# 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 Promotion and Education Minor *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: 61
Required GPA: 2.25

**I REQUIRED COURSES**

Select 1 of the following courses:

- BIOL 1110 Human Biology (4 credits)
- BIOL 1400 Cellular Principles (4 credits)

Complete the following courses:

- BIOL 1111 Anatomy and Physiology for Allied Health I (4 credits)
- HLTH 2100 First Aid and CPR/AED (1 credit)
- HLTH 2800 Multicultural Health in America (2 credits)
  *or* SOWK 2110 Intercultural Communication (3 credits)
- HLTH 3150 Theoretical and Ethical Foundations of Health (3 credits)
- HLTH 3200 Personal and Consumer Health (3 credits)
- HLTH 3300 Nutrition (3 credits)
- HLTH 3500 Community Health (3 credits)
- HLTH 3710 Disease Prevention and Epidemiology (3 credits)
- HLTH 4410 Health Programming (3 credits)
- PHED 1890 Lifetime Fitness (2 credits)
- PHED 4309 Legal Aspects of Sport, Health, and Fitness (3 credits)
- PSY 3401 Basic Statistics for Research (4 credits)
  *or* STAT 3660 Statistics for the Health Sciences (3 credits)

Complete the following course:

- HLTH 3970 Internship: Field Experience in Community Health (1-3 credits)

Complete the following course:

- HLTH 4920 Directed Group Study: Health Seminar (1 credit)

Complete 10-12 credits of the following course:

- HLTH 4970 Internship (1-12 credits)

**II ELECTIVES**

Select 12 credits from the following courses:

- BIOL 1300 Medical Terminology (2 credits)
- HLTH 3400 Health and Drugs in Society (2 credits)
- LEAD 3500 Theories and Contexts of Leadership (3 credits)
- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (1 credit)
- PHED 2200 A Lifestyle for Wellness (2 credits)
- PHED 3300 Physiology of Exercise and Nutrition (3 credits)

- PHED 4160 Advanced Fitness Assessment & Prescription-Aerobic (3 credits)
- PHED 4170 Advanced Principles for Strength and Speed Training Exercise (3 credits)
- PSY 2200 Human Sexuality (4 credits)
- PSY 3387 Topics in Psychology (1-4 credits)
  *or* PSY 4587 Advanced Topics in Psychology (2-4 credits)
- PSY 3500 Psychology of Aging (4 credits)
- PSY 3367 Social Psychology (3 credits)
- SOC 3090 Social and Ethical Issues in Health and Medicine (3 credits)

Up to 6 credits of Indigenous Studies courses accepted:

Up to 6 credits of Nursing coures accepted; note that most NRSG courses are for Nursing majors only

Alternative to completing the 12 credits of electives *Succesful completion of an accredited Community Health Worker Certificate curriculum (earning this credential also fulfills HLTH 3970 - Internship: Practicum in Health)

**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)
  or BIOL 1400 Cellular Principles (4 credits)
- HLTH 2100 First Aid and CPR/AED (1 credit)
- Liberal Education requirements

Sophomore

- BIOL 1111 Anatomy and Physiology for Allied Health I (4 credits)
- PHED 1890 Lifetime Fitness (2 credits)
- HLTH 2800 Multicultural Health in America (2 credits)
  or SOWK 2110 Intercultural Communication (3 credits)
- HLTH 3150 Theoretical and Ethical Foundations of Health (3 credits)
- HLTH 3200 Personal and Consumer Health (3 credits)
- Complete Liberal Education requirements

Junior

- HLTH 3300 Nutrition (3 credits)
- HLTH 3500 Community Health (3 credits)
- HLTH 3710 Disease Prevention and Epidemiology (3 credits)
- HLTH 3970 Internship: Field Experience in Community Health (1-3 credits)
- PSY 3401 Basic Statistics for Research (4 credits)
  or STAT 3660 Statistics for the Health Sciences (3 credits)
- Major Electives

Senior

- HLTH 4410 Health Programming (3 credits)
- HLTH 4920 Directed Group Study: Health Seminar (1 credit)
- PHED 4309 Legal Aspects of Sport, Health, and Fitness (3 credits)
- HLTH 4970 Internship (1-12 credits)
- Major Electives

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

Required Credits: 70
Required GPA: 2.50

**I REQUIRED COURSES**

Select 1 of the following courses:

- BIOL 1110 Human Biology (4 credits)
- BIOL 1400 Cellular Principles (4 credits)

Complete the following courses:

- BIOL 1111 Anatomy and Physiology for Allied Health I (4 credits)
- HLTH 2100 First Aid and CPR/AED (1 credit)
- HLTH 3150 Theoretical and Ethical Foundations of Health (3 credits)
- HLTH 3200 Personal and Consumer Health (3 credits)
- HLTH 3300 Nutrition (3 credits)
- HLTH 3500 Community Health (3 credits)
- HLTH 3710 Disease Prevention and Epidemiology (3 credits)
- HLTH 4206 Secondary School Health (2 credits)
- HLTH 4410 Health Programming (3 credits)
- PHED 3300 Physiology of Exercise and Nutrition (3 credits)
- PHED 4309 Legal Aspects of Sport, Health, and Fitness (3 credits)

Complete the following course:

- HLTH 4920 Directed Group Study: Health Seminar (1 credit)

Complete the following course:

- HLTH 4870 Practicum in Health Teaching (1 credit)

**REQUIRED PROFESSIONAL EDUCATION COURSES**

Complete the following courses with a minimum 2.50 GPA:

- 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)

Complete the following course:

- 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)
  or BIOL 1400 Cellular Principles (4 credits)
- HLTH 2100 First Aid and CPR/AED (1 credit)
- Liberal Education requirements

