



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)

An examination of the health issues and problems that ethnic minority populations in America face; specifically, those faced by African Americans, Indian Americans, Hispanic Americans and Americans of Asian-Pacific Island descent, etc. Since a disproportionate number of health problems face these minority groups, this course attempts to: a) examine specific problems facing these minority population groups b) evaluate what is known and unknown about these specific problems and c) a re-evaluation and reorganization of the current health care system in America to resolve these special problems in health care delivery d) lastly, this course will explore cultural health attitudes, issues and beliefs of different population groups (elderly, adolescence, men/women, etc). Besides the health major, this course can apply to [Core Curriculum Category 7A].

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. [Core Curriculum Goal Area 10]

HLTH 3150 Principles of Public Health and Health Promotion (3 credits)

This course is designed to provide entry-level health education and community health students with the historical and ethical foundations, concepts, models, theories, strategies, and applications to promote individual, family, and community well-being. Prerequisite(s): None.

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 Drug Education, Stress and the Mind (2 credits)

This course examines the physiological, psychological, social, and cultural dimensions of drug use, abuse, and dependency in relation to personal and community health. Emphasis is placed on the interconnectedness between substance use, stress, mental health, and overall well-being. Students explore prevention and intervention strategies that promote resilience, positive decision-making, and healthy coping behaviors. The course integrates national and Minnesota laws, policies, and school-based approaches to substance use prevention, stress management, and mental health promotion. Prerequisite(s): None

HLTH 3500 Personal and Community Health (3 credits)

This course provides a comprehensive study of personal and community health with an emphasis on the knowledge, skills, and dispositions expected of community and health education professionals. Students will examine the factors that influence individual health behaviors, explore consumer health issues, and evaluate strategies for improving personal well-being through prevention, decision-making, and behavior change. At the community level, students will analyze public health data, identify determinants of health, examine the role of government and organizations in promoting wellness, and evaluate programs that address health disparities. Students will develop skills in accessing valid information, advocating for health, and creating environments that support healthy behaviors in schools, families, and communities. Prerequisite(s): None.

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 Teaching Secondary School Health (3 credits)

This course prepares health educators to design, deliver, and assess effective secondary school health instruction aligned with state and national standards. Students will develop developmentally appropriate units and lessons, apply skills-based health education practices and design equitable and engaging learning experiences that supports the needs of the learners. Emphasis is on curriculum planning, instruction, assessment and creating physically and emotionally safe learning environments. Recommendation: This course should be taken with HLTH 4870.

HLTH 4410 Health Programming (3 credits)

This course offers a comprehensive study of the process of identifying health problems, establishing health programming, promoting, implementing and evaluating the program. Vision and mission statements along with goals, objectives, timetables, interpretation of results will also be examined. The course parallels CHES criteria and utilizes a local community health organization to integrate student involvement. Recommendations include completion of: HLTH 3150, 3500, 3710, and 4206 for health majors. Non-majors may select this course at any time. NOTE: Health Education Majors, refer to the syllabus for the Professional Educator Licensing and Standards Board (PELSB) requirements.

HLTH 4870 Field Experience in Health Teaching (1 credit)

A supervised experience in 5-12 Health Education settings designed to prepare teacher candidates for professional practice. Student candidates will observe, assist and teach under the guidance of a licensed Health Education teacher while demonstrating competencies aligned with Minnesota Professional Educator Licensing and Standards Board (PELSB) and National/State Health standards. Emphasis is placed on lesson planning, classroom management, inclusion, professional collaboration, and reflective practice. Required: A minimum of 30 field experience hours per credit for undergraduates; 40 hours for Health add-on licensure candidates. Recommendation to complete before enrollment: HLTH 4410, HLTH 4206, HLTH 3400

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