

Health Studies (HS)

KINESIOLOGY AND HEALTH STUDIES

Head of the Department: Professor Watts

Professors: Baker, Kraemer, Lee, McGehee, Neal

Associate Professors: Acevedo, Ashy, Fellom, Gibson,
Tryniecki,

Walkwitz

Assistant Professors: Gillan, Harper, Hebert, Naquin,
Shim,

Synovitz

Instructors: Brewer, Daigle, Jacobsen, Lew,
Metoyer,

Raymond

The Kinesiology and Health Studies Department recommends that each student obtain a medical examination and be covered by an adequate accident and hospital insurance policy before participating in any of the programs of the department or the University.

HEALTH STUDIES (HS)

131. Emergency Health Care. Credit 2 hours. A course dealing with the cause and prevention of accident; the acquisition of sufficient knowledge to determine the nature and extent of injury; and sufficient skill to administer proper first aid. Includes a study of the American Red Cross program and the American Medical Association Medical Self-Help Training Course.

132. Personal Health. Credit 2 hours. A survey course covering various aspects of physical, mental, and social well-being. Attempts to create greater appreciation and understanding of individual health principles which should be reflected in a more intelligent self-directed health behavior.

151. Weight Control Practicum I. Credit 1 hour. Prerequisite: Permission of the Department. Involves the practical application of weight control theory and exercise. A course designed for those with weight problems. Cannot be used for major or minor.

152. Weight Control Practicum II. Credit 1 hour. Prerequisite: Permission of the Department. Involves the practical application of weight control theory and exercise. A course designed for those with weight problems. Cannot be used for major or minor.

162. Drugs and Society. Credit 3 hours. Students will know the incidence of drug use and abuse in society, pharmacology of selected drugs and principles of altering one's state of consciousness; will know where they stand as to their own drug use, be able to communicate attitudes about drugs; explore alternatives to substance abuse, and approaches to prevention and community resource.

182. Community Health. Credit 2 hours. Prerequisite: HS 132. A course concerned with the important aspects of human ecology and conservation of human resources, environmental health, disease prevention and control, and community health resources available to the population. Emphasis is placed upon major health problems of college years and early adulthood.

231. Infant and Child Emergency Health Care. Credit 2 hour. A course designed to focus on preventive safety measures and the management of crisis situations applicable to the infant and child. Emphasis will be placed on infant and child first aid, choking, CPR, injury and infection prevention, common childhood illnesses and infant and child abuse.

251. Health and Human Sexuality-Contemporary Perspectives. Credit 3 hours. Emphasis will be placed on the relationship between personal health and human sexuality. The understanding of human sexuality through self-awareness, value clarification and decision-making will also be a concern. Students will be encouraged to reflect critically upon their feelings and attitudes toward their own sexuality and the sexuality of others in their cultural setting.

320. Principles of Health Education. Credit 3 hours. Prerequisite: H.S. 132, Junior standing and permission of Department Head. An exploration of the knowledge and skills required for effective professional health education practice. Includes an introduction to current theory, and concept; methods of assessing, planning, implementing, and evaluating programs; ethical issues; plus professional competence and credentialing.

332. The Health Education Program in the Elementary School. Credit 2 hours. Prerequisite: HS 132. A course designed primarily for elementary majors. Consideration is given to the many aspects of health services, health instruction and health environment.

341. Emergency Health Care for the Athletic Trainer. Credit 3 hours. The purpose of this course is to provide the athletic trainer with the knowledge necessary to help sustain life, reduce pain, and minimize the consequences of sudden injury or illnesses of the physically active individual.

344. Emergency Health Care for the Athletic Trainer Lab. Credit 3 hours. Prerequisites: Formal acceptance into the athletic training curriculum and concurrent enrollment in KIN 341. The purpose of this course is to provide the athletic trainer with the skills necessary in order to sustain life, reduce pain, and minimize the consequences of sudden injury or illness of the physically active individual. Nine hours of laboratory a week.

