

# HLTH COURSES

Opposite each course title are three numbers such as 3-2-4. The first number indicates the number of regular classroom hours for the course each week; the second number indicates the number of laboratory hours per week; and the third number indicates the hours of credit awarded for the successful completion of the course. Listed in parentheses at the end of each course description is the term(s) that the course is normally offered. F=Fall, S=Spring, and M=Summer.

The college reserves the right to cancel or delete any course with insufficient enrollment.

## Courses

### **HLTH 1030. Health and Wellness Concepts. 1-0-1 Unit.**

Introduces personal responsibility for health and wellness and provides information and strategies that can be adopted. Covers topics such as wellness assessment, self-managed behavior, physical fitness, nutrition, weight control, stress management. This course does not satisfy the physical activity requirement.

Prerequisites: READ 0098, unless exempt.

### **HLTH 2500. Interpersonal Health/Relations. 3-0-3 Units.**

Examines the research on developing and maintaining healthy interpersonal relationships. Emphasis will be placed on promoting positive interactions and productive versus non-productive conflict management.

### **HLTH 3001. Personal Health and Wellness. 3-0-3 Units.**

Explores specific topics which promote healthy proactive lifestyles. Each topic covered includes applied skills for making positive lifestyle choices. Focus topics and skills are: exploring the various dimensions of wellness, eliminating self-defeating behaviors, and designing and implementing a personal wellness plan.

### **HLTH 3005. Responding to Emergencies. 3-0-3 Units.**

This course is directed towards those seeking advanced first aid training for schools and communities. It offers American Red Cross certification in CPR for the Professional Rescuer, First Aid and Automated External Defibrillation. This course can train and certify students majoring in various health care, education, criminal justice and general studies curriculums. Also offered as an elective for the minor in Health and Wellness program.

### **HLTH 3250. Careers in Health and Wellness. 3-0-3 Units.**

Examines career opportunities for health and wellness majors. Topics include an examination of the health and wellness major, preparation for employment with a focus on the skills employers seek, developing the skills necessary for obtaining employment, and enhancing marketability. Students will complete career inventories and guest speakers from the health professions in the community will be invited to share information about their careers, work experiences, and hiring preferences.

### **HLTH 3500. Health Aspects/Human Sexuality. 3-0-3 Units.**

Examines health issues associated with sex roles, values, gender, sexual orientation, sexual behavior, sexual problems and other issues related to sexual behavior and sexuality. Pre-requisite: HLTH 2500 Interpersonal Health and Relationships

### **HLTH 3750. Nutrition, Hlthy Eat & Wt Maint. 3-0-3 Units.**

Principles of nutrition, diet therapy and knowledge of food preparation. Course includes the basic nutrients necessary for human health, digestion and absorption of key nutrients, relationship between nutrition and physical fitness for weight management, food safety and sanitation, nutrition needs as related to the life cycle and health conditions, disorders and diseases related to nutrition. Pre-requisite: HLTH 3001, Personal Health and Wellness.

### **HLTH 4001. Coping/Stress Mgt/Life Satisf. 3-0-3 Units.**

Provides a holistic approach overviewing the basic principles, theories, and techniques for effectively coping with and managing personal stress. Emphasis will be placed on prevention of stress and application of the research on coping and life satisfaction.

### **HLTH 4100. Motivation Health Behav Change. 3-0-3 Units.**

Provides an introduction to the study of health behavior change. Theoretical models for behavior change will be explored and applied. Emphasis will be placed on application of theory for the enhancement of community health and for individual well-being.

