

HEALTH (HLTH)

HLTH 105 Introduction to the Health Professions 3 Credit Hour(s)

A survey of the health professions and requirements for educational, job and market demands in selected health careers, including health promotion philosophy, goals, history and development.

Offered: Resident and Online

HLTH 205 Accident Prevention and Care (First Aid) 3 Credit Hour(s)

Principles of accident prevention and personal safety with emphasis upon development of knowledge and skills needed for dealing with emergencies which may be faced in a variety of settings. First aid and CPR certification is included.

Offered: Resident

HLTH 211 Applied Anatomy and Physiology I for Associate Degree 3 Credit Hour(s)

An examination of the structure, function, and pathology of the various body systems and their roles, relevance, and applications in health and illness. The course employs virtual interactive cadaver dissection technology. The following topics are covered: introduction to the human body, organization of the body, the integumentary system, skeletal system, muscular system, nervous system, special senses, and endocrine system.

Offered: Online

HLTH 212 Applied Anatomy and Physiology II for Associate Degree 3 Credit Hour(s)

A continuation of HLTH 211 that examines the structure, function, and pathology of the various body systems and their roles, relevance, and applications in health and illness. The course employs virtual interactive cadaver dissection technology. The following topics are covered: the cardiovascular system, the lymphatic system, the respiratory system, the digestive system, the urinary system, and the reproductive systems.

Offered: Online

HLTH 216 Personal Health 3 Credit Hour(s)

A study of considerations and current trends in the areas of personal and community health. Emphasis is given to personal responsibility for healthy lifestyle management.

Offered: Resident

HLTH 221 Applied Human Anatomy and Physiology I 3 Credit Hour(s)

An examination of the structure, function, and pathology of the various body systems and their roles, relevance, and applications in health and illness. The course will employ virtual interactive cadaver dissection technology. The following topics are covered: introduction to the human body; the chemistry of life; the cells, tissues, and organization of the body; the blood; the cardiovascular system; the lymphatic system; the nervous system; the special senses; the endocrine system; and the respiratory system. (Formerly HLTH 201)

Note: This course does not substitute for BIOL 213 214

Offered: Resident and Online

HLTH 222 Applied Human Anatomy and Physiology II 3 Credit Hour(s)

Online Prerequisite: HLTH 221 or HLTH 201

A continuation of HLTH 221 that examines the structure, function, and pathology of the various body systems and their roles, relevance, and applications in health and illness. The course will employ virtual interactive cadaver dissection technology. The following topics are covered: introduction to nutrition; the digestive system; the urinary system; the skin; resistance and immunity; the musculoskeletal system; introduction to genetics; and the reproductive systems. (Formerly HLTH 202)

Note: This course does not substitute for BIOL 215 216

Offered: Resident and Online

HLTH 252 Drugs in Society 3 Credit Hour(s)

An examination of alcohol, tobacco and other drugs effects upon individual, school and community.

Offered: Resident and Online

HLTH 299 Internship 0 Credit Hour(s)

Practical work experience in an approved health agency, supervised by a qualified health specialist. Application procedures processed through the Career Center. Must apply semester prior to internship.

Registration Restrictions: Sophomore status, 2.00 GPA, two courses in major, declared major, not more than one CSER behind

Offered: Resident

HLTH 301 Foundations of Public Health 3 Credit Hour(s)

This course provides an introduction to public health concepts and practice. Beginning with the history of public health, the student will learn how this profession has evolved through time, study the foundational components of public health today, and explore its future. This course will address administrative roles and responsibilities of the profession within the context of socio-ecological levels. Topics covered include public health's core functions and essential services, organizational structures, ethical issues, systems thinking, and the role of the health education specialist.

Offered: Resident

HLTH 311 Health Promotion Methods for Global Settings 3 Credit Hour(s)

This practical course applies health promotion theory through methods and materials designed for international settings. Non-formal methods are especially introduced to the learners. This course is ideal for those desiring to serve in overseas settings (the two-thirds world) for ministry and service. Non-health majors are welcome, especially those with a heart for missions and for serving the needy.

Registration Restrictions: Completion of at least one academic year

Note: Offered spring semester

Offered: Resident

HLTH 330 Human Nutrition 3 Credit Hour(s)

Prerequisite: BIOL 211 or BIOL 213 or BIOL 214 or BIOL 101 or BIOL 102 or BIOL 200 or BIOL 1XX or BIOL 2XX or CHEM 105 or CHEM 107 or CHEM 1XX or CHEM 2XX or HLTH 201 or HLTH 202 or BIOL 215 or HLTH 221 or BIOL 216 or HLTH 222 or BIOL 224 or BIOL 225

Chemical structure, function, digestion, metabolism and biochemical interrelationships of nutrients relating to life cycle, current issues and diet selection.

Offered: Resident and Online

HLTH 332 Principles of Food Preparation 4 Credit Hour(s)**Resident Prerequisite:** HLTH 330

This course is structured to teach the fundamental and basic concepts of culinary techniques and cookery to include cooking techniques, heat transfer, sanitation, safety, equipment usage and maintenance, food economics, menu development and professionalism.