355. Medical Aspects of Sports Related Injuries/Illnesses I. Credit 3 hours. Prerequisites: MIC

223/224, ZOO 250/252, & ZOO 251/253 and approval of Department Head. Focuses on the identification and treatment of medical conditions of the respiratory, gastrointestinal, cardiovascular, and integumentary system associated with the physically active individual. Emphasis is given on what role the athletic trainer has in the assessment and treatment of these conditions as directed by a team physician.

366. Medical Aspects of Sports Related Injuries/Illnesses II. Credit 3 hours. Prerequisites: MIC 223/224, ZOO 250/252, & ZOO 251/253 and approval of Department Head. Focuses on the identification and treatment of medical conditions of the nervous, urinary, endocrine, and reproductive systems associated with the physically active individual. Emphasis is given on what role the athletic trainer has in the assessment and treatment of these conditions as directed by a team physician.

372. Introduction to Public Health. Credit 2 hours. Philosophy, organization, and functions of federal, state, and local, official and voluntary public health agencies. Individual identification and study of current problems in public health education.

382. Family Health and Sex Education. Credit 2 hours. This course is concerned with the basic information regarding the physical, psychological, social and comparative cultural aspects of family health, sexual behavior, and sex education. The development and adjustment needs of children and adults during the course of maturing and aging are studied; consideration is given to the family health and sex education program in schools.

401. Health Instruction. Credit 3 hours. Prerequisite: HS 131 and 132. Consideration is given to elementary and secondary school as well as adult content selection; implementation, and evaluation procedures. Includes preparation and presentation of selected health topics. Teaching strategies and basic principles of health education are emphasized.

410. Practicum in Health/Fitness Promotion. Credit 3-12 hours. Prerequisites: Senior standing, 2.00 adjusted GPA, HS 453 and 454, Kinesiology 392/393 and permission of Department Head. During the senior year, all students in health/fitness promotion will be given actual practice in the field.

421. Instructor's Course in First Aid. Credit 2 hours. Prerequisite: HS 131. A course designed to certify students for the Red Cross standard, advanced, and instructor's certificates in first aid. One hour lecture and two hours laboratory a week.

451. Health Problems of the Aging and Aged. Credit 3 hours. Students will examine the psychological, physiological and socio-economic aspects of aging; sexuality; death, dying, and bereavement; self-actualization and creativity; health needs and crisis; and medical-care programs.

452. Health and Stress. Credit 3 hours. Students will explore health problems related to stress and tension through analysis of causative and psycho-social stresses and intervening physiological mechanism. Particular emphasis is placed on prevention and control of stress through techniques such as exercise, neuro-muscular relaxation, biofeedback, and meditation.

453. Health Assessment and Promotion. Credit 3 hours. Prerequisite: HS 132. An examination of the cause, identification and control of selected lifestyle diseases. Emphasis is placed on risk factor assessment and health screening methodologies.

454. Health Behavior Change. Credit 3 hours. Prerequisite: Junior standing. Students will explore and apply principles of modifying health behaviors on an individual, group, and community level for the prevention of health problems or the adoption of healthy lifestyles. Partial emphasis is placed on improving student competency in communication, decision making and counseling skills for assisting others in confronting personal health concerns.

461. The School Health Program. Credit 3 hours. Prerequisites: HS 131, 132 and Junior standing. A study of administrative policies, procedures and principles essential to the development and implementation of a comprehensive school health program.

462. Health Seminar. Credit 3 hours. Prerequisite: Junior standing. Course identified by description each semester offered. An in-depth study of assigned topics will be required.

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601 [501]. Statistical Methods in Health Studies. Credit 3 hours. Special parametric and non-parametric statistics applicable to research techniques in health studies.

603 [503]. Contemporary Problems and Issues in Health. Credit 3 hours. Identification and study of current problems and issues in health and health education. Extensive reading and critical analysis of literature required.

606 [506]. Introduction to Research. Credit 3 hours. Prerequisite: HS 601. Principles, procedures, and techniques of research with an intensive survey of current scientific investigations in the areas of health. Special attention is given to practical application.

