Community Health (HLTH)

HLTH 1100 Personal Health and Wellness 2:2:0 Fall, Spring, Summer
Examines the basic health wellness concept of good health through healthy living. Develops a greater appreciation for bodies and understanding of requirements to maintain or achieve good physical, mental, emotional, social, and spiritual health. Includes lecture, discussion groups, guest lecturers, media, and role-playing.

HLTH 1200 First Aid 2:2:0 Fall, Spring, Summer
For allied health professions such as nursing, community health, gerontology, radiology, physical therapy, sports medicine, and for other students and community members. Provides emergency first aid care training. Structured to meet National Safety Council First Aid requirements. Successful completers will be certified in First Aid and CPR. Includes lectures, lab with hands-on experience with mannequins, audiovisuals, discussions, and field trips.

HLTH 1300 Medical Terminology I 2:2:0 Fall, Spring, Summer
Helps students read and understand the language of medical terminology. Stress terminology usage and accuracy. Studies elements, abbreviations, spelling, pronunciation, and logic of medical terminology. Includes lectures and audiovisual presentations.

HLTH 2000 Body Image Self-Esteem and Weight Management 3:3:0 Fall, Spring
Provides students with the information and tools necessary to understand and manage eating habits, body size, and self-esteem concerns in a healthy way.

HLTH 2200 Introduction to Health Professions 2:2:0 Fall
For students planning to major in a health related field. Examines the historical and continuing evolution of health care. Explores work description, environment, employment opportunities, education, expectations, legal requirements, and expected earnings of each covered health profession. Focuses on, but not limited to: medicine, dentistry, nursing, community health, optometry, respiratory care, dental hygiene, physical therapy, and social work.

HLTH 2400 Concepts of Stress Management 3:3:0 Fall, Spring
For those interested in developing skills and techniques necessary to work with clients in stress reduction programs. Includes identifying, managing, and eliminating stress in individuals, families, and communities. Examines effects of stress on the immune, endocrine, and nervous systems and the relationship to disease. Teaches stress reduction application and methods in wellness and health care settings.

HLTH 2510 Media and Computer Applications in Health 3:3:0 Not Offered
Introduces students to computer-based methods for accessing, analyzing, and communicating health-related information. Explores the relationship between mass media and health promotion and the key elements in the development of successful health communication campaigns.

HLTH 2600 Drugs Behavior and Society 3:3:0 Fall, Spring, Summer
For students interested in drug abuse prevention. Studies substance mis-use and abuse. Discusses addictive behaviors, dependence, and treatment modalities. Examines common substances of abuse and dependence and effects upon individuals and society. Investigates the use of psychotherapeutic drugs in the treatment of mental illness. Promotes awareness of personal and social decisions concerning drugs, behaviors, and habits.

HLTH 2800 (Cross-listed with: PSY 2800) Human Sexuality 3:3:0 Fall, Spring, Summer
* Prerequisite(s): ENGL 1010
Interspersed course in human sexuality, exploring topics in biology, health, psychology, and sociology. Introduces basic concepts of human sexuality, including anatomy, reproduction, and sexual expression across the life-cycle. Studies gender roles, sexual orientation, dysfunction, and sexually transmitted disease. Examines sexual behavior from the perspective of ethics, religion, the law, and education. Students assess their sexual attitudes and should be able to make responsible sexuality decisions.

HLTH 289R Undergraduate Research 1 to 3:0:5 to 15 On Sufficient Demand
* Prerequisite(s): Instructor/departmental permission
Provides students the opportunity to conduct research under the mentorship of a faculty member. Students will put in practice the theoretical knowledge gained in prior major courses. Students will create a significant intellectual or creative product that is characteristic of the community health/health administration discipline and worthy of communication to a broader audience. May be repeated for a maximum of 3 credits toward graduation.

HLTH 3100 Health Education for Elementary Teachers 2:2:0 Fall, Spring
* Prerequisite(s): ENGL 1010 and University Advanced Standing
For Elementary Education majors. Emphasizes the role of the teacher as a health educator and team member in providing a healthy school environment. Studies the basic Utah health core curriculum. Develops learning activities applicable to the health needs of the elementary school student.

