



Health

The vision of the Department of Human Performance, Sport, and Health is “preparing and empowering future professionals to promote physical activity, health, and sport.”

The mission of the Department of Human Performance, Sport, and Health is to provide students with experiences to develop leadership, communication, and technological skills for learning, for citizenship, and for work. Our programs foster an appreciation of the contributions of physical activity, wellness, and sport to society.

Health is an ever-changing condition of well-being. It is influenced by intellectual, occupational, social, emotional, physical and spiritual factors. Health education combines learning experiences in all of these areas to encourage and facilitate the development of healthy behaviors and lifestyles.

Students majoring in health prepare to teach others about healthy living. The program in teacher licensure, leading to State of Minnesota teaching certification, and the Community Health program both offer an academic foundation, professional preparation, student teaching/internship experiences, and a learning environment conducive to personal application of health goals.

Both programs also provide sound academic preparation for entry into health-related master's degree programs. Graduate study is recommended for students pursuing careers beyond entry-level positions.

Programs

- Community Health, B.S. *major*
- Health Education. B.S. ((Teacher Licensure)) *major*
- Health Education *minor*
- Red Cross Community First Aid Certification *cert*
- Red Cross First Aid Responder Certification *cert*

Career Directions

- Community Health Service
- Community Teacher Education
- Primary and Secondary School Teaching
- Private and Public Health Agencies
- University/College Health Centers
- Also: Graduate Study

Preparation

Recommended High School Courses

- Biology
- Chemistry
- First Aid
- Health
- Psychology
- Sociology

Community Health, B.S. *major*

Required Credits: 68
Required GPA: 2.25

I REQUIRED COURSES

SELECT 1 OF THE FOLLOWING COURSES:

- BIOL 1120 General Biology: Evolution And Ecology (3 credits)
- ENVR 2000 Introduction to Environmental Science (3 credits)

COMPLETE THE FOLLOWING COURSES:

- BIOL 1110 Human Biology (4 credits)
- BIOL 1300 Medical Terminology (2 credits)
- BIOL 2110 Human Anatomy and Physiology (5 credits)
- HLTH 2100 First Aid and CPR/AED (1 credit)
- HLTH 2800 Multicultural Health in America (2 credits)
- HLTH 3150 Theoretical and Ethical Foundations of Health (3 credits)
- HLTH 3200 Personal and Consumer Health (3 credits)
- HLTH 3400 Health and Drugs in Society (2 credits)
- HLTH 3500 Community Health (3 credits)
- HLTH 3700 Disease Identification, Prevention, and Control (2 credits)
- HLTH 4220 Epidemiology (2 credits)
- HLTH 4320 Health Care Policy and Law (3 credits)

- HLTH 4410 Health Programming (4 credits)
- PSY 2200 Human Sexuality (3 credits)
- PSY 3401 Basic Statistics for Research (4 credits)
- SOWK 3760 Mental Health Social Work (2 credits)
- SOWK 3830 Gerontology: Social Work Perspectives (2 credits)

COMPLETE THE FOLLOWING COURSE:

- HLTH 3970 Internship (1 credit)

COMPLETE THE FOLLOWING COURSE:

- HLTH 4920 Directed Group Study (1 credit)

COMPLETE 12 CREDITS OF THE FOLLOWING COURSE:

- HLTH 4970 Internship (1-12 credits)

SELECT 1 OF THE FOLLOWING PAIR OF COURSES:

PAIR 1:

- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (1 credit)
- PHED 3300 Physiology of Exercise and Nutrition (3 credits)

PAIR 2:

- HLTH 3300 Nutrition (3 credits)
- PHED 2200 A Lifestyle for Wellness (2 credits)

SUGGESTED SEMESTER SCHEDULE FOR COMMUNITY HEALTH MAJOR, B.S.

The following is a list of required Community Health Major, B.S. courses arranged by year. This schedule is intended to help students plan their courses in an orderly fashion; however, these are only suggestions and this schedule is flexible.

