Health

Health Courses

HLTH 5100 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.

HLTH 5150 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 5200 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.

HLTH 5206 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 5870.

HLTH 5300 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, aging, athletes and teenagers, and cultural differences in dietary practices.

HLTH 5400 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.

HLTH 5410 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 5500 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 5710 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.

HLTH 5870 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.

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