HLTH 3150 (Cross-listed with: ANTH 3150) Culture Ecology and Health 3:3:0 Not Offered
* Prerequisite(s): ENGL 2010 or ENGL 2020 with a grade C+ or higher, ANTH 101G, and University Advanced Standing
Examines reciprocal roles of culture, environment, and disease in human health. Covers nutrition, stress, and traditional non-Western treatments. Explores cultures’ use of their own global medicine to sustain health and welfare.

HLTH 3160 Health Care Law 3:3:0 Spring
* Prerequisite(s): (HLTH 3200 or PRLG 1000) and University Advanced Standing
Explores impact of laws, regulations, social policies on management and delivery of health care. Includes provider liability, managed health care contracts, HIV-related concerns, assisted suicide, and other issues.
## Course Descriptions

### HLTH 3200
**Principles of Community Health**  
3:3:0  Fall, Spring, Summer  
* Prerequisite(s): University Advanced Standing  

For students in health and behavioral sciences who wish to work in community health settings. Presents the role and function of various community health services and agencies and how they interface. Examines health care models and agencies, health care reform, health objectives for the nation, and health planning and promotion. Explores life style risk reduction, environmental issues, ethical health issues, and other appropriate topics. Includes lecture, videos, class discussion, student presentations, and outside assignments.

### HLTH 3220
**Foundations of Health Education**  
3:3:0  Fall, Spring, Summer  
* Prerequisite(s): (Sophomore Standing or Instructor Approval) and University Advanced Standing  

For students interested in a community health career. Examines the history and role of health education in today’s society. Covers the philosophical principles and models utilized in the delivery of health education. Analyzes types of health information available in health journals and on the internet. Introduces the major health associations and describes the competencies necessary for certification as a Health Education Specialist.

### HLTH 3230
**Professional Development for Community Health**  
2:2:0  Fall, Spring, Summer  
* Prerequisite(s) or Corequisite(s): HLTH 3200  

Provides students with preparation for a Community Health internship, first job, or graduate school.

### HLTH 3240
**Womens Health Issues**  
3:3:0  Fall, Spring, Summer  
* Prerequisite(s): HLTH 1100 and University Advanced Standing  

For students in various health care professions. Reviews important dimensions of a woman’s health and examines the contributing epidemiological, historical, psychosocial, cultural/ethnic, legal, political, and economic influences. Focuses on women throughout their lifespan and incorporates the many factors that affect health and well-being. Stresses prevention, health promotion, research, clinical intervention, and public policy that form the interlocking basis when considering the different diseases, disorders, and conditions that afflict women. Provides a practical approach to examining and understanding health issues that are unique to women—age, race, socioeconomic strata, and cultures.

### HLTH 3250
**Consumer Health**  
3:3:0  Fall, Spring  
* Prerequisite(s): HLTH 1100 and University Advanced Standing  

For students interested in a community health career. Focuses on helping students become discriminating consumers of health information, products, and services. Explores consumer health issues including types, cost, availability, efficacy, and safety of health care products and services. Examines health quackery, faddism, and consumer protection.

### HLTH 3260
**Modifying Health Behavior**  
3:3:0  Fall, Spring, Summer  
* Prerequisite(s): HLTH 1100, University Advanced Standing, and matriculation into BS Community Health or BS School Health Education  

For students interested in community and school health programs. Investigates holistic health and behavioral changes that can positively influence total human well-being. Discusses factors that impact personal health behavior. Focuses on behavioral change models and theories including planning, implementation and evaluation. Examines health counseling approaches, group process, and strategies related to specific health problems.

### HLTH 3300
**Health Promotion for Older Adults**  
3:3:0  Fall, Spring  
* Prerequisite(s): HLTH 1100 and University Advanced Standing  

For students in health and behavioral sciences and related fields who wish to work in gerontological settings. Examines health issues and problems of older adults. Addresses topics affecting older adults including: the aging process, chronic and infectious diseases, health care resources, and health promotion. Also covers medication issues, long-term care, death and dying, and other related topics.

### HLTH 3340
**Human Diseases**  
BB 3:3:0  Fall, Spring, Summer  
* Prerequisite(s): (ZOOL 1090 or Instructor Approval) and University Advanced Standing; MICR 2060 recommended  

For students interested in a Community Health option within the Integrated Studies Degree. Also for students interested or working in health care fields such as nursing, dental hygiene, etc. Introduces the study of human disease including general principles of disease and major diseases of body systems and organs. Applies genetic, behavioral and environmental issues to the study of human diseases.