Freshman

- BIOL 1110 Human Biology (4 credits)
- BIOL 1120 General Biology: Evolution And Ecology (3 credits)
- or ENVR 2000 Introduction to Environmental Science (3 credits)
- HLTH 2100 First Aid and CPR/AED (1 credit)
- MATH1110
- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (1 credit)
- or PHED 2200 A Lifestyle for Wellness (2 credits)
- PSY 1100 Introductory Psychology (4 credits)
- Liberal Education requirements

Sophomore

- BIOL 1300 Medical Terminology (2 credits)
- BIOL 2110 Human Anatomy and Physiology (5 credits)
- HLTH 2800 Multicultural Health in America (2 credits)
- HLTH 3150 Theoretical and Ethical Foundations of Health (3 credits)
- PSY 2200 Human Sexuality (3 credits)
- Complete Liberal Education requirements

Junior

- HLTH 3200 Personal and Consumer Health (3 credits)
- HLTH 3300 Nutrition (3 credits)
- or PHED 3300 Physiology of Exercise and Nutrition (3 credits)
- HLTH 3400 Health and Drugs in Society (2 credits)
- HLTH 3500 Community Health (3 credits)
- HLTH 3700 Disease Identification, Prevention, and Control (2 credits)
- HLTH 3970 Internship (1-12 credits)
- PSY 3401 Basic Statistics for Research (4 credits)

Senior

- HLTH 4220 Epidemiology (2 credits)
- HLTH 4320 Health Care Policy and Law (3 credits)
- HLTH 4410 Health Programming (4 credits)
- HLTH 4920 Directed Group Study (1 credit)
- HLTH 4970 Internship (1-12 credits)
- SOWK 3760 Mental Health Social Work (2 credits)
- SOWK 3830 Gerontology: Social Work Perspectives (2 credits)

Health Education. B.S. *major* (Teacher Licensure)

Required Credits: 78

Required GPA: 2.50

REQUIRED COURSES

SELECT 1 OF THE FOLLOWING COURSES:

- BIOL 1120 General Biology: Evolution And Ecology (3 credits)
- ENVR 2000 Introduction to Environmental Science (3 credits)

COMPLETE THE FOLLOWING COURSES:

- BIOL 1110 Human Biology (4 credits)
- BIOL 2110 Human Anatomy and Physiology (5 credits)
- HLTH 2100 First Aid and CPR/AED (1 credit)
- HLTH 2800 Multicultural Health in America (2 credits)
- HLTH 3150 Theoretical and Ethical Foundations of Health (3 credits)
- HLTH 3200 Personal and Consumer Health (3 credits)
- HLTH 3500 Community Health (3 credits)
- HLTH 3700 Disease Identification, Prevention, and Control (2 credits)
- HLTH 4210 Teaching Secondary School Health (3 credits)
- HLTH 4220 Epidemiology (2 credits)
- HLTH 4320 Health Care Policy and Law (3 credits)
- HLTH 4410 Health Programming (4 credits)
- SOWK 3760 Mental Health Social Work (2 credits)

COMPLETE THE FOLLOWING COURSE:

- HLTH 4920 Directed Group Study (1 credit)

SELECT 1 OF THE FOLLOWING PAIR OF COURSES:

PAIR 1:

- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (1 credit)
- PHED 3300 Physiology of Exercise and Nutrition (3 credits)

PAIR 2:

- HLTH 3300 Nutrition (3 credits)
- PHED 2200 A Lifestyle for Wellness (2 credits)

REQUIRED PROFESSIONAL EDUCATION COURSES

COMPLETE THE FOLLOWING COURSES:

- ED 3100 Introduction to the Foundations of Public School Education (3 credits)
- ED 3110 Educational Psychology (3 credits)
- ED 3140 Human Relations In Education (3 credits)
- ED 3350 Pedagogy: Planning for Instruction (3 credits)
- ED 3780 Adaptation and Management: Designing the Learning Environment (3 credits)
- ED 4737 Content Area Reading (3 credits)
- ED 4799 The Professional Teacher (1 credit)
- HLTH 3400 Health and Drugs in Society (2 credits)

Complete 12 credits of student teaching:

- ED 4830 Student Teaching - Secondary (1-12 credits)

SUGGESTED SEMESTER SCHEDULE FOR HEALTH EDUCATION MAJOR, B.S. (TEACHER LICENSURE)

The following is a list of required Health Education Major, B.S. courses arranged by year. This schedule is intended to help students plan their courses in an orderly fashion; however, these are only suggestions and this schedule is flexible.

