

HLTH: HEALTH (HLTH)

HLTH 143. Prin Accident Causation & Prev. (3 Credits)

This course is designed to present an overview of the dimensions of the accident problem with special attention to accident prevention, concepts and theories. Emphasis is placed on student safety and other legal issues, signs, signals, pavement markings, and right-of-way rules; interaction with other highway users (pedestrians, animals, motorcycles, bicycles, trucks, buses, trains, trailers, motor homes, ATVs, and other recreational users); time/space and risk management; alcohol and other drugs and driving; behavior aspects of crash prevention and the natural laws of driving; adverse driving conditions and emergencies; planning ahead for a trip.

HLTH 210. Foundations of Health Science. (3 Credits)

This course is designed to provide students with an introduction to the historical and philosophical perspectives of the development of health science/public health. Major concepts and theories of health and characteristics of public health and health promotion/education are reviewed. Career opportunities in the health field are also explored.

HLTH 250. Functional Anatomy & Lab I. (4 Credits)

The purpose of this course is to investigate the musculoskeletal anatomy of the upper extremities of the human body. Students will explore functional aspects of nerve innervation, vascular anatomy, and function of the cervical spine, nervous system, head, face and upper extremities as it relates to injury, rehabilitation and sport performance. Laboratory session will reinforce lecture content through the applicative process of manual palpation and landmark recognition.

HLTH 260. Functional Anatomy & Lab II. (4 Credits)

The purpose of this course is to investigate the musculoskeletal anatomy of the lower extremities of the human body. Students will explore functional aspects of nerve innervation, vascular anatomy, and function of the Pelvic region, knee, glutes, and lower extremities as it relates to injury and sport performance. Laboratory session will reinforce lecture content through the applicative process of manual palpation and landmark recognition.

HLTH 270. Social Determinants of Health. (3 Credits)

This course introduces students to the impact that environmental conditions and risk factors where people are born, live, learn, work, play and worship (Social Determinants of Health), have on health functions and quality of life outcomes. The course will also explore the identification of critical issues arising from long-standing social policies that have disproportionately created health inequities among underserved populations.

HLTH 274. Sports Nutrition. (3 Credits)

This course is designed to provide an overview of nutrient use in exercise and athletic performance. The course includes a thorough review of current literature in Sports Nutrition as it pertains to the enhancement and rehabilitation of athletic performance and injuries. Topics include, nutrient requirements for optimal performance, behavioral strategies for improving dietary habits, and pre and post season nutrient requirements. Upon course completion students will be eligible for the ACSM sport nutrition certification.

HLTH 311. Special Topics in Health. (3 Credits)

This course provides opportunities for students to pursue topics of interest in Health beyond those accessible via the standard curriculum. The application of content to authentic situations is stressed.

HLTH 330. Drug Use & Drug Abuse Educatio. (3 Credits)

This course will discuss the different categories of drugs and explain their routes of administration. Patterns of illicit drug use, misuse, and abuse, including who uses illicit drugs and abuse of controlled substances and why they use them, will also be addressed. The legal, social, financial, and personal impact of drug abuse will be addressed.

HLTH 337. Health Practicum. (3 Credits)

Provides various opportunities for the professional student to work with individuals and groups in a variety of settings. These opportunities shall include observation and/or participation in health related activities in school and/or community locations.

HLTH 340. Community Health. (3 Credits)

Designed to cover community health issues relating to foundations and organizations of public health. It includes the study of community health organizations and programs, epidemiology and disease control, environmental health, community and occupational safety and health, the health care system, aging, and other community health issues.

HLTH 342. Contemporary Health Issues. (3 Credits)

Designed to meet the educational needs and interests of students through a study of contemporary health issues. Specific topics relevant for today's society will be determined and covered including women's health concerns, nutrition and nutritional disorders, pre-menstrual syndrome, sexually transmitted diseases, domestic violence, child abuse, rape, and cancer. Cardiovascular diseases and others may also be included.

HLTH 343. Cultural Diversity HLTH Course. (3 Credits)

This course focuses on health traditions of culturally diverse clients and how those traditions must be considered during effective patient education. The course will move from the general health traditions of world populations and religions, to the more specific behaviors and expectations of U.S. populations.

