

Community Health (HLTH)

HLTH 1055 Pilates I CoreMax Training

1

Provides a total body workout that challenges and optimizes strength, flexibility and endurance. Incorporates FlexBands, BOSU, stability balls, weighted balls, fitness circle and mat work to assist individuals in achieving optimal health and well-being. Focuses on lengthening the body, strengthening the mid-section (core & spine), and improving posture and flexibility.

HLTH 1057 Power Yoga

1

Provides a vigorous and powerful approach to many styles of Yoga, including Vinyasa, Ashtanga, Hatha among others. Incorporates flowing progressive postures, meditative awareness, and breath control.

HLTH 1100 Personal Health and Wellness

TE

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 \$38/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 1405 Safety Awareness and Self Defense

1

Investigates self-awareness, self-empowerment, and self-defense. Emphasizes environmental awareness and strategies in avoiding dangerous situations. Teaches self-defense techniques that can be used in a crisis situation.

HLTH 1500 Mindfulness/Meditation/Breathwork

1

Examines mindfulness, meditation and breathwork using evidence-based materials and programs. Meets students' needs by teaching mindfulness, meditation, and breathwork to help students meet lifestyle changes. Teaches skills that help calm and focus the mind, including breathing exercises, guided imagery, and body scanning.

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 2450 Health Coaching

3

* Prerequisite(s) or Corequisite(s): HLTH 1100

Provides an evidence-based introduction to the role of a health coach as an educator and motivator for change. Connects theory to behavior change and understanding the three main core coaching skills to help necessitate change in clients. Examines the communication skills necessary for health coaching and motivational interviewing.

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 2550 Health Coaching II

3

* Prerequisite(s): HLTH 2450

Applies evidence-based learning as a continuance of Health Coaching I. Explores different communication styles and how they are used in motivational coaching. Focuses on the utilization of appropriate assessment tools, SMART goals, readiness to change models, positive psychology, generative moments, and how to create a coaching session. Practices the use of health coaching as a guide to support and motivate clients to make lasting lifestyle changes.

HLTH 2600 Drugs Behavior and Society

3

SS

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.

Course Descriptions

HLTH 2750 **Supervised Coaching**

1
* Prerequisite(s): HLTH 2550

Provides health coaching sessions with clients in a monitored teaching environment. Critically evaluates experiences and facilitates change, in a low stakes environment. May be Graded Credit/No Credit.

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 282R **Coaching Internship**

1 to 6
* Prerequisite(s): HLTH 2750

Provides practical application of the skills learned in the health coaching courses, by allowing students to meet one-on one with clients. Helps students coach others to create lifestyle change programs. May be repeated for a maximum of 6 credits toward graduation. May be graded credit/no credit.

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 \$70/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.

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

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.

BB

HLTH 3700
Grant Writing for Public Health WE

3
* Prerequisite(s): University Advanced Standing

Provides 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
Health Organization and Policy WE

3
* Prerequisite(s): University Advanced Standing

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.

Course Descriptions

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.

HLTH 4500 **Healthcare Administration**

3

* Prerequisite(s): University Advanced Standing

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

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

Examines the determinants of population health, outcomes in 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.

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

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.