Freshman

- BIOL 1110 Human Biology (4 credits)
- BIOL 1120 General Biology: Evolution And Ecology (3 credits)

- or ENVR 2000 Introduction to Environmental Science (3 credits)
- HLTH 2100 First Aid and CPR/AED (1 credit)
- MATH1110
- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (1 credit)
- or PHED 2200 A Lifestyle for Wellness (2 credits)
- Liberal Education requirements

Sophomore

- BIOL 2110 Human Anatomy and Physiology (5 credits)
- HLTH 2800 Multicultural Health in America (2 credits)
- HLTH 3150 Theoretical and Ethical Foundations of Health (3 credits)
- Complete Liberal Education requirements
- Take the Pre-professional Skills Test

Junior

- Begin Professional Education Courses
- HLTH 3200 Personal and Consumer Health (3 credits)
- HLTH 3300 Nutrition (3 credits)
- or PHED 3300 Physiology of Exercise and Nutrition (3 credits)
- HLTH 3500 Community Health (3 credits)
- HLTH 3700 Disease Identification, Prevention, and Control (2 credits)
- HLTH 4210 Teaching Secondary School Health (3 credits)

Senior

- HLTH 4220 Epidemiology (2 credits)
- HLTH 4410 Health Programming (4 credits)
- HLTH 4920 Directed Group Study (1 credit)
- SOWK 3760 Mental Health Social Work (2 credits)
- Complete Professional Education Courses including student teaching

Health Education *minor*

Required Credits: 36

Required GPA: 2.00

I REQUIRED CORE COURSES

COMPLETE THE FOLLOWING COURSES:

- HLTH 2100 First Aid and CPR/AED (1 credit)
- HLTH 2800 Multicultural Health in America (2 credits)
- HLTH 3150 Theoretical and Ethical Foundations of Health (3 credits)
- HLTH 3200 Personal and Consumer Health (3 credits)
- HLTH 3400 Health and Drugs in Society (2 credits)
- HLTH 3500 Community Health (3 credits)
- HLTH 3700 Disease Identification, Prevention, and Control (2 credits)
- HLTH 4210 Teaching Secondary School Health (3 credits)
- HLTH 4220 Epidemiology (2 credits)
- HLTH 4320 Health Care Policy and Law (3 credits)
- HLTH 4410 Health Programming (4 credits)
- SOWK 3760 Mental Health Social Work (2 credits)

SELECT 1 OF THE FOLLOWING PAIR OF COURSES:

PAIR 1:

- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (1 credit)
- PHED 3300 Physiology of Exercise and Nutrition (3 credits)

PAIR 2:

- or HLTH 3300 Nutrition (3 credits)
- PHED 2200 A Lifestyle for Wellness (2 credits)

Red Cross Community First Aid Certification *cert*

REQUIRED COURSE

- HLTH 2100 First Aid and CPR/AED (1 credit)
or HLTH 2200 First Aid and CPR/AED Instructor (1 credit)

Red Cross First Aid Responder Certification *cert*

REQUIRED COURSE

- HLTH 3600 Emergency Response (3 credits)

Health Courses

HLTH 2100 First Aid and CPR/AED (1 credit)

An introduction to emergency action principles, first aid, and CPR/AED (automated external defibrillation) for lay responders. American Red Cross Adult, Child and Infant CPR (1-year), Adult and Child AED (1-year), and First Aid (3-year) certificates may be earned. Recommended as a basic course for professional educators.

HLTH 2200 First Aid and CPR/AED Instructor (1 credit)

Designed to prepare First Aid and CPR/AED students to become instructors for Lay Responder First Aid and CPR/AED. American Red Cross Instructors Certificate may be earned. Recommended as an advanced course for professional educators. Law enforcement personnel are also encouraged to consider the course. Prerequisite: HLTH 2100 or equivalent.

