HEALTH AND SAFETY (H&S)

H&S 150 Wellness Lifestyles
3 credits
Health concepts and strategies that affect one's wellness; emphasis on personal responsibility and life-style choices.

H&S 200 (s) Seminar
Credit arranged
H&S 203 (s) Workshop
Credit arranged
H&S 204 (s) Special Topics
Credit arranged

H&S 232 Medical Terminology
2 credits
Introduction to basic concepts of medical terminology and symbols related to medical and allied health professionals.

H&S 245 Introduction to Athletic Injuries
3 credits
Online. Basic prevention, recognition, and immediate care of athletic injuries with application of course material through lab activities.

H&S 289 Drugs in Society
2 credits
Legal implications, values, and physical, social, and emotional factors involved in the use and abuse of drugs in society.

H&S 301 Peer Health Education
Credit arranged
This course prepares students to inform, educate, intervene and assist their campus peers to make healthy lifestyle choices. Upon completion of the course and Certified Peer Health Educator (CPE) test, students become a CPE with the Bacchus Network. Students meet once a week for 2 hours in class.

H&S 328 Community Health: Theory, Systems, and Practice
3 credits
This course examines concepts of community and public health history, philosophy, theory, science, and practice. Community health is presented as an interdisciplinary and interactive system organized to promote and protect health, prevent disease, and eliminate health disparities. It also addresses professional competencies, standards, and the important role of community health in the health care system.

H&S 350 Stress Management and Mental Health
2 credits
Application of behavioral stress management techniques that have the potential to relieve mental and physical stress; emphasis on development of skills related to mental and physical health.

H&S 400 (s) Seminar
Credit arranged
H&S 403 (s) Workshop
Credit arranged
H&S 404 (s) Special Topics
Credit arranged

H&S 423 Health Education Methods
3 credits
Joint-listed with H&S 523
Curriculum design, planning and instruction, methods and strategies, and resource materials for teaching health in school and community settings. Additional work required for graduate credit.

H&S 450 Critical Health Issues
3 credits
Provides a sampling of information that represents the current and projected trends in health; students will gain an understanding of broad public health issues and what strategies would be useful to address these problems.

H&S 451 Psychosocial Determinants of Health
3 credits
Investigates the social, emotional, intellectual, social, and spiritual factors influencing health behaviors. Emphasis is placed on understanding and evaluating the biopsychosocial model and the interrelation between one's physical, psychological, and social well being.

H&S 490 Health Promotion
3 credits
Examines the philosophical, ethical and theoretical foundations of the professional practice of health promotion in school, community, and work site settings, as well as in health promotion consultant activities. Emphasis will be placed on facilitating prepared units/lessons to respective target populations such as students, employees, patients, or community members. (Spring only)

H&S 498 (s) Internship
1-9 credits
Supervised field work.

H&S 499 (s) Directed Study
Credit arranged
H&S 501 (s) Seminar
Credit arranged
H&S 502 (s) Directed Studies
Credit arranged
H&S 503 (s) Workshop
Credit arranged
H&S 504 (s) Special Topics
Credit arranged
H&S 505 (s) Professional Development
Credit arranged
Credit earned in this course will not be accepted toward graduate degree programs.

Prereq: Permission
H&S 523 School Health Education Methods and Administration
3 credits
Joint-listed with H&S 423. Curriculum design, organization and administration, methods and strategies, and resource materials for teaching health in school health settings. Team leadership project and activity required for graduate credit. (Fall only)
Prereq: H&S 150 or MVSC 201

H&S 597 (s) Practicum
1-3 credits

H&S 599 (s) Research
Credit arranged