Note: This course must be taken concurrently with HLTH 332L**Offered:** Resident**HLTH 332L Principles of Food Preparation Lab 0 Credit Hour(s)****Prerequisite:** HLTH 330 and HLTH 332 (may be taken concurrently)

Students will acquire practical laboratory skills and knowledge concerning the fundamental and basic concepts of culinary techniques and cookery to include cooking techniques, heat transfer, sanitation, safety, equipment usage and maintenance, food economics, menu development and professionalism.

Offered: Resident**HLTH 333 Exercise and Sports Nutrition 3 Credit Hour(s)****Prerequisite:** EXSC 310

This course focuses on nutrition with an emphasis on its role in exercise and sport performance. Topics include: macro/micro-nutrient metabolism in relation to exercise, hydration, body composition, ergogenic aids, disordered eating, and current nutritional recommendations.

Offered: Resident**HLTH 334 Nutrition Through the Life Cycle 3 Credit Hour(s)****Prerequisite:** HLTH 330

This course explores the different nutritional requirements throughout the life cycle. An emphasis is placed on physical changes impacting nutrient needs and socioeconomic, cultural and psychological influences on food habits during pregnancy, infancy, childhood, adolescence, adulthood, and elderly years.

Offered: Resident**HLTH 340 Women's Health Issues 3 Credit Hour(s)**

This course provides female students with an overview of contemporary women's health issues across the lifespan, within the framework of health education and health promotion. It prepares students with both knowledge and competencies to best minister to other women, in formal and informal settings, from a Christian perspective.

Registration Restrictions: Women only; Completion of at least one academic year**Note:** Offered fall semester**Offered:** Resident**HLTH 341 Men's Health Issues 3 Credit Hour(s)**

This course provides male students with an overview of contemporary men's health issues across the lifespan, within a framework of health education and health promotion. It prepares students with both knowledge and competencies to best minister to other men, in formal and informal settings, from a Christian perspective.

Registration Restrictions: Completion of at least one academic year. Men only**Offered:** Resident**HLTH 349 Public and Community Health for Business 3 Credit Hour(s)**

This course is an introduction to public and community health issues and problems at the local, state and national levels oriented toward business professionals.

Note: This course does not substitute for HLTH 350**Offered:** Online**HLTH 350 Introduction to Public and Community Health 3 Credit Hour(s)**

An introduction to public and community health issues or problems at the local, state and national levels.

Offered: Resident**HLTH 370 Introduction to Environmental Hazards and Response 3 Credit Hour(s)****Prerequisite:** HLTH 301 or HLTH 350 (may be taken concurrently)

This course addresses manmade and natural environmental hazards that impact human health. After a description and epidemiological survey of risk, the course focuses on prevention and disaster management. Students will learn the structure and systems involved in the response to environmental disasters, and will participate in hands-on training in disaster response skills through the resources of the American Red Cross and/or other agencies.

Offered: Resident**HLTH 380 Health Promotion for Aging Populations 3 Credit Hour(s)**

The study of the process of aging and the interrelationships among the five dimensions of health as they relate to aging. Emphasis is placed on health promotion and disease prevention at all ages as the path to living a full life in later years.

Registration Restrictions: Completion of at least one academic year**Note:** Offered fall semester**Offered:** Resident and Online**HLTH 400 Contemporary Health Issues 3 Credit Hour(s)**

As an integrative study course, classes examine health trends in America. The focus is on personal health / medical decisions relevant to Christians. Topics include but are not limited to: marital choices, addictions, common infectious and chronic diseases, mental illness, aging, dying and death, and predictions of future health events of the next 50 years.

Registration Restrictions: Junior or Senior status**Note:** Offered fall semester**Offered:** Resident**HLTH 402 The School Health Program 3 Credit Hour(s)**

School health program philosophy and K-12 curriculum are discussed with an emphasis on policies, procedures and methods for the teaching of health education.

Registration Restrictions: Junior and Senior status**Note:** Offered spring semester**Offered:** Resident**HLTH 419 Wellness and Behavior Change Theories for Business 3 Credit Hour(s)**

This course includes a study of theory and practice of wellness behavioral change that can be translated into the business arena. Organizational and individual intervention techniques for health promotion, marketing and general communication campaigns will be emphasized.

Offered: Online**HLTH 420 Principles of Behavior Change and Health Counseling 3 Credit Hour(s)****Prerequisite:** HLTH 350

A study of theory and practice of behavioral change or verification that leads to a healthy lifestyle. Group and individual intervention techniques with follow-up health counseling theory and application will be emphasized.

Offered: Resident

HLTH 430 Community Nutrition 3 Credit Hour(s)**Prerequisite:** HLTH 330

The study of community nutrition encompasses public health nutrition policies, programs and practices. Emphasis on community nutrition program planning including needs assessment, intervention development and evaluation. The development and delivery of information, products, and services to individuals, groups, and populations as well as strategic application of principles of management and systems in the provision to individuals and organizations.

