

# HEALTH AND WELLNESS

## Minor

A minor must contain 15 to 18 semester hours of coursework, including at least 9 hours of upper-division courses at the 3000-4000 level. Courses taken to satisfy Core Areas A through E may not be counted toward completion of the minor, but courses taken in Core Area F may be used to fulfill minor requirements. A minor in Health & Wellness must include 15 credit hours of Health & Wellness course work, with at least 9 hours at the 3000-level or above.

HLTH 2500	Interpersonal Health/Relations	3
Choose twelve credit hours of 3000-4000 level HLTH classes		12
HLTH 3000	Coping/Stress Mgt/Life Satisf	
HLTH 3001	Personal Health and Wellness	
HLTH 3005	Responding to Emergencies	
HLTH 3250	Careers in Health and Wellness	
HLTH 3500	Health Aspects/Human Sexuality	
HLTH 3750	Nutrition, Hlthy Eat & Wt Maint	
HLTH 4000	Motiv Aspects of Hlth Beh Chng	
HLTH 4001	Coping/Stress Mgt/Life Satisf	
HLTH 4100	Motivation Health Behav Change	
HLTH 4250	Core Concepts & Iss in Fitness	
HLTH 4300	Community Health	
HLTH 4500	Special Topics Health/Wellness	
HLTH 4750	Coaching & Leadership	
Total Hours		15

## 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 2000. Personal Health & 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 2005. 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 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 3000. 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 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 4000. Motiv Aspects of Hlth Beh Chng. 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 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 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. Pre-requisite: HLTH 4100 – Motivation for Health Behavior Change

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

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

**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. Pre-requisite: 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