HEALTH (HLTH)

HLTH Courses

HLTH 101. Orientation to Public Health. 1 unit
CR/NC
Term Typically Offered: F, W
Prerequisite: Public Health majors only.
Orientation to the public health discipline. Advising, introduction to the faculty, department and campus resources to facilitate student success; extracurricular and research opportunities, careers and current topics in public health. Credit/No Credit grading only. 1 lecture.

HLTH 201. Introductory Undergraduate Research. 1-2 units
Term Typically Offered: F, W, SP
Introduction to individual research, studies, or surveys of selected problems. Intended for students in Kinesiology and in Public Health. Total credit limited to 6 units, with a maximum of 2 units per quarter. Crosslisted as HLTH/KINE 201.

HLTH 250. Healthy Living. 4 units
GE Area D4; GE Area E
Term Typically Offered: F, W, SP
Personal health with emphasis on healthful behavioral practices including physical fitness, nutrition, psychosocial well-being, alcohol and other drugs, intentional and unintentional injury, reproductive health, infectious and non-infectious diseases. Not open to students with credit in HLTH/KINE 255 or Liberal Studies majors. Course may be offered in classroom-based or online format. 4 lectures. Crosslisted as HLTH/KINE 250. Fulfills GE Area D4 or GE Area E.

HLTH 255. Personal Health: A Multicultural Approach. 4 units
GE Area D4; GE Area E; USCP
Term Typically Offered: F, W, SP
Personal health with special emphasis on multicultural practices. Not open to students with credit in HLTH/KINE 250. Course may be offered in classroom-based or online format. 4 lectures. Crosslisted as HLTH/KINE 255. Fulfills GE Area D4 or GE Area E; and USCP.

HLTH 260. Women’s Health Issues. 4 units
GE Area D4; GE Area E; USCP
Term Typically Offered: F, W, SP
Introduction to major health issues that affect women disproportionately or differently from men. Topics include female sexual health and reproduction, exercise and eating behaviors, substance abuse, mental health and stress, and violence against women. Course may be offered in classroom-based or online format. 4 lectures. Crosslisted as HLTH/KINE 260. Fulfills GE Area D4 or GE Area E; and USCP.

HLTH 265. Introduction to Community and Public Health. 3 units
Term Typically Offered: F, W, SP
Prerequisite: one of the following: HLTH/KINE 250, HLTH/KINE 255, or HLTH/KINE 260. Recommended: HLTH 101.
Introduction to community health and the core functions of public health. Social-ecological, behavioral, and policy influences on community and population health. Health promotion in community/public health settings. 3 lectures. Crosslisted as HLTH/KINE 265.

HLTH 280. Assessment Team for Health Promotion Activities. 1 unit
CR/NC
Term Typically Offered: F, W, SP
Prerequisite: HLTH/KINE 250, HLTH/KINE 255, or HLTH/KINE 260. Recommended: KINE 319 and STAT 218.
Introduction to multiple health and fitness assessment protocols through participation in community-based activities and/or as assistants on faculty-led research projects. Experiential and service learning. Total credit limited to 3 units. Credit/No Credit grading only. 1 activity. Crosslisted as HLTH/KINE 280.

HLTH 281. Health Ambassadors. 1 unit
CR/NC
Term Typically Offered: F, W, SP
Prerequisite: HLTH/KINE 250, HLTH/KINE 255, or HLTH/KINE 260. Recommended: FSN 210 and HLTH/KINE 265.
Introduction to health education and promotion strategies through participation in community-based activities and/or as assistants on faculty-led projects. Experiential and service learning. Field trip required. Total credit limited to 3 units. Credit/No Credit grading only. 1 activity. Crosslisted as HLTH/KINE 281.

HLTH 297. Medical Terminology. 3 units
Term Typically Offered: W, SP
Prerequisite: Completion of GE Area B2.
Development of medical vocabulary used in health care occupations, through the study of root words, prefixes, suffixes, and case studies. Pronunciation, spelling, and use of medical terms and abbreviations related to diagnosis, clinical procedures, surgery, and anatomical and physiological systems. Course offered online only. 3 lectures. Crosslisted as HLTH/KINE 297.

HLTH 298. Disease Epidemiology. 4 units
Term Typically Offered: F, W
Prerequisite: HLTH/KINE 265; and STAT 217 or STAT 218. Recommended: MCRO 221 or MCRO 224.