### HLTH 3500
**Social Marketing**  
3:3:0  Fall, Spring, Summer  
* Prerequisite(s): University Advanced Standing  

Teaches how to promote social changes to the consumer. Teaches packaging, positioning and framing of programs to appeal to more salient, powerful, and influential core values: freedom, independence, autonomy, control, fairness, democracy, and free enterprise. Discusses marketing principles, planning, implementing, and evaluation of public health programs, strategic planning, social change theory, and case studies.

### HLTH 3700
**Grant Writing**  
3:3:0  Fall, Spring, Summer  
* Prerequisite(s): (ENGL 2010 or 2020), University Advanced Standing, and matriculation into BS Community Health or BS School Health Education  

Provides students with the needed knowledge and skills for community health grant writing. Teaches the major elements of grant writing including the identification of grant sources, writing grant proposals, and preparation of budgets and timelines.

### HLTH 3750
**Biostatistics for Public Health**  
3:3:0  Fall, Spring  
* Prerequisite(s): STAT 1040 or STAT 1045, Matriculation into the "Community Health" program, and University Advanced Standing  

Introduces use of statistics for research purposes in the fields of public and community health. Teaches descriptive and inferential statistics. Includes central tendency, variability, correlation and regression, probability, and various inferential techniques such as t-test for independent and dependent samples, one-way and two-way analysis of variance, post-hoc tests, and non-parametric statistical tests.
HLTH 3800
Epidemiology
3:3:0 Fall, Spring, Summer
* Prerequisite(s): STAT 1040 or STAT 1045 recommended, University Advanced Standing, and matriculation into BS Community Health or BS School Health Education; HLTH 3400 recommended.

Introduces epidemiologic principles and methods. Examines the historical and theoretical bases of epidemiology; statistical methods; distribution of disease over person, place, and time; research methods utilized in epidemiology; and the application of epidemiology to the prevention of disease and the promotion of health.

HLTH 4100
Health Education Curriculum for Secondary Teachers
3:3:0 Fall
* Prerequisite(s): (Sophomore Standing or Instructor Approval) and University Advanced Standing

For secondary education majors. Emphasizes the role of the teacher as a health educator and team member in providing a healthy school environment. Examines comprehensive school health education and studies the basic Utah health core curriculum for secondary education. Develops learning activities applicable to the health needs of secondary education students.

HLTH 4140
Community Health Assessment and Program Development
3:3:0 Fall
* Prerequisite(s): HLTH 3200, HLTH 3220, and University Advanced Standing

Intended for Community Health Education majors. The first of two courses which will help students develop the skills to successfully begin the program planning process. Content covered will include building a rationale, gaining support of stakeholders, selecting an appropriate model or theory, conducting a needs assessment, developing goals and objectives, and determining appropriate health education strategies.

HLTH 4150
Community Health Program Development and Evaluation
3:3:0 Spring
* Prerequisite(s): (HLTH 3200 or instructor permission) and University Advanced Standing; HLTH 3220 recommended

For students interested in a community health career. Covers the methodology necessary to successfully plan, develop, and deliver effective health education programs. Focuses on the skills necessary to carry out program development assessing need, planning, implementing, evaluating, and revising in community health settings.

HLTH 4160
Program Implementation and Evaluation
3:3:0 Spring
* Prerequisite(s): HLTH 4140 and University Advanced Standing

Intended for Public and Community Health majors. Builds upon HLTH 4140 and develops the knowledge, skills, and abilities to conduct health program implementation and evaluation. Includes a systematic approach to the implementation and evaluation of health education programs.

HLTH 4200
Health Education Teaching Methods
3:3:0 Spring
* Prerequisite(s): HLTH 4100 and University Advanced Standing

For secondary education school health majors. Examines teaching methods, materials and techniques. Studies secondary education health curriculum, program planning, development, implementation, and evaluation. Students will develop lesson plans and present them in secondary education settings.

HLTH 4250
Health Services Organization and Policy
3:3:0 Fall, Spring
* Prerequisite(s): HLTH 3200, University Advanced Standing, and matriculation into BS Community Health or BS School Health Education; or instructor approval

Examines the following issues as they relate to health care settings and agencies: financing and budgetary processes; available resources, networking and coalition building; administrative processes, politics, policy making, communication styles and issues; evaluation and outcome assessments. Includes lecture, class discussion, web enhancements, video, student presentations, and outside assignments.

