Health (HTH)

NOTE: All prerequisites for Health (HTH) courses must be completed with a grade of “C-” or better.

Health (HTH) Courses

HTH 2133. School Health. (3-0) 3 Credit Hours. (TCCN = TECA 1318)
This course is designed to provide teacher certification students with the opportunity to gain developmentally appropriate knowledge and skills in health and environmental safety. It will address health-related issues in personal, interpersonal, and community settings and creating a safe teaching environment. Offered Spring Semester only.

HTH 2413. Introduction to Community and Public Health. (3-0) 3 Credit Hours.
This course is a survey of the profession of public health and the competencies required of health educators, including examination of philosophies, ethics and current trends. This course serves as a foundation for other courses in the health degree. May be applied toward the Core Curriculum requirement in Social and Behavioral Sciences. Generally offered: Fall, Spring.

HTH 2513. Personal Health. (3-0) 3 Credit Hours. (TCCN = PHED 1304)
Emphasizes the concept of mind, body, and spirit as necessary components of total well-being; principles of preventive health; and self-responsibility for personal health behaviors. May be applied toward the Core Curriculum requirement in Social and Behavioral Sciences. Generally offered: Fall, Spring.

HTH 2601. Field-Based Skills in Community Health and Preventive Services. (1-0) 1 Credit Hour.
Prerequisite: HTH 2413. This course introduces students to practices and skills that are commonly used in community health and preventive health services. These include health screening skills and skills for communicating and interpreting screening results. The course offers hands-on practice of these skills.

HTH 2623. Database Management in Community and Public Health. (3-0) 3 Credit Hours.
This course will focus on practical issues in database management. Students will learn how to perform basic query and reporting operations, migrate data between various file formats, share data using cloud data management systems such as Dropbox, prepare data for statistical analysis, conduct statistical analyses common in community and public health, perform data quality control and assurance procedures and develop formal documents for reporting outcomes. Database management and statistical software such as SPSS, Microsoft Access and SQL will be used. (Formerly titled “Applied Technology for Research and Health Education”).

HTH 3003. Survey of Drugs and Health. (3-0) 3 Credit Hours.
Study of the use and abuse of drugs and other substances. Examines addiction, dependence, tolerance, motivation for use, and effects of substance abuse on health and society. Generally offered: Fall, Spring.

HTH 3013. Survey of Human Nutrition. (3-0) 3 Credit Hours.
An overview approach to understanding the principles of nutrition and their effect on health and fitness. Emphasis on major nutritional issues throughout the human life cycle; self-evaluation of diet and fitness habits. Generally offered: Fall, Spring.

HTH 3023. Survey of Human Sexuality. (3-0) 3 Credit Hours.
A study examining the breadth of human sexuality, including psychosocial, cultural and physical aspects, and its impact on our lives.

HTH 3043. Principles of Weight Management. (3-1) 3 Credit Hours.
An in-depth study of the field of prevention and management of obesity. This course provides practical application of nutritional, psychological, and physical activity principles that help individuals manage their own weight and is suitable for students in health, kinesiology, psychology, biology, counseling, or others. A noncompetitive, monitored activity component is required. Generally offered: Spring.

HTH 3303. Physical Activity and Health. (3-0) 3 Credit Hours.
Prerequisites: HTH 3503 and HTH 3663. The course provides a survey of the health-related effects and social-cultural and behavioral determinants of physical activity and exercise. Biological/physiological mechanisms for adaptations to physical activity are also addressed. Generally offered: Fall.

HTH 3503. Theories of Health Behavior. (3-0) 3 Credit Hours.
Designed to provide an overview of health behavior theories, program planning models and multi-level interventions typically used in public health. Each level of the socio-ecological model will be discussed including individual, interpersonal, organization, community and policy. Directed field experience is required. (Formerly titled “Foundations of Health Theory”) Generally offered: Fall, Spring, Summer.

HTH 3513. Community Health. (3-0) 3 Credit Hours.
Prerequisites: HTH 2413 and HTH 3503. Study of community health problems and the function and organization of public, private, and voluntary health agencies, application of health theories and models and program planning methods. Directed field experience is required. Offered Fall Semester only.

HTH 3523. Worksite Health Promotion. (3-0) 3 Credit Hours.
Prerequisites: HTH 2413 and HTH 3503. Organization, administration, and supervision of health programs in the community, school, business, or industry setting. Application of health theories, models and program planning methods is required. Directed field experience is required. Offered Spring Semester only.

HTH 3533. Drugs and Health. (3-0) 3 Credit Hours.
Prerequisites: Completion of Core science requirements, anatomy and physiology, HTH 2413, HTH 3503, and HTH 3663. Study of the use and abuse of drugs and other substances. Examines addiction, dependence, tolerance, motivation for use, and effects of substance abuse on health and society. Application of theories and models for program development, implementation and evaluation. Health majors and minors only. Offered Spring Semester only.

HTH 3543. Growth and Development. (3-0) 3 Credit Hours.
Physical, social, and psychological development throughout the lifespan. Implications for health professionals at all stages of development (prenatal to death) are addressed. Offered Spring Semester only.