HLTH 299. Behavioral Epidemiology. 4 units
Term Typically Offered: F, W
Prerequisite: HLTH 101; HLTH/KINE 298; and PSY 201 or PSY 202.
Apply epidemiological principles and methods to the study of the distribution and determinants of significant health behaviors; role of behaviors in public health; evidence-based recommendations for public health interventions to promote health behaviors and prevent risk behaviors. 3 lectures, 1 laboratory.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
<th>Term Typically Offered</th>
<th>Prerequisite(s)</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>HLTH 305</td>
<td>Drugs in Society</td>
<td>4</td>
<td>F, W</td>
<td>BIO 231; HLTH/KINE 250; HLTH/KINE 265; HLTH/KINE 298</td>
<td>Crosslisted as HLTH/KINE 440. Recommended: BIO 232.</td>
</tr>
<tr>
<td>HLTH 310</td>
<td>Injury Prevention</td>
<td>3</td>
<td>SP</td>
<td>BIOL 231; and HLTH/KINE 256</td>
<td>Crosslisted as HLTH/KINE 305.</td>
</tr>
<tr>
<td>HLTH 320</td>
<td>Media and Technology in Health Promotion</td>
<td>4</td>
<td>W</td>
<td>Completion of GE Area A with grades of C- or better; KINE 180 or HLTH/KINE 265; HLTH/KINE 250; HLTH/KINE 265; HLTH/KINE 298</td>
<td>Examines potential injuries in workplace, school, home, recreation and transportation settings. Strategies for prevention of unintentional injuries due to sudden and chronic loading on various structures in the human body. 3 lectures.</td>
</tr>
<tr>
<td>HLTH 334</td>
<td>Health Behavior Theory</td>
<td>3</td>
<td>SP, W</td>
<td>HLTH/KINE 298; and KINE 304; and KINE 360</td>
<td>Crosslisted as HLTH/KINE 350.</td>
</tr>
<tr>
<td>HLTH 337</td>
<td>Early Fieldwork Experience</td>
<td>1-3</td>
<td>CR/NC</td>
<td>F, W, W</td>
<td>Practical work experience in related activities of kinesiology under qualified supervision. Total credit limited to 9 units. Credit/No Credit grading only. Minimum of 2 laboratory hours per week per unit. Crosslisted as HLTH/KINE 337. Formerly KINE 437.</td>
</tr>
<tr>
<td>HLTH 400</td>
<td>Special Problems for Advanced Undergraduates</td>
<td>1-3</td>
<td>F, W, W</td>
<td>Junior standing</td>
<td>Individual investigation, research, studies, or surveys of selected problems. Total credit limited to 6 units, with a maximum of 3 units per quarter. Crosslisted as HLTH/KINE 400.</td>
</tr>
</tbody>
</table>
HLTH 443. Health Education for Teachers. 4 units  
Term Typically Offered: F, W, SP  
Prerequisite: Completion of GE Area B2; completion of GE Area D4/E; and junior standing.  
Health status, special concerns and national health objectives for school aged children; coordinated school health programs and Health Framework for CA public schools. Health literacy, nutrition, safety, alcohol, tobacco and other drugs, reproductive health, and chronic disease prevention. 4 lectures. Crosslisted as HLTH/KINE 443.

HLTH 450. Worksite and University Health Promotion Programs. 4 units  
Term Typically Offered: SP  
Prerequisite: one of the following: HLTH/KINE 250; HLTH/KINE 255; or HLTH/KINE 260; and KINE 266 or HLTH 334. Recommended: HLTH/KINE 320.  
Planning, implementing, and evaluating comprehensive worksite/university health promotion (WHP) and campus wellbeing programs. Benefits of WHP for employers and employees. Educational, organizational, economic, and environmental supports for behaviors conducive to health. 4 lectures. Crosslisted as HLTH/KINE 450.

HLTH 453. Obesity Prevention and Treatment. 4 units  
Term Typically Offered: F, W  
Prerequisite: FSN 210 or KINE 451; and one of the following: HLTH/KINE 298, KINE 304, or FSN 310. Recommended: HLTH 405; and one of the following: KINE 266, HLTH 334, or FSN 415.  
Overview of research on the causes and consequences of obesity. Evidence-based prevention and treatment interventions. Emphasis on skills for promoting weight control in multidisciplinary health promotion and public health settings. 3 lectures, 1 activity. Crosslisted as HLTH/KINE 453.

HLTH 460. Experiential Senior Project. 1 unit  
Term Typically Offered: F, W, SP  
Prerequisite: HLTH 402; KINE 320; KINE 434; completion of GE Area A with a grade of C- or better; completion of graduation writing requirement; and senior standing. Recommended: KINE 435.  
Applied and project-based culminating experience in planning, implementing, and evaluating a campus, community, or worksite health promotion program under faculty supervision. Minimum 30 hours. 1 laboratory.

HLTH 461. Senior Project Report. 1 unit  
Term Typically Offered: F, W, SP  
Prerequisite: HLTH 402; KINE 320; KINE 434; completion of GE Area A with a grade of C- or better; completion of graduation writing requirement; and senior standing. Recommended: KINE 435.  
A comprehensive synthesis of professional literature that integrates content from major courses resulting in a report. Topic must be approved by the instructor. Minimum 30 hours time commitment. 1 seminar.

HLTH 462. Research Senior Project. 1-4 units  
Term Typically Offered: F, W, SP  
Prerequisite: HLTH 402; KINE 320; KINE 434; completion of GE Area A with a grade of C- or better; completion of graduation writing requirement; senior standing and consent of instructor. Recommended: KINE 435.  
Completion of an advanced research, or creative project. Results may be submitted for poster presentation or other public/professional forum. Total credit limited to 4 units. 1 to 4 supervision.

HLTH 463. Public Health Internship. 1-3 units  
Term Typically Offered: F, W, SP  
Prerequisite: Senior standing; completion of graduation writing requirement; minimum GPA of 3.0; KINE 434; and KINE 435.  
Practical experience at an approved agency that provides public health promotion programs. Students participate in program administration under the direct supervision of an approved on-site coordinator as a capstone experience. Total credit limited to 3 units. Credit/No Credit grading only. 1 to 3 supervision.