HLTH 4300
Community Health Ethics
3:3:0 Fall
* Prerequisite(s): HLTH 3200 and University Advanced Standing

For students majoring in Community Health or Integrated Studies with a Community Health emphasis. Also for students interested or working in health-care fields such as nursing, dental hygiene, etc. Explores and interprets ethical codes of conduct as set forth by health professions and/or organizations. Emphasis will be given to the Code of Ethics for the Health Care profession. Examines various health care issues such as: health care allocation, health care costs, death and dying issues, patient rights, informed consent, confidentiality etc. Investigates conflicts arising from existing and evolving codes of conduct using case studies as an arena for discussion.

HLTH 440G
Health and Diversity
3:3:0 Fall, Spring
* Prerequisite(s): HLTH 3200, University Advanced Standing, and matriculation into BS Community Health or BS School Health Education.

Provides students with a specific set of skills and knowledge in cultural competence. Focuses on understanding the public health system, identifying one's own cultural biases, understanding biases regarding one's own cultural identity, and developing culturally competent approaches and tools. Enables students to be more effective public health professionals whether they work with diverse populations within the United States or in international settings.

HLTH 4500
Public Health Administration
3:3:0 Fall
* Prerequisite(s): HLTH 3200 and University Advanced Standing

This course is designed to give individuals a working and practical look at numerous aspects of public health administration and leadership. Topics include: definitions of leadership, qualities of an effective leader, sources of power, time management, the planning and decision making process, three core functions of public health, social marketing strategies as well as other timely topics related to the administration and practice of public health.

HLTH 4600
Research Methods for Community Health
3:3:0 Spring
* Prerequisite(s): STAT 1040 or STAT 1045 recommended, University Advanced Standing, and matriculation into BS Community Health or BS School Health Education; or instructor approval.

Introduces research techniques, methodology, and designs. Examines the planning, organizing, and conducting of research studies for solving problems unique to community health. Includes literature review and research article critiques.

HLTH 4720
CHES Preparation
2:2:0 Fall, Spring
* Prerequisite(s): Students should be in their last semester at UVU, planning to register to take the CHES exam either in mid-October or end of April, and must acquire department approval prior to registering for the course; University Advanced Standing

Provides an overview of the health education areas of responsibilities in preparation for the Certified Health Education Specialist national exam. May be delivered online.
Community Health

HLTH 482R
Community Health Internship
1 to 8:0:5 to 40    Fall, Spring, Summer
* Prerequisite(s): HLTH 3230 and HLTH 3250, overall GPA of 2.75, and University Advanced Standing
Provides field experience and enhanced knowledge in community health services and education, under the preceptorship of an individual qualified by education and/or experience. May be repeated for a maximum of 6 credits toward graduation. May be graded credit/no credit.

HLTH 483R
International Health Education Internship
2 to 6:1:5 to 25
* Prerequisite(s): Instructor approval and University Advanced Standing
For students wishing to gain experience in international health issues. Offers experience and knowledge in international education and services. Requires participation in an appropriate health program under the preceptorship of an individual qualified by education and/or international experience. May be repeated for a maximum of 6 credits toward graduation. May be graded credit/no credit.

HLTH 489R
Undergraduate Research
1 to 3:0:5 to 15    Fall, Spring, Summer
* Prerequisite(s): Instructor approval, departmental approval, and University Advanced Standing
Provides students the opportunity to conduct research under the mentorship of a faculty member. Students will put in practice the theoretical knowledge gained in prior major courses. Students will create a significant intellectual or creative product that is characteristic of the community health discipline and worthy of communication to a broader audience. May be repeated for a maximum of 3 credits toward graduation.

HLTH 490R
Special Topics in Community Health
1 to 3:1 to 3:0 On Sufficient Demand
* Prerequisite(s): (HLTH 3200 or Instructor Approval), and University Advanced Standing
Explores and examines special topics related to community health issues and problems. May include community health topics such as AIDS/HIV, West Nile Virus, special drug and sexuality issues, obesity, suicide, teenage pregnancy and terrorism. May be repeated for a maximum of 6 credits toward graduation.