Offered: Resident**HLTH 432 Preventative Nutrition 3 Credit Hour(s)****Prerequisite:** HLTH 330

Nutrition plays a role in the development of most major diseases and is used by many health practitioners in the U.S. Topics include: dietary patterns that prevent chronic disease, alternative/complementary health practitioners who use nutrition to prevent disease, fasting, herbal medicine and how Christians should evaluate the presence of these practices in their daily lives and society.

Offered: Resident**HLTH 440 Methods and Resources in Teaching Applied Sciences in Schools 2 Credit Hour(s)**

Prerequisite: HLTH 402 and Undergraduate Initial Gate 2 with a score of 5
A study of classroom related instruction in applied sciences with an emphasis on delivery system, student needs and materials that can be utilized.

Note: Offered fall semester**Offered:** Resident**HLTH 441 Methods and Resources in Teaching Applied Sciences in School Practicum 1 Credit Hour(s)**

Prerequisite: HLTH 402 and Background Check Clearance with a score of 5 and Undergraduate Initial Gate 2 with a score of 5 and Background Clear Virginia with a score of 5

The student will be required to prepare a unit, teach in a secondary classroom setting and evaluate the experience.

Note: Offered fall semester**Offered:** Resident**HLTH 444 Principles of Epidemiology and Biostatistics 3 Credit Hour(s)****Prerequisite:** MATH 201

A study of epidemiology, the basic science of public health. Epidemiology will be viewed as: 1) a quantitative basic science built on sound research methods; 2) a method of causal reasoning based on developing and testing hypothesis pertaining to the occurrence and prevention of morbidity (disease) and mortality (death); and 3) a tool for public health action to promote and protect the public's health.

Offered: Resident**HLTH 452 Methods and Materials in Community Health Education 3 Credit Hour(s)****Prerequisite:** HLTH 350

Development, usage and evaluation of print and non-print materials and methods for health educators in the community setting.

Offered: Resident**HLTH 453 Program Planning and Evaluation in Health Education 3 Credit Hour(s)****Prerequisite:** HLTH 350 and HLTH 420

A study of the theories, models, and processes that reflect best practice in assessment, planning, implementation, and evaluation of health education programming.

Registration Restrictions: Senior status**Offered:** Resident**HLTH 485 Principles of Epidemiology and Biostatistics for Business 3 Credit Hour(s)****Online Prerequisite:** MATH 201 or BUSI 230

The course introduces the principles, concepts, and methods of epidemiology – the study of patterns and determinants of disease in different populations to business professionals. Topics include measures of disease frequency and effect, uses of rates and proportions and other statistics to describe the health of populations in investigating the extent of disease problems and the associations between risk factors and disease outcomes.

Offered: Online**HLTH 488 Chronic and Infectious Diseases 3 Credit Hour(s)****Prerequisite:** BIOL 203 or BIOL 303

This course will address the epidemiology, pathogenesis, risk factors and prevention of major chronic diseases. Also, this course will examine infectious diseases through the epidemiology of various bacterial, viral, fungal, protozoal, and helminthic infections, with application for students interested in health promotion and disease prevention at home, overseas, and on the mission field.

Offered: Resident**HLTH 491 Grantsmanship 3 Credit Hour(s)**

An introduction to the world of public, corporate and private foundations. Topic research, organizational communications, protocol, budget development and grant writing are emphasized skill areas.

Offered: Resident and Online**HLTH 495 Directed Research 1-6 Credit Hour(s)**

To allow students the opportunity to expand their understanding of public health by taking part in a research-oriented project or program implementation and evaluation of a public health topic of interest.

Registration Restrictions: Approval of the program director**Offered:** Resident**HLTH 496 Special Topics in Nutrition 3 Credit Hour(s)****Prerequisite:** HLTH 330

This course identifies relevant topics in nutrition science and provides students with an opportunity to focus on research, common practice and practical real world application in-depth. Students will learn the current research, controversies and professional activities related to each special topic. The class will also seek to answer questions related to health science that individual students may have developed on the special topic.

Offered: Resident**HLTH 497 Special Topics in Health 1-3 Credit Hour(s)**

A comprehensive study of health promotion principles and problems in selected areas of health science which may include: stress management, weight control, environment, smoking cessation, family life education, human diseases, etc. (May be repeated to a total of six hours in different content areas.)

Offered: Resident**HLTH 498 Public Health Senior Seminar 3 Credit Hour(s)****Prerequisite:** HLTH 301 and HLTH 350 and HLTH 444

This course provides students with the opportunity to incorporate and apply the content and competencies of public health into a culminating experience that places emphasis on a research project and presentation.

Offered: Resident

**HLTH 499 Professional Internship in Health Promotion 1-12 Credit
Hour(s)**

Prerequisite: HLTH 452 and HLTH 453

Practical work experience in an approved health agency, supervised by a qualified health specialist. Applications are processed through the department Faculty Intern Advisor. Applicants must apply the semester prior to starting the internship.

Registration Restrictions: Consent of instructor; required cumulative GPA of 2.35; HLTH 452 and 453; CPR/First Aid Certification; Junior or Senior status

Offered: Resident