HLTH 2800 Multicultural Health in America (2 credits)

Examines the health issues and problems faced by ethnic minority populations in America, specifically by African Americans, American Indians, Hispanic Americans, and Americans of Asian and Pacific Island descent. Since a disproportionate number of health problems confront these minority groups, this course (a) examines specific health problems, (b) evaluates what is known and unknown about these specific problems, and (c) re-evaluates the current health care system in America to resolve these special problems in health care delivery. Liberal Education Goal Area 7.

HLTH 2925 People and the Environment: A Health Perspective (3 credits)

This course builds upon the principles discussed in the large group, focusing greater attention on health issues related to the environment, including the food supply, water quality, air quality, and other environmental health risks. These are discussed in the context of common diseases such as cancers, asthma, communicable diseases, and other health problems associated with the environment. Liberal Education Goal Area 10.

HLTH 3150 Theoretical and Ethical Foundations of Health (3 credits)

Provides entry level health education and community health students with the theoretical and ethical foundations of health. Also examines health's history, philosophy, settings, literature, and credentialing.

HLTH 3200 Personal and Consumer Health (3 credits)

A comprehensive study of personal health identifying ill-advised health behaviors and recommending strategies for positive behavioral change. From an opportunity cost perspective, personal health care options, products and services in the marketplace will be examined. Opportunities to network with local, state and federal consumer health agencies will be provided. Prerequisite: HLTH 3150 for community health/health education majors/minors. Non-majors/minors may select this class with consent of instructor.

HLTH 3300 Nutrition (3 credits)

Fundamentals of food utilization in the body and diet planning including discussion of the relationship between dietary habits and disease. Also included are discussions of current trends in nutrition, dietary changes for special conditions such as pregnancy, infancy, teenagers, aging, athletes, and cultural differences in dietary practices.

HLTH 3400 Health and Drugs in Society (2 credits)

A study of chemical use and abuse as related to personal and community health. Various drugs and drug-taking behaviors will be defined and discussed. Historical, cultural, educational, and legal perspectives will be examined. Multi-faceted prevention and rehabilitation strategies promoting wellness will be discussed.

HLTH 3500 Community Health (3 credits)

Comprehensive study of the community health challenges confronting the citizenry of the United States of America. Examines the roles of federal, state, and local governments, as well as private agencies, in individual and aggregate health care. Provides opportunities for community health networking. Prerequisites: For health majors/minors: HLTH 2800, HLTH 3150, and HLTH 3200; For non-majors/minors: Consent of instructor.

HLTH 3600 Emergency Response (3 credits)

Designed to provide advanced students the knowledge, skills and training to administer initial first aid in emergencies. American Red Cross advanced certificate may be earned. Ideal course for law enforcement personnel, athletic trainers, and juvenile officers. Prerequisite: HLTH 2100 or equivalent.

HLTH 3660 Wilderness First Responder Module (1 credit)

Wilderness First Responder is the outdoor education/recreation medical training certification universally accepted as the industry standard for outdoor education professionals who lead groups into and teach in the wilderness. It is a requirement for anyone seeking this type of employment. Prerequisite: Current American Red Cross First Responder or concurrent enrollment in HLTH 3600.

HLTH 3700 Disease Identification, Prevention, and Control (2 credits)

Introduction to the identification, prevention, and control of disease and disorders in human populations. Focuses on the history and principles of disease occurrence, cells, aging, and immune system function in relation to infectious and chronic disease and disorders. Prerequisites: For community health and health education majors/minors: BIOL 1110, HLTH 3150, HLTH 3200, and HLTH 3500, or consent of instructor; For non-majors/minors: Consent of instructor.

HLTH 3970 Internship (1 credit)

When taken as Practicum in Health the following description applies: Community health majors will gain a thirty-hour experience in a local health facility in preparation for the application of previous course work. Prerequisites: HLTH 3150 and HLTH 3200.

