

HEALTH (HLTH)

HLTH 100 Personal Health & Wellness Credits: 2

This course is designed to provide students with the knowledge, tools, and motivation to take charge of their wellness-related behavior. The presentation of a multidimensional concept of wellness provides the student with the knowledge necessary for a lifestyle based on good choices and healthy behaviors which maximize the quality of life.

Fall: Department Discretion **Spring:** All Years **Summer** Department Discretion

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000827/>)

HLTH 110 First Aid and Safety/CPR Credits: 2

Trauma prevention study and medically approved application techniques of administering emergency care in case of trauma due to accidents or sudden illness.

Fall: All Years **Spring:** All Years **Summer** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000828/>)

HLTH 225 Alcohol, Narcotics, & Tobacco Credits: 2

This course is designed to introduce the student to pertinent topics associated with the area of drug use and abuse. The discussion and materials presented will focus on the physical, psychological, and sociological aspects of the subject.

Spring: All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000833/>)

HLTH 290 Wellness, Safety, & Nutrition from Birth to Grade 3 Credits: 3

This course is designed to provide the student with an overview of health, safety, and nutritional issues of the child from birth to grade three in preparation for a profession of working with children. The prenatal environment and its impact on the health of the individual will be given great emphasis.

Fall: All Years **Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00001493/>)

HLTH 292 Honors Credit in Health Credits: 1-4

An independent study course designed primarily for Honors Program students. This course allows more in-depth or comprehensive study or research by honors students.

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000837/>)

HLTH 340 School Health and Human Sexuality Credits: 3

This course provides the student with an overview of the health educators role in the healthy development of youth and the Comprehensive School Health Program. Included is an examination of how to promote healthy choices to enhance health, safety, prevent injuries, and prevent alcohol/drug abuse. This course also provides an overview of the biological, sociological, environmental, and psychological issues related to the science of human sexuality. Addressed are principles for teaching sex education in this controversial area. Instructional goals, objectives, and strategies that are age appropriate for K-12 students of health education curriculum are included. Students plan health education lessons for use with a specific grade level.

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00182839/>)

HLTH 370 Community Health and Health Promotion Credits: 3

This course introduces the student to the concepts of community health and health promotion. Public health principles are applied to health promotion, risk reduction, and disease prevention needs of learners, families, and communities. Epidemiology, health promotion, health agencies/organizations, organizing the community, populations, and the School Health Program are key areas of focus.

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00182840/>)

HLTH 491 Elementary School Health Education Credits: 2

The Elementary School Health Education course explores the science of health and art of teaching health. The course will focus on health content, with a special emphasis on drug education. The course will also focus on the development of social skills in the context of health education. Students will gain knowledge and understanding to formulate appropriate teaching strategies in order to promote healthy behavior and reduce risky behaviors of the elementary school student.

Pre-Requisite : ED 101 OR EDFN 201 and sophomore status.

Fall: All Years **Spring:** All Years

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002277/>)

HLTH 492 Organization and Application of Health Education:

5-12 Credits: 3

This course explores the science of health and the application of the science in the classroom. The student will acquire knowledge in health content and social skills (goal setting, decision making, and interpersonal skills) in order to promote positive healthy behaviors in students of 5-12 level. Admission to Teacher Education program required.

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00002276/>)

HLTH 494 Independent Study Credits: 1-4

Independent study and research within the health and wellness area.

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000843/>)

HLTH 496 Workshop in Health Credits: 1-4

To provide health credit for workshops in area.

Course Outline (<https://eservices.minnstate.edu/registration/rest/rcld/0075/curricld/00000844/>)