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.

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.

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. Applied Technology for Research and Health Education. (3-0) 3 Credit Hours.
This course is a survey of common technologies used for health education practice, research, and database management in Community and Preventative Health Services. This course will provide an overview of the major skills and critical issues associated with health education material development, database management, and data reporting for program evaluation.

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.

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.

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.

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.

HTH 3503. Theories of Health Behavior. (3-0) 3 Credit Hours.
Designed to provide an overview of health behavior theories, program planning methods 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.”)

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. Offered Fall Semester only.

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.

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 2083, BIO 2103, HTH 2413, 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.

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. Offered Fall Semester
only.

HTH 4911. Independent Study. (0-0) 1 Credit Hour.
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 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.)

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.