607 [507]. Research Designs. Credit 3 hours. Simple and complex research designs with emphasis on the selection of a hypothesis and a corresponding sampling and research design that will permit effective inference.

618 [518]. School Health Services. Credit 3 hours. Development, maintenance and protection of the health of students including appraisals, screening, communicable disease control, emergency care, school health records, health counseling, follow-up, health of school personnel, legal aspects and special services.

623 [523]. Drug Education Seminar. Credit 3 hours. A study of the overall drug use and abuse in our society especially among youth, an investigation and experimentation in interpersonal skills and communication interaction techniques within the classroom and community, and use of values-clarification techniques in drug education.

624. Health Counseling. Credit 3 hours. To provide health care providers, educators and counselors the opportunity to develop skills and knowledge to advise students and clients confronted with personal health concerns.

625. Human Sexuality. Credit 3 hours. Identify and critically analyze current research and educational practices in selected areas of human sexual identify and expression.

626. Health Aspects of Aging, Death and Dying. Credit 3 hours. Students will examine the physiological, psychological, and socio-economic aspects of aging, death and dying. Special consideration will be given to health needs and crisis, medical-care programs, wellness lifestyles, self-actualization and creativity, death, dying, and bereavement.

627. Current Health Practices and Preventive Medicine. Credit 3 hours. This course will apply unified concepts of health and disease, including the body, mind and spirit, to a sound philosophy of the personal obligation to preserve one's own health; examine holistic approaches to health care and delivery and health behavior by addressing the biological, psycho-social, and environmental factors which emphasize the prevention of disease and maintenance of optimum health; analyze the application of wellness programs to business, industrial and educational settings.

628. Health Seminar. May be repeated as topics vary. Credit 3 hours. Course identified by description each semester offered.

629. Health Seminar. May be repeated as topics vary. Credit 3 hours. Course identified by description each semester offered.

632 [532]. Independent Research. Credit 3 hours. Prerequisite: Permission of the Department Head. An in-depth study of an experimental or an analytical nature in health. May be repeated as topics vary. A maximum of 6 hours may be used in a degree plan.

634. Independent Reading. Credit 3 hours. Prerequisite: Permission of the Department Head. Directed study of the professional and research literature in an area of health not covered in other

courses. May be repeated as topics vary. A maximum of six hours may be used in a degree plan.

635. Worksite Health Promotion. Credit 3 hours. An analysis of strategies for planning, implementation, and evaluation of health promotion programs in worksite settings. Topics include: successful worksite models, assessing corporate culture, screening approaches, and legal issues.

636. Nutrition for Health and Physical Performance. Credit 3 hours. Prerequisite: Basic nutrition or consent of Department Head. Principles of nutrient metabolism and their role and function in the maintenance of health and prevention of disease. Development of nutritional plans for specific conditioning, including dietary concerns for those in physical performance programs. Credit may not be received for both Health Studies 636 and Kinesiology 636.

637. Epidemiology of Chronic Disease. Credit 3 hours. Prerequisite: HS/KIN 601 or permission of Department Head. An introduction to the principles and practices of epidemiologic methods used in chronic disease investigations. Selected disease will be examined to clarify the role of epidemiology in understanding disease processes across populations. Specific application will be made concerning the prevention of disease and promotion of behavior change.

638. Program Planning and Evaluation. Credit 3 hours. Analysis of planning models and diagnostic techniques used to design programs in a variety of settings. Emphasis on systematic analysis of needs, establishment of objectives and development of evaluation strategies.

710. Internship in Health Promotion. Credit 3-6 hours. Prerequisite: Permission of the Department Head. A field work experience that provides an opportunity for students to perform all the health promotion activities that a regularly-employed staff member would be expected to perform. The purpose is to prepare professionals with practical skills for promoting health-enhancing strategies in others.

770. Thesis. Credit 1-6 hours each semester, with 6 hours needed for graduation. The student must enroll in the thesis course each semester the thesis is in progress. The thesis is graded Pass-Fail. Prerequisites: HS 601 and 606 or 607.

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