HLTH Health

HLTH 1520 Healthful Living
2 Credit Hours. 2 Lecture Hours. 0 Lab Hours.
Introduces students to fundamental concepts associated with healthful living throughout the life span in modern society. Course content focuses upon the promotion of health and wellness within individuals, families and communities through an understanding of healthful living, development of healthy lifestyles and avoiding or overcoming harmful habits.

Cross Listing(s): HLTH 1520H and HLTH 1520S.

HLTH 1520H Healthful Living
2 Credit Hours. 2 Lecture Hours. 0 Lab Hours.
Introduces students to fundamental concepts associated with healthful living throughout the life span in modern society. Course content focuses upon the promotion of health and wellness within individuals, families and communities through an understanding of healthful living, development of healthy lifestyles and avoiding or overcoming harmful habits.

Cross Listing(s): HLTH 1520 and HLTH 1520S.

HLTH 2120 Safety Principles and First Aid Techniques
0.2 Credit Hours. 0.1 Lecture Hours. 0.3 Lab Hours.
Enables students to learn to function more effectively in personal, social and vocational roles by developing expertise that will enable them to reduce to a minimum the risk of accident involvement. Special emphasis is placed on the concepts of accident causation, counter measures and how to respond to a wide variety of injury and sudden illness emergencies. Students satisfying American Red Cross standards will receive certification in Community First Aid and Safety/Community CPR.

HLTH 2510 Medical Terminology
1 Credit Hour. 1 Lecture Hour. 0 Lab Hours.
Equips the student with the basic skills needed to read, understand and interpret medical terms common to health related issues and tasks.

HLTH 313S Health Prom Prog Planning
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Provides the student with the theory and practical applications of planning, developing, implementing and evaluating health promotion programs in a variety of settings. The focus will be on a global approach to planning with emphasis on the worksite, hospital and the community as settings for health promotion programming.

HLTH 3135 Topics in Coordinated School Health
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
This course will review and synthesize content on selected topics in school health such as mental health, intention and unintentional injury, personal health, chronic and communicable disease, and environmental health.

Prerequisite(s): A minimum grade of “C” in HLTH 1520.

HLTH 3332 Coordinated School Health Programs
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Designed to study the basic principles and practices underlying the organization and administration of a coordinated school health program including the relationship to current child health status. Assessment and planning of developmentally appropriate health instruction, examination of health education curricula with content focus on the following health topics: nutrition, consumer health, environmental/community health, disease prevention, sexuality and substance use education will also be addressed.

Prerequisite: A minimum grade of “C” in HLTH 1520 and Sophomore status and above.

HLTH 3431 Methods and Materials for School Health Education
0.3 Credit Hours. 0.2 Lecture Hours. 0.3 Lab Hours.
Introduces the student to productive, creative, innovative and effective methods needed to implement comprehensive school health education. Students will become familiar with organizing and presenting health content, health materials, health curricula, community resources and using technology for K-12 with emphasis on middle and secondary school students. An integral component of the class will be the participation in peer teaching experiences in the school setting.

Prerequisite(s): Admission to Teacher Education Program in Health and Physical Education.

HLTH 3530 Health and Physical Education for the Early Childhood Teacher
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Develops the elementary classroom teacher's ability to organize and implement a developmentally appropriate health and physical education program for students. Emphasis will be placed upon teaching strategies and methodologies.

Prerequisite(s): Admission to Teacher Education Program.