HLTH 346. School & Community Health Prog. (2 Credits)

This course demonstrates the organization and administration of comprehensive school and community health programs. Topics include: student safety, child abuse, and other legal issues, health services, instruction, program planning and assessment, the role of administration in comprehensive school health, personal health and fitness, active lifestyles and health, environmental, mental and emotional health, family disruptions, nutrition, tobacco, alcohol and other drugs, school and consumer health, and disease prevention and treatment. An overview of the knowledge, skills, and processes needed to teach school health on the elementary, middle, and secondary levels is also provided.

HLTH 347. First Aid Emergency Medical Ca. (2 Credits)

Lectures and demonstrations on first aid measures for wounds, hemorrhages, burns, exposure, sprains, dislocations, fractures, unconscious conditions, suffocation, drowning, and poisons, with skill training in all procedures. Emphasis will be given to the following areas: safety and other legal issues, activating emergency medical services, safety and emergency care (first aid, CPR, AED, universal precaution), injury prevention, rehabilitation, an understanding of the basic content knowledge needed to teach first aid, and the structure and function of selected body systems. Successful completion of this course may lead to certification by the American Heart Association or the American Red Cross in First Aid and Cardiopulmonary Resuscitation.

HLTH 348. Directed Research. (3 Credits)

This course is designed to provide opportunities for the pursuit of in-depth knowledge and understanding of a variety of significant and emerging health problems and issues in the health care industry.

HLTH 349. Scientific Readings In Health. (3 Credits)

A course that provides comprehensive knowledge, understanding and concepts in various areas of health.

HLTH 440. Human Reproduction/Sexual Deve. (3 Credits)

This course is intended for majors in Health and Physical Education and others who will use knowledge of the subject matter covered in their professional work. Anatomy and physiology of male and female reproductive systems; psychosocial sexual development, sources of sexual outlet; and family planning relationships are among discussion topics.

HLTH 441. HLTH Teach Methods & Materials. (3 Credits)

Fundamental methods of health teaching as applied to school and public health education. Materials applicable to health education, evaluation techniques, preparation of health training units and bibliographies, and surveys of current literature in the field of health education are presented and/or researched.

HLTH 443. Epidemiology & Biostatistics. (3 Credits)

This course emphasizes the goals and objectives of epidemiology, its policy and procedure, and its foundation and support in health care information are the focus of this course. Investigation of an epidemic, measures of mortality, incidence and prevalence, measures of risk, biological variability, probability, screening, sampling, statistical significance, correlation, multiple regression, survival analysis, retrospective and prospective studies.

HLTH 445. Driver Ed Instruc'L Principles. (3 Credits)

This course is designed to provide an analysis of the rules and regulations governing driver education in the Commonwealth of Virginia with application to program organization and administration, and the development and conduct of learning experiences in the classroom and laboratory. It also provides a guide for teachers, supervisors, and administrators in the organization, administration and planning of a driver and traffic safety curriculum.

HLTH 447. Needs Assess & Plan HLTH Promo. (3 Credits)

Principles of program planning in public health education, including needs assessment, health hazard appraisal, community analysis and organization, selection of program topics, coordination of health education and health promotion programs in school, community, occupational or clinical settings, audience analysis, task analysis, and the role of evaluation.

HLTH 450. Instruc'L Strategies Health Ed. (3 Credits)

Application of innovative strategies for teaching health education in the elementary, middle, and secondary school level. Attention is given to conceptualizing instruction, specifying instructional objectives, planning properly written units and lessons, utilizing various instructional methods, selecting and using instructional materials, and evaluating teaching effectiveness and technology. Topics include personal health and fitness-related issues such as: mental and emotional health, healthy social development skills, basic consumer, environmental and school health, nutrition, tobacco, alcohol and other drugs, basic disease prevention and treatment strategies, and the relationship between a physically active lifestyle and health.

HLTH 451. Independent Study I. (3 Credits)

This course provides an opportunity for students to work independently on health related topics approved under the guidance of an instructor.

HLTH 471. Internship Seminar. (1 Credit)

This course involves observation and practice of leadership in a supervised health organization. Students must investigate all aspects of potential sponsoring organizations, their expectations of internship, and how they can maximize their field experience toward professional growth.

HLTH 472. Internship. (3 Credits)

Supervised work experience under expert guidance at approved sites provided for the prospective professional in Health. Emphasis is on various individual and group opportunities in health agencies, involving theories, techniques, managerial tasks, administrative procedures and working with exceptional individuals. Internship is designed to secure enriching experiences in all aspects of the organization that will enable students to grow personally and professionally.