6) Prereq., consent of advisor and instr. Course material appropriate to the needs and objectives of the individual student.

HTH 370 - Peer Health Education. 1 Credit.
Offered fall and spring. Introduction to peer health education strategies and techniques. Students gain the knowledge and skills necessary to develop and implement health promotion programs focused on prevention of major health problems among college students.

HTH 395 - Peer Health Practicum. 1-3 Credits.
(R-6) Prereq. or coreq., HTH 370. Practical experience in planning, coordinating, and implementing health education activities for the campus community. Students address topics related to wellness, drug and alcohol prevention, or sexual assault awareness.

HTH 430 - Health and Mind/Body/Spirit. 3 Credits.
Prereq., junior standing. Overview of how the mind/body/spirit relationship affects health. Examination of current research exploring how thoughts, emotions, attitudes, and beliefs influence and mediate health outcome. Exploration of the theoretical applications of mind/body/spirit in health and healing used in contemporary society. Level: Undergraduate-Graduate

HTH 465 - Leading Health and Human Performance Organizations. 3 Credits.
Prereq., KIN 205 and junior standing. Leadership, management, organizational structure assertiveness, conflict management, public relations, decision-making, budget management, and a broad overview of human resource management, all as they relate to health and human performance settings. Level: Undergraduate-Graduate

HTH 475E - Legal and Ethical Issues Health and Exercise Professions. 3 Credits.
Prereq., upper-division or graduate status. Legal bases for litigation in the health and exercise professions, with emphasis on negligence, liability, and risk identification and risk management. Utilizing the Western ethical traditions, the ethics component examines moral/ethical development through the lifespan via analysis of specific human behaviors. Level: Undergraduate-Graduate
Gen Ed Attributes: Ethical & Human Values

HTH 481 - Teaching HHP. 1-3 Credits.
(R-4) Prereq., consent of instructor. Students assist in the preparation and grading of demonstrations and laboratory assignments, and laboratory instruction of undergraduate students enrolled in HHP laboratory courses. Students are given advanced instruction in principles of the HHP course. Level: Undergraduate

HTH 492 - Independent Study. 1-3 Credits.
(R-6) Prereq., consent of instr. Course material appropriate to the needs and objectives of the individual student. Level: Undergraduate

HTH 494 - Seminar. 1 Credit.
(R-2) Co-req., HTH 395 and CHTH 498. Health Behavior Coach practicum and internship students enrolled in this seminar will have the opportunity to critically analyze their coach/client interactions and to receive feedback from faculty and peers regarding their coaching skills. Students' coaching skills will be enhanced and strengthened through assigned readings and skill building activities. CR/NCR. Level: Undergraduate

HTH 498 - Internship. 2-6 Credits.
(R-6) Prereq. all INPH concentrations minimum junior standing and ECP 120/121 (or equivalent). Prereqs and coreqs per concentration. Exercise Science Applied: KIN 320/321. If internship is coaching or strength & conditioning must take KIN 410 and COA 405 as corequisites. Exercise Science Pre-Professional: KIN 320/321. If internship is cardiac rehab must take KIN 460/483/484 as corequisites. Community Health: CHTH 335. Supervised field experiences with private businesses, public agencies, or institutions. 45 hours of internship site work = 1 credit. A maximum of 6 credits of Internship x98 may count toward graduation. Students should not be registered for more than 16 credits their internship semester. Level: Undergraduate