Sophomore

- BIOL 1111 Anatomy and Physiology for Allied Health I (4 credits)
- HLTH 3150 Theoretical and Ethical Foundations of Health (3 credits)
- HLTH 3200 Personal and Consumer Health (3 credits)
- Complete Liberal Education requirements
- Take the Minnesota Teacher Licensure Exam (MTLE) Basic Skills test

Junior

- Begin Professional Education Standards of Effective Practice (SEP) courses
- HLTH 3300 Nutrition (3 credits)
- PHED 3300 Physiology of Exercise and Nutrition (3 credits)
- HLTH 3500 Community Health (3 credits)
- HLTH 3710 Disease Prevention and Epidemiology (3 credits)
- HLTH 4206 Secondary School Health (2 credits)
- HLTH 4970 Internship (1-12 credits)

Senior

- HLTH 4410 Health Programming (3 credits)
- HLTH 4920 Directed Group Study: Health Seminar (1 credit)
- PHED 4309 Legal Aspects of Sport, Health, and Fitness (3 credits)
- Complete Professional Education Standards of Effective Practice (SEP) courses
- Student teaching

## Health Promotion and Education Minor *minor*

Multiple Credentials
Any additional major, minor or certificate in a degree must have at least 6 credits of course work not used to meet the requirements of another major, minor or certificate in the degree.

Required Credits: 21
Required GPA: 2.00

**I REQUIRED COURSES**

COMPLETE THE FOLLOWING COURSES:

- HLTH 3150 Theoretical and Ethical Foundations of Health (3 credits)
- HLTH 3200 Personal and Consumer Health (3 credits)
- HLTH 3300 Nutrition (3 credits)
- HLTH 3500 Community Health (3 credits)
- HLTH 3710 Disease Prevention and Epidemiology (3 credits)
- HLTH 4410 Health Programming (3 credits)

**II REQUIRED OPTION**

Select one of the following options (Community Health and Health Education majors may not double count courses in either option).

**Option A: Promotion**

Select 3 of the following courses:

- HLTH 2800 Multicultural Health in America (2 credits)
- HLTH 3400 Health and Drugs in Society (2 credits)
- PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation (1 credit)
- PHED 2200 A Lifestyle for Wellness (2 credits)
- PHED 3300 Physiology of Exercise and Nutrition (3 credits)
- PHED 4160 Advanced Fitness Assessment & Prescription-Aerobic (3 credits)
- PHED 4170 Advanced Principles for Strength and Speed Training Exercise (3 credits)
- PSY 2200 Human Sexuality (4 credits)
- PSY 2217 Abnormal Psychology (4 credits)
- PSY 3237 Lifespan Development (4 credits)
- PSY 3367 Social Psychology (3 credits)
- PSY 3387 Topics in Psychology (1-4 credits)
- INST 1107 or other INST courses up to 6 credits total in consultation with advisor.

Up to 6 credits of NRSG accepted; note that most NRSG courses are for Nursing majors only.

**Option B: Pedagogy**

Complete the following courses:

- HLTH 4206 Secondary School Health (2 credits)
- HLTH 4970 Internship (1-12 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 and Pediatric First Aid/CPR/AED (valid 2-years) certificate 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 of 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 or Co-requisite: For Community Health and Health Education majors and Health Promotion and Education minors: HLTH 3150; Non-majors/minor 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. Prerequisites: Sophomore status and a declared major area of study that requires this course.

**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 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 3710 Disease Prevention and Epidemiology (3 credits)**
An introduction to disease prevention, pathophysiology, and treatment of the most common communicable and chronic diseases in human populations. Focuses on the history and principles of disease occurrence in the context of environment and lifestyle choice. Students specifically examine risk factor management and the epidemiological data supporting the influence of physical activity in chronic disease prevention and management. Additionally, learners gain an introductory knowledge of epidemiology and biostatistics enabling them to successfully critique the scientific and educational literature. Prerequisites: For Community Health and Health Education majors: BIOL 1110, HLTH 3150, HLTH 3200, and HLTH 3500; For non-majors and the Health Promotion and Education minor: Consent of instructor.

**HLTH 3970 Internship: Field Experience in Community Health (1-3 credits)**
When taken as Field Experience in Community Health the following description applies: Community health majors will gain a 30-90-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 4206 Secondary School Health (2 credits)**
An integrated approach to the organization, content, goals, objectives, curriculum, methods, and techniques of teaching health at the secondary school level. Incorporates coordinating services and establishing collaboration. Secondary school state and national guidelines and mandates are discussed. Prerequisite: Entrance into the teacher education program or consent of instructor.

**HLTH 4410 Health Programming (3 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 to integrate student involvement. Prerequisites: For health majors/minors: HLTH 3150, HLTH 3200, HLTH 3500, HLTH 3710; For non-majors/minors: Consent of instructor.

**HLTH 4870 Practicum in Health Teaching (1 credit)**
A 30-hour practicum in which students have the opportunity to teach health lessons, assist health teachers deliver health instruction, observe health teachers deliver health instruction, read to students, listen to students read, tutor students, and perform other duties as required by the Professional Educator Licensing and Standards Board (PELSB) and requested by the health teacher. Prerequisite(s): Entrance into the teacher education program, or consent of instructor.

**HLTH 4917 DIS Tchg Assoc | (1-2 credits)**
Directed Independent Study | Teaching Associate

**HLTH 4920 Directed Group Study: Health Seminar (1 credit)**
When taken as Health Seminar the following description applies: Intended as a capstone course to prepare the health major for employment, internship/job procurement, or continuing education in a graduate program. This course integrates discussion of strategies for professional development, as well as providing quality written composition on employment/graduate program goals and objectives. Prerequisite: Senior status or consent of instructor.

**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