

Community Health (HLTH)

HLTH 1100 TE 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 SS 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. 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. Provides emergency first aid care training.

HLTH 1300 SS 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 SS 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 SS 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 SS 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 SS Media and Computer Applications in Health 3:3:0 On Sufficient Demand

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 SS 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) SS Human Sexuality 3:3:0 Fall, Spring, Summer * Prerequisite(s): ENGL 1010

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 289R SS 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 3000 SS Health Concepts of Death and Dying 3:3:0 Fall, Spring, Summer * 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.

HLTH 3100 SS Health Education for Elementary Teachers 2:2:0 Fall, Spring * Prerequisite(s): 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 3160 SS 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.

Community Health

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): 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

2:2:0 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

Womens Health Issues

3:3:0 Fall, Spring, Summer

* 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.

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 350G

International Health

3:3:0 Fall, Spring, Summer

* 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.

HLTH 3600

Social Marketing

3:3:0 Fall, Spring

* 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): 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
 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**
 * 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.
- 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
2:2:0 **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. May be delivered online.
- HLTH 482R**
Community Health Internship
1 to 8:0:5 to 40 **Fall, Spring, Summer**
 * Prerequisite(s): HLTH 3230, overall GPA of 2.75, University Advanced Standing, matriculation into BS Community Health and senior 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.

Community Health

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): 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.