HLTH 4100 Teaching Elementary School Health (2 credits)

An integrated approach to the organization, content, goals, objectives, curriculum, methods and techniques of teaching health at the elementary level. Coordinating services and establishing collaboration will be incorporated. Elementary school state and national guidelines and mandates will be discussed. Teaching opportunities will be provided. Prerequisite: entrance into the teacher education program.

HLTH 4210 Teaching Secondary School Health (3 credits)

An integrated approach to the organization, content, goals, objectives, curriculum, methods, and techniques of teaching health at the secondary school level. Coordinating services and establishing collaboration will be incorporated. Secondary school state and national guidelines and mandates will be discussed. Teaching opportunities within the class will be provided along with a 30-hour practicum at an area high school. Prerequisite: entrance into the teacher education program.

HLTH 4220 Epidemiology (2 credits)

Provides the prospective health professional with sufficient introductory knowledge of epidemiology and health statistics to critique the scientific and educational health literature. Prerequisites: For health majors/minors: BIOL 1110, HLTH 3150, HLTH 3200, HLTH 3500, and HLTH 3700, or consent of instructor; For non-majors/minors: Consent of instructor.

HLTH 4320 Health Care Policy and Law (3 credits)

Introduction to the health care provided in the United States. Analyzes the complexity of the American health system and the policy issues that must be confronted to achieve meaningful health reform. Examines specific health care organization aspects, such as the medical profession, hospitals, managed care organizations, and government health care programs. Provides useful insight into future directions for health care reform. Also details the relationship of the U.S. legal system, the law, and the American Constitution to health care policy. Prerequisites: For health majors/minors: BIOL 1110, BIOL 1300, BIOL 2110, HLTH 2800, HLTH 3150, HLTH 3200, and HLTH 3500, or consent of instructor; For non-majors/minors: Consent of instructor.

HLTH 4410 Health Programming (4 credits)

A comprehensive study of the process of identifying health problems, establishing health programming, and promoting, implementing, and evaluating the program. Also examines vision and mission statements, along with goals, objectives, timetables, and interpretation of results. This course parallels CHES criteria and utilizes a local community health organization such as the B-TEAM to integrate student involvement. Prerequisites: For health majors/minors: HLTH 2800, HLTH 3150, HLTH 3200, HLTH 3500, HLTH 3700, and HLTH 4220; For non-majors/minors: Consent of instructor.

HLTH 4920 Directed Group Study (1 credit)

When taken as Seminar in Health (1 credit) the following description applies: Community health and health education majors are given the opportunity to prepare and discuss upcoming internship and student teaching experiences. Unanswered questions to date about the student's professional preparation will be addressed. Prerequisite: Senior status.

HLTH 4970 Internship (1-12 credits)

When taken for the Community Health major the following description applies: Students will gain field experience in a health related facility relevant to specific career goals. Opportunities will exist for the student to apply the different concepts and theories from course work directly in the work setting through observation, planning, decision-making, committee participation, leadership, operation management, and individual and group projects. Required: A minimum of 30 practicum hours per credit. Prerequisite: completion of all health course work and degree requirements.

All-University Courses

The course numbers listed below, not always included in the semester class schedule, may be registered for by consent of the advisor, instructor, or department chair, or may be assigned by the department when warranted. Individual registration requires previous arrangement by the student and the completion of any required form or planning outline as well as any prerequisites.

1910, 2910, 3910, 4910 DIRECTED INDEPENDENT STUDY
 1920, 2920, 3920, 4920 DIRECTED GROUP STUDY
 1930, 2930, 3930, 4930 EXPERIMENTAL COURSE
 1940, 2940, 3940, 4940 IN-SERVICE COURSE
 1950, 2950, 3950, 4950 WORKSHOP, INSTITUTE, TOUR
 1960, 2960, 3960, 4960 SPECIAL PURPOSE INSTRUCTION
 1970, 2970, 3970, 4970 INTERNSHIP
 1980, 2980, 3980, 4980 RESEARCH
 1990, 2990, 3990, 4990 THESIS