

HEALTH (HTH)

HTH 110 - Personal Health and Wellness. 3 Credits.

Offered autumn and spring. 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) Offered every term. Prereq., consent of advisor and instr. Course material appropriate to the needs and objectives of the individual student.

HTH 370 - Peer Health Education. 3 Credits.

Offered spring. Introduction to peer health education strategies and techniques. Instruction in the areas of wellness, drug and alcohol abuse prevention, and sexual assault prevention. Students develop and implement a peer health program focused on prevention of major health problems among college students.

HTH 395 - Peer Health Practicum. 1-3 Credits.

(R-6) Offered autumn and spring. Prereq., 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.

Offered autumn. 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.

HTH 465 - Leading Health and, Human Perform Orgs. 3 Credits.

Offered every term. 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.

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.

Gen Ed Attributes: Ethical & Human Values Course

HTH 481 - Teaching HHP. 1-3 Credits.

(R-4) Offered every term. 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.

HTH 492 - Independent Study. 1-3 Credits.

(R-6) Offered every term. Prereq., consent of instr. Course material appropriate to the needs and objectives of the individual student.

HTH 494 - Seminar. 1 Credit.

(R-2) Offered every semester. 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

HTH 498 - Internship. 2-6 Credits.

(R-6) Offered every term. Prereq. all HHP options minimum junior standing and ECP 120/121 (or equivalent). Prereqs per option. Exercise Science Applied: KIN 320/321. If internship is coaching or strength & conditioning must also have completed KIN 410 and COA 405. Exercise Science Pre-Professional: KIN 320/321. If internship is cardiac rehab must also have completed KIN 460/483/484. 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 498 may count toward graduation. Students should not be registered for more than 14 credits their internship semester.