

HEALTH (HLTH)

Courses

HLTH-101 INTRODUCTION TO HEALTH PROFESSIONS 1 Credit

This course is for students interested in prospective health professions. It will explore the various health-related programs at LCSC and develop successful study habits for science-related curriculum.

HLTH-215 ELEMENTARY HEALTH SCIENCE/METHODS 3 Credits

A course for teachers. Topics include wellness, fitness, nutrition, weight control, human sexuality, disease prevention, substance use and abuse, injury prevention and emergency care, environmental health, consumerism, mental and emotional wellness. Writing integrated. Fee required.

HLTH-245 DEATH AND DYING 1 Credit

Trends and patterns in death and dying including cross-cultural and historical perspectives, death in popular culture, demography of death, grief and bereavement, dying patient's perspectives and ethical dilemmas.

HLTH-246 HUMAN SEXUALITY 1 Credit

An overview of biological, behavioral and cultural aspects of human sexuality including study of gender, sexually transmitted diseases, pregnancy and sexual dysfunction.

HLTH-247 STRESS MANAGEMENT 1 Credit

Reviews the physical, social and psychological aspects of the human stress response. Provides students with an increased personal awareness of their own stress and a practical application of relaxation and stress reduction techniques.

HLTH-248 BEHAVIOR CHANGE 1 Credit

This course provides a comprehensive overview of behavior change as it relates to public and personal health. The course includes content on lifestyle change and prevention and chronic disease management, with a focus on specific behaviors (i.e. diet and nutrition, tobacco use) and chronic illness (i.e. diabetes, heart disease). This course will introduce students to the various theoretical models of health behavior change and how they relate to both individuals and diverse communities. Barriers and facilitators of lifestyle change and disease management will be covered, as well as the psychosocial predictors of behavior. Health related behavior change strategies including, but not limited to, topics such as physical activity, nutrition, stress reduction, tobacco cessation and obesity will all be addressed. The course will also include an introduction to the science behind multiple-risk behavior change and other future directions of the emerging field of health behavior change.

HLTH-253 NUTRITION 3 Credits

Principles of life span nutrition. Includes study of nutritional needs during exercise and the influence social, economical, and ethnic factors play in dietary habits and attitudes. Pre-requisite: ENGL-101 or appropriate placement score and MATH-025 or appropriate placement score.

HLTH-272 FITNESS AND WELLNESS 3 Credits

Provides students with skills and knowledge to practice health-enhancing behaviors and reduce health risks to themselves and others. Focuses on holistic health, exercise, nutrition, substance use and abuse, stress management, posture, care of the back and neck, prevention of cancer and sexually transmitted diseases. Students will use goal-setting and decision-making skills that enhance health. Lecture and participation in physical activity. Cross-listed with KIN-272.

HLTH-290 DIRECTED STUDY IN HEALTH 1-12 Credits

HLTH-291 WORKSHOP IN HEALTH 1-12 Credits

HLTH-292 SPECIAL TOPICS IN HEALTH 1-12 Credits

HLTH-295 PRACTICUM IN HEALTH 1-12 Credits

HLTH-299 RESEARCH ASSISTANTSHIP 1-12 Credits

HLTH-342 COMMUNITY HEALTH 3 Credits

An overview of health in world communities. Topics include diseases, environmental health, consumer health, school and workplace health, public health policy, global organizations and issues. Students will learn how to access valid health-enhancing products and services.

HLTH-343 SPORT NUTRITION 3 Credits

Nutritional parameters of athletic and fitness performance covered will include intervention planning, energy production, the energy nutrients, vitamins and minerals, principles of balanced diets, timing and composition of intakes, hydration, weight management strategies, and nutritional needs for special situations. Pre-requisite: HLTH-253.

HLTH-352 TECHNOLOGIES FOR HEALTH AND WELLNESS PROFESSIONALS 3 Credits

Strategies and skills for the development, utilization and evaluation of instructional media for program administration, health promotion and teaching in health clubs, corporations, youth organizations, public health, and schools. Fee required.

HLTH-354 ADDICTION AND PERFORMANCE 2 Credits

Drug use and abuse is perhaps the biggest challenge facing sport today. However, in the eye of the storm of public and press opinion and with medals and morals at stake, it can be difficult to gain a clear perspective on this complex issue. This course will explore the hard science behind drug use in sport as well as the ethical, social, political and administrative context. Key topics include: Mode of action and side effects of each major class of drugs used in sport Cutting edge issues such as gene doping and athlete biological passports Latest doping control regulations of the WADA Issues surrounding non-prohibited substances and ergogenic aids in supplements Assessment of the prevalence of drug taking in sport.

HLTH-390 DIRECTED STUDY IN HEALTH 1-12 Credits

HLTH-391 WORKSHOP IN HEALTH 1-12 Credits

HLTH-392 SPECIAL TOPICS IN HEALTH 1-12 Credits

HLTH-395 PRACTICUM IN HEALTH 1-12 Credits

HLTH-399 RESEARCH ASSISTANSHIP 1-12 Credits

Graded P/F only.

HLTH-453 HEALTH PROMOTION 3 Credits

This course covers the design, implementation and evaluation of personal, worksite, school and community health promotion programs with a focus on social health marketing. The course explores methods used in both health promotion and health education that is purposely designed to guide individuals and groups toward a healthier lifestyle. Health Promotion will introduce students on the methods and strategies needed to facilitate support groups, select presentation methods, develop effective presentations, develop and select print materials and how to work with media at both the individual and community level. This course will also teach students how to develop the professionalism skills needed today to be a successful health educator or health promotion specialist. At the conclusion of this course students will be able to effectively communicate health education messages and positively influence the norms and behaviors of both individuals and communities in todays multicultural society.

HLTH-454 WELLNESS COACHING 2 Credits

In this course, students will learn to implement theory-based Wellness Coaching strategies to promote and motivate positive psychology and behavior changes that can be used by corporations, clinicians, worksite settings and personal Coaches. Skills learned in this course are versatile and can be used by counselors or individuals interested in life, health, fitness or wellness coaching.

HLTH-490 DIRECTED STUDY IN HEALTH 1-12 Credits

HLTH-491 WORKSHOP IN HEALTH 1-12 Credits

HLTH-492 SPECIAL TOPICS IN HEALTH 1-12 Credits

HLTH-494 INTERNSHIP IN HEALTH 1-12 Credits

Application of advanced coursework, skills and knowledge to a supervised, practical experience in Kinesiology, Sports Administration, Coaching, Physical Education, Sports Medicine, Physical/Occupational Therapy, Fitness and Wellness. Pre-requisite: Instructor's permission.

HLTH-495 PRACTICUM IN HEALTH 1-12 Credits

HLTH-499 RESEARCH PROJECT AND SEMINAR IN HEALTH 1-12 Credits