HTH 3553. Emotional Wellness. (3-0) 3 Credit Hours.
Practical application of techniques for shaping healthier emotional behavior; emphasis on personality, stress management, and fulfilling relationships. Generally offered: Fall, Spring.
HTH 3563. Child and Adolescent Health Promotion. (3-0) 3 Credit Hours.
Designed for students who are interested in promoting the health of youth, as well as those students pursuing academic training in education and community health. The primary goal of this course is to improve the health literacy of teachers and health promotion specialists through understanding and application of evidence-based child and adolescent health promotion concepts. Offered Fall Semester only.

HTH 3663. Program Planning and Evaluation. (3-0) 3 Credit Hours.
Prerequisites: HTH 2413 and HTH 3503. This course provides students with a basic understanding of planning, implementing, and evaluating health promotion programs in a variety of settings, including worksite, healthcare, and community and at a various levels (individual, organization, community, policy).

HTH 4503. Human Disease and Epidemiology. (3-0) 3 Credit Hours.
An in-depth look at the etiology, prevention, and treatment of chronic and contagious diseases afflicting humans and epidemiological methods. Generally offered: Fall, Spring.

HTH 4513. Consumer Health. (3-0) 3 Credit Hours.
Study of the consumer’s selection of health products and services; health frauds, scams and quackery; and the acquisition of basic knowledge for making responsible decisions when selecting professional, complementary, or alternative health care services and products. Offered Fall Semester only.

HTH 4523. Understanding Human Sexuality. (3-0) 3 Credit Hours.
Prerequisites: HTH 2413, HTH 3503, and HTH 3663. An in-depth study of human sexuality, including psychosocial, cultural and physical aspects. Application of theories and models for program development, implementation and evaluation. Health majors and minors only. Directed field experience is required. Offered Spring Semester only.

HTH 4533. Nutrition and Health. (3-0) 3 Credit Hours.
Prerequisites: Completion of Core science and mathematics requirements, BIO 2053, BIO 2063, HTH 2413, HTH 3013, HTH 3503, and HTH 3663. An in-depth examination of the principles of nutrition and their effects on health and fitness. Emphasis on critical thinking and translation of nutritional knowledge to real-world settings. Includes self-evaluation of diet and fitness habits. Application of health theories and models for program development, implementation, and evaluation in nutritional context. Health majors and minors only. Generally offered: Fall.

HTH 4543. Environmental Health and Safety. (3-0) 3 Credit Hours.
Intensive coverage of the aspects of a human being’s health and safety in a changing environment. Considers applicable factors of ecology, including problems related to water, waste, pesticides, foods, radiation, population, and other aspects of the total ecosystem, as well as personal and occupational safety within these parameters. Generally offered: Fall, Spring.

HTH 4913. Independent Study. (0-0) 3 Credit Hours.
Prerequisites: Permission in writing (form available) from the instructor, the student’s advisor, the Department Chair, and Dean of the College in which the course is offered. Independent reading, research, discussion, and/or writing under the direction of a faculty member. May be repeated for credit, but not more than 6 semester credit hours of independent study, regardless of discipline, will apply to a bachelor’s degree.

HTH 4921. Capstone for Community Health and Preventive Services. (1-0) 1 Credit Hour.
Corequisite: Must be completed the same semester as internship (HTH 4936). This course aids students in synthesizing their classroom and internship experiences to reinforce critical skills and key responsibilities for Health Educators. This course will provide students with an overview of resources, skills, and recommendations regarding their professional development. Students are required to take this course concurrent with HTH 4936.

HTH 4936. Internship in Health. (0-0) 6 Credit Hours.
Prerequisites: Student is required to have a cumulative grade point average of 2.0 or greater and must be within 13 semester credit hours of graduation. The opportunity for work experience in a private or public health-related agency. Opportunities are developed in consultation with the faculty advisor and on-site coordinator. No more than 6 semester credit hours of internship will apply to a bachelor’s degree. (Credit cannot be earned for both HTH 4936 and KIN 4936.) Generally offered: Fall, Spring, Summer.

HTH 4951. Special Studies in Health. (1-0) 1 Credit Hour.
Prerequisite: Consent of instructor. Organized course offering the opportunity for specialized study in an area of health not available as part of the regular course offerings. Special Studies may be repeated for credit when topics vary, but not more than 6 semester credit hours, regardless of discipline, will apply to a bachelor’s degree.

HTH 4952. Special Studies in Health. (2-0) 2 Credit Hours.
Prerequisite: Consent of instructor. Organized course offering the opportunity for specialized study in an area of health not available as part of the regular course offerings. Special Studies may be repeated for credit when topics vary, but not more than 6 semester credit hours, regardless of discipline, will apply to a bachelor’s degree.

HTH 4953. Special Studies in Health. (3-0) 3 Credit Hours.
Prerequisite: Consent of instructor. Organized course offering the opportunity for specialized study in an area of health not available as part of the regular course offerings. Special Studies may be repeated for credit when topics vary, but not more than 6 semester credit hours, regardless of discipline, will apply to a bachelor’s degree.

HTH 4993. Honors Thesis. (0-0) 3 Credit Hours.
Prerequisites: Enrollment limited to candidates for honors in the Department of Health and Kinesiology during the last two semesters; consent of the Honors College. Supervised research and preparation of an honors thesis. May be repeated once for credit with advisor’s approval.