

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) 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.

Restricted to students with at least 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 Integrative Physiology and Athletic Training Organizations. 3 Credits.

Prereq., KIN 205. Restricted to students with at least 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.

Restricted to students with at least junior standing. 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) 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) 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) Restricted to students with at least junior standing. Extended classroom experience that provides practical application of classroom learning during placements off campus. Prior approval must be obtained from the faculty supervisor. A maximum of 6 credits of Internship (198, 298, 398, 498) may count toward graduation. Level: Undergraduate