Community Health (HLTH)

HLTH 1100  
Personal Health and Wellness  
2:2:0  
Fall, Spring, Summer  
Examines the challenges to individual and community health, and encourages students to become actively engaged in preserving, protecting, and promoting health at all levels. 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  
3:3:0  
Fall, Spring  
Provides first aid and emergency care training as well as instruction with Automated External Defibrillators. Structured to meet National Safety Council First Aid requirements with successful completers being certified in First Aid and CPR. Includes lectures, 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. Stresses terminology usage and accuracy. Studies elements, abbreviations, spelling, pronunciation, and logic of medical terminology. Includes lectures and audiovisual presentations. Canvas Course Mats $82/ Pearson applies.

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, Spring  
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, Summer  
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 or ENGH 1005  
Interdisciplinary course in human sexuality, exploring topics in biology, health, psychology, and sociology. Introduces basic concepts of human sexuality, including anatomy, reproduction, and sexual response 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 2900  
Health Education for Elementary Teachers  
2:2:0  
Fall, Spring  
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 3000  
Health Concepts of Death and Dying  
3:3:0  
Spring  
* Prerequisite(s): University Advanced Standing  
Examines information and data pertaining to death in the United States. Discusses historical and cultural perspectives of death, causes of death, definitions of death, stages of dying, bereavement, the will to live, legal and ethical issues, euthanasia, and suicide. Focuses on attitudes and values of Americans concerning death. Studies ways to work with and relate to dying individuals and their families. Will also be offered summer of odd years.

HLTH 3150  
Culture Ecology and Health  
3:3:0  
On Sufficient Demand  
* Prerequisite(s): ENGL 2010 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): 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.

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.
HLTH 3220
Foundations of Health Education
3:3:0  Fall, Spring, Summer
* Prerequisite(s): University Advanced Standing and matriculation into BS Community Health or BS School Health Education
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
3:3:0  Fall, Spring, Summer
* Prerequisite(s): Matriculation into BS Community Health or BS School Health Education and University Advanced Standing
* Prerequisite(s) or Corequisite(s): HLTH 3200
Provides students with preparation for a Community Health internship, first job, or graduate school.

HLTH 3240
Women's Health Issues
3:3:0  Fall
* Prerequisite(s): HLTH 1100 or PES 1097 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--all ages, races, socioeconomic strata, and cultures. Will also be offered summers of even years.

HLTH 3260
Theory-Based Approaches to Modifying Health Behavior
3:3:0  Fall, Spring, Summer
* Prerequisite(s): HLTH 3200, University Advanced Standing and matriculation into BS Community Health, BS School Health Education, BS Nursing, or BS Dental Hygiene
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): University Advanced Standing
For students in health and behavioral sciences and other 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. Covers medication issues, long-term care, death and dying, and other related topics.

HLTH 3400
Human Diseases
3:3:0  Fall, Spring, Summer
* Prerequisite(s): ZOOL 1090 and University Advanced Standing
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 3450
Public Health and the Environment
3:3:0  Fall, Spring, Summer
* Prerequisite(s): HLTH 3200, University Advanced Standing
Examines the relationship of people to their environment as well as public health environmental issues. Develops an understanding of the causes of those issues, and possible future approaches to control major environmental public health problems. Includes environmental epidemiology, public health policy and regulation, zoonotic and vector-borne diseases, toxic materials, radiation, water quality, air quality, food safety, solid and liquid wastes, occupational health, injuries, and emerging global environmental public health problems.

HLTH 350G
International Health
3:3:0  Fall, Spring
* Prerequisite(s): University Advanced Standing
Provides knowledge regarding the various health issues that affect people around the world. Focuses on the role of culture, ethnicity, country of origin, politics, and gender on health. Examines the importance of cultural sensitivity and competence when attempting to eradicate public health concerns. Will also be offered summer of even years.

HLTH 3600
Social Marketing
3:3:0  Fall, Spring, Summer
* Prerequisite(s): University Advanced Standing
Identifies 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): 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 Community Health BS, School Health BS, or Nursing BS 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): HLTH 3400, University Advanced Standing, and matriculation into BS Community Health or BS School Health Education

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): University Advanced Standing and matriculation into the BS School Health program

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, University Advanced Standing, and matriculation into the BS Community Health Education

Intended for Community Health Education majors. Covers 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. The first of two courses which will help students develop the skills to successfully begin the program planning process.

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, University Advanced Standing and matriculation into BS School Health

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 (Cross-listed with: POLS 4250) Public Health 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

Focuses on U.S. health policy and policy analysis. Describes the basic machinery of policymaking and legal processes that underpin the individual health care and public health systems. Analyzes the fundamental problems and contemporary issues in health policy and teaches students how to properly develop and analyze health policy.

HLTH 4300 Community Health Ethics 3:3:0 Fall, Spring, Summer
* Prerequisite(s): University Advanced Standing & matriculation into BS Community Health

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 care studies as an arena for discussion.

HLTH 440G Health and Diversity 3:3:0 Fall, Spring
* Prerequisite(s): University Advanced Standing

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. Is offered each Fall and Spring Semester and Summer of odd years.

HLTH 4500 Public Health Administration 3:3:0 Fall, Spring
* Prerequisite(s): University Advanced Standing and matriculation into BS Community Health

Gives individuals a working and practical look at numerous aspects of public health administration and leadership. Includes 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): 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 3:3:0 Fall, Spring
* Prerequisite(s): Department approval; University Advanced Standing; Senior standing

Provides an overview of the health education areas of responsibilities in preparation for the Certified Health Education Specialist national exam. For students in their last semester at UVU, planning to register and take the CHES exam in October or April.

HLTH 482R Community Health Internship 1 to 8:1 to 8:0 Fall, Spring, Summer
* Prerequisite(s): HLTH 2230, University Advanced Standing, and matriculation into BS Community Health

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.
Community Health

HLTH 489R
Undergraduate Research
1 to 3:0 to 5:15 On Sufficient Demand
* Prerequisite(s): Instructor approval, departmental approval, and University Advanced Standing

Provides students the opportunity to conduct research under the mentorship of a faculty member. Provides an opportunity to put in practice the theoretical knowledge gained in prior major courses. Requires the creation of 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): Department 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.

HLTH 4950
Senior Capstone
1:1:0 Fall, Spring, Summer
* Prerequisite(s): University Advanced Standing, Senior Standing, Matriculation in BS Community Health
* Prerequisite(s) or Corequisite(s): HLTH 4250

Assesses both content knowledge and skills developed during the course of the Community Health Education program. Provides students an opportunity to reflect on their learning and demonstrate the program outcomes through the development and presentation of a professional electronic portfolio, and the completion of a cumulative post-test. For Community Health Education seniors in their last semester.

HLTH 6200
Issues in Public Health
3:3:0 On Sufficient Demand
* Prerequisite(s): Acceptance into the Masters of Public Services Program

Examines public health principles and concepts by focusing on the five core public health knowledge areas and the ten essential public health services. Explores public health infrastructure, surveillance, social determinants of health, policy, and emerging issues. Provides a broad framework for understanding public health's role in community health, prevention, and medicine.