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
Intro to basic concepts of medical terminology and symbols related to medical and allied health professionals.

H&S 245 Introduction to Athletic Injuries
3 credits
Special fee course. Athletic training; recognition, evaluation, general care of athletic injuries; adhesive strapping. Two lec and one lab a wk.

H&S 288 First Aid: Emergency Response
2 credits
Emergency care of injuries form accidents or illness; patient assessment and First Aid Treatment. Basics of human anatomy, chronic and environmental diseases. Qualified students may earn a CPR/AED and First Aid certification. Lab fee required. One lecture and 1.15 lab per week.

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 299 (s) Directed Study
Credit arranged.

H&S 301 Peer Health Education
2 credits
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 390 Athletic Training High School Clinical Experience
1 credit
Guided observation, supervised instruction, and comprehensive team and independent teaching in high school athletic training setting. Emphasis is on supervised clinical orthopedic/general medical conditions and disabilities, injuries and illnesses. Students receive supervised clinical experience in Athletic Training under the supervision of NATA Certified Athletic Trainers.

Prereq: Permission.

H&S 391 Athletic Training Sports Medicine Clinical Experience
1 credit
Guided observation, supervised instruction, and comprehensive team and independent teaching in a sports medicine clinical setting. Emphasis is on evaluation and rehabilitation of clinical orthopedic conditions (injuries and disabilities). Students receive supervised clinical experience in Athletic Training under the supervision of NATA Certified Athletic Trainers, Physical Therapists and Exercise Physiologists.

Prereq: Permission.

H&S 392 Athletic Training General Medical & Orthopedic Clinical Experience
1 credit
Guided observation, supervised instruction, and comprehensive team and independent teaching in a medical practice setting. Emphasis is on supervised clinical orthopedic/general medical conditions and disabilities, injuries and illnesses. Students receive supervised clinical experience in Athletic Training under the supervision of NATA Certified Athletic Trainers, Physicians, Physician Assistants, and Nurses.

Prereq: Permission.

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.

Prereq: H&S 150 or MVSC 201, EDCI 201, and acceptance into teacher preparation.

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.

Prereq: BIOL 120 and BIOL 121; or MVSC 201.

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.

Prereq: MVSC 201.
H&S 455 Design & Analysis of Research in Movement Sciences
3 credits
Cross-listed with PEP 455 and REC 455
This course is designed to survey the basic types of research methods often found in exercise science and health; and recreation. A variety of research designs and computerized statistical analyses are studied to help students understand the systematic nature of problem solving. Various research problems as they relate to exercise science and health; and recreation are discussed for the purpose of identifying the broad and diverse nature of research in the movement, leisure, and health professions. (Spring only)
Prereq: Junior or Senior standing.

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)
Prereq: H&S 450 or Permission.

H&S 495 (s) Practicum
1 credit, max arranged
Tutorial services performed by advanced students under faculty supervision. Graded P/F.
Prereq: Permission.

H&S 498 (s) Internship
1-9 credits
Supervised field work.
Prereq: REC 445 and Senior standing.

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 grad 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.