### **HLTH 4150. Exercise Physiology. 3-0-3 Units.**

The purpose of this course is to increase the student's knowledge and understanding about human physiology and the adaptations that occur during exercise. Exercise physiology is a branch of physiology that deals with the functioning of the human body during exercise. An understanding of how the body responds to acute and chronic exercise is crucial for the physical educator, athletic trainer, coach, fitness expert, or exercise physiologist. Emphasis is placed on bioenergetics as well as circulatory, respiratory and neuromuscular responses to the physical stress of exercise. Also discussed are the effects of environmental factors and ergogenic aids on athletic performance. Prerequisite: HLTH 3001

### **HLTH 4250. Core Concepts & Iss in Fitness. 3-0-3 Units.**

An introduction to basic scientific knowledge and practical experience in the principles, assessment, and development of total well-being through health-related physical fitness and lifestyle management techniques. Major topics will include: cardiovascular endurance, muscular endurance, muscular strength, flexibility, body composition, and nutrition. Pre-requisite: HLTH 3001 – Personal Health and Wellness

### **HLTH 4300. Community Health. 3-0-3 Units.**

Provides an introduction to community health. Students will develop an understanding of historical and theoretical foundations of community health and major societal health concerns; explore community health models and programs used to address these concerns; and examine racial/ethnic, cultural, and social determinants of health. This course will also provide an introduction to public health program planning and evaluation in the context of community health providing a review of factors that influence as well as improve the health of communities. Prerequisites: HLTH 4100, Motivation Health Behavior Change.

### **HLTH 4350. Pers Fitness/Training PrepCert. 3-0-3 Units.**

This course will enable the student to test and evaluate individuals and to prescribe effective exercise programs tailored to their needs based on the latest research evidence. Clinically proven behavioral strategies for motivating clients to engage in fitness activities and preparation for certification will be emphasized. Prerequisites: HLTH 4100, HLTH 4250

**HLTH 4400. Coaching Health Behavior Chang. 3-0-3 Units.**

This course is designed to teach students how to coach individuals and groups in changing their health behaviors. Students will be introduced to the principles of health coaching, incorporating health education and risk management. Theory and evidence-based practices will be applied. Emphasis will be placed on how to provide a behavioral framework for lifestyle changes of clients that will reduce clients' risk of chronic disease. Students will learn how to design health promotion and maintenance plans targeted for client' health behaviors and risk factors. Prerequisites: HLTH 4100

**HLTH 4500. Special Topics Health/Wellness. 3-0-3 Units.**

This course will address Special Topics: Films on Health and Wellness Issues.

**HLTH 4700. Health Promotion & Program Mgt. 3-0-3 Units.**

Introduction and practical application of theory to health promotion program planning, including developing a needs assessment, developing a program plan, designing intervention activities, program implementation and evaluation. Pre/Co-requisite:HLTH 4400

**HLTH 4750. Coaching & Leadership. 3-0-3 Units.**

The course provides an overview of the concepts that are essential in the preparation of sport coaches. Students will evaluate the current theoretical perspectives in the field of sport psychology and critically evaluate the current research in coaching sports. Topics include developing a coaching philosophy, evaluating theories in motivation, understanding team dynamics, communicating effectively, and improving player performance. Pre-requisite: HLTH 4250 – Core Concepts and Issues in Fitness

**HLTH 4850. Sr. Sem Capstone in Hlth&Welln. 3-0-3 Units.**

This course is the capstone experience for students completing the program requirements for the Bachelor of Science in Health and Wellness. Course topics include trends in health and wellness, professional ethics, diversity issues, marketplace needs, and employment strategies.

Prerequisites: senior status as a Health and Wellness major.

**HLTH 4900. Practicum/Internship Hlth&Well. 0-0-3-6 Units.**

Practicum experiences may be completed in selected health care work environments: public health departments, clinics, hospitals, not-for-profit organizations, community, or commercial settings. The practicum is a supervised experience in several role specialization areas. The general purpose of the practicum is to give students an opportunity to implement the theories and principles acquired in class, develop professional competencies, and to experience diverse working situations. The practicum implies a team relationship among the student, the cooperating administrator and the college practicum supervisor. Pre-requisite: senior status as a Health and Wellness major

**HLTH 4950. Personal Training Field Pract. 3-0-3 Units.**

The general purpose of the personal training field experience practicum is to give students an opportunity to implement the theories and principles acquired in classes and develop professional competencies, in an applied exercise science work environment. The practicum implies a team relationship among the student, the cooperating administrator and the college practicum supervisor. Prerequisite: HLTH 4350