

Community Health (HLTH)

HLTH 1100 TE Personal Health and Wellness 2

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. Canvas Course Mats \$34/Pearson applies.

HLTH 1200 First Aid 3

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. Course lab fee of \$15 applies.

HLTH 1300 Medical Terminology I 2

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 \$86/Pearson applies.

HLTH 2000 Body Image and Weight Management 3

Provides an overview of body image and weight management issues from historical and societal perspectives. Combines psychology and public health concepts to enhance understanding of the unique relationship individuals have with their bodies throughout the life cycle. Addresses popular weight management strategies from a public health perspective. Focuses on weight management from an anti-diet, health-at-every-size approach.

HLTH 2050 Public Mental Health 3

Explores issues of mental health from a public health perspective. Examines the nature and history of mental illness in the United States, ethical and legal issues influencing the mental health system, and mental health across the lifespan. Examines societal factors such as poverty, discrimination, and homelessness and their effect on mental health. Applies public health theories to alleviate the mental health burden.

HLTH 2200 Introduction to Health Professions 2

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

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. Canvas Course Mats \$43/Cengage applies.

HLTH 2510 Media and Computer Applications in Health 3

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

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

* 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

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. Canvas Course Mats of \$66/McGraw applies.

HLTH 3000 SS Health Concepts of Death and Dying 3

* 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 3160 Healthcare Law 3

* Prerequisite(s): University Advanced Standing

Explores impact of laws, regulations, social policies on management and delivery of healthcare. Includes provider liability, managed healthcare contracts, HIV-related concerns, assisted suicide, and other issues.

Course Descriptions

HLTH 3200

Principles of Community Health

3

* 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

* 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

3

* Prerequisite(s): Matriculation into BS Public Health or BS School Health Education or Healthcare Administration and University Advanced Standing

* Prerequisite(s) or Corequisite(s): HLTH 3200

Provides students with preparation for an internship, job, or graduate school in public health, healthcare administration, or school health.

HLTH 3240

Womens Health Issues

3

* Prerequisite(s): HLTH 1100 or EXSC 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

* 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

* 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

* 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

* 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

* 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

* 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 WE

3

* Prerequisite(s): University Advanced Standing and matriculation into BS Public Health or BS School Health Education

Provides students with the needed knowledge and skills for public 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

* Prerequisite(s): Matriculation into Community Health BS, School Health BS, or Nursing BS program; University Advanced Standing; and completion of MATH 1050 or 1055 or STAT 1040 or 1045

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
* 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
* 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. Course fee of \$10 for materials applies.

**HLTH 4140
Assessment and Program Development
WE**

3
* Prerequisite(s): HLTH 3200, HLTH 3220, University Advanced Standing, and matriculation into the BS Public Health

Intended for Public Health 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 public health education strategies. Helps students develop the skills to successfully begin the program planning process.

**HLTH 4160
Program Implementation and Evaluation
WE**

3
* Prerequisite(s): HLTH 4140 and University Advanced Standing

Intended for Public 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 WE**

3
* 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. Helps students develop lesson plans and present them in secondary education settings.

**HLTH 4250 (Cross-listed with: POLS 4250)
Public Health Organization and Policy WE**

3
* Prerequisite(s): HLTH 3200, University Advanced Standing, and matriculation into BS Public Health or BS School Health Education; or department 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
Health Ethics**

3
* Prerequisite(s): Matriculation into BS Public Health, or Healthcare Administration, or Dental Hygiene, or Nursing and University Advanced Standing

For students majoring in Public Health. Also for students interested or working in healthcare fields such as healthcare administration, 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 healthcare issues such as: healthcare allocation, healthcare 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
* 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
Healthcare Administration**

3
* Prerequisite(s): University Advanced Standing and matriculation into BS Community Health

Gives individuals a working and practical look at numerous aspects of healthcare 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 healthcare practice and administration.

**HLTH 4560
Introduction to Healthcare Systems**

3
* Prerequisite(s): University Advanced Standing and matriculation into BS Healthcare Administration

Examines the history, structure, operation, function, major components, and direction of healthcare systems. Highlights national systems and explores how systems across the U.S. are addressing healthcare issues. Assesses operational components such as physician issues, billing, and common terminology.

**HLTH 4600
Research Methods for Public Health WE**

3
* Prerequisite(s): (Matriculation into BS Public Health or BS School Health Education or BS Healthcare Administration or BS Dental Hygiene) or instructor approval; University Advanced Standing

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 4640
Population Health and Strategic
Management**

3
* Prerequisite(s): University Advanced Standing & matriculation into BS Healthcare Administration

Examines the determinates of population health, outcomes on a community, payment models, and strategies to improve management of healthcare resources. Highlights the importance of quality improvement, health insurance (commercial and government), concepts of risk in insurance, utilization management, patient engagement, accountable care organizations, and social determinants of health. Uses basic data analysis to apply course concepts.

Course Descriptions

HLTH 4720

CHES Preparation

3

* 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 4780

Strategic Planning and Operations Management

3

* Prerequisite(s): University Advanced Standing & matriculation into BS Healthcare Administration

Introduces strategic planning and operations management in relation to current and future topics and trends in healthcare. Examines historical and current quality improvement models and applies them to current industry topics. Discusses the relationship between industry and healthcare.

HLTH 482R

Health Internship

1 to 8

* Prerequisite(s): HLTH 3230, and (matriculation into BS Public Health or BS Healthcare Administration) or (Admission into CP Healthcare Information Technology or CP Interdisciplinary Gerontology), and University Advanced Standing

Provides field experience and enhanced knowledge in 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 489R

Undergraduate Research

1 to 3

* 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 Public Health

1 to 3

* Prerequisite(s): Department Approval and University Advanced Standing

Explores and examines special topics related to public health issues and problems. Includes public 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

* Prerequisite(s): University Advanced Standing, Senior Standing, Matriculation in BS Public Health

Assesses both content knowledge and skills developed during the course of the Public Health 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 seniors in their last semester.

HLTH 6200

Issues in Public Health

3

* 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.