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 activity.

HLTH 250. Healthy Living. 4 units
GE Area D4
Term Typically Offered: F, W, SP
Personal health with special 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. Course may be offered in classroom-based or online format. 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 D4.

HLTH 255. Personal Health: A Multicultural Approach. 4 units
GE Area D4; 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. 4 lectures. Crosslisted as HLTH/KINE 255. Fulfills GE D4 and USCP.

HLTH 260. Women's Health Issues. 4 units
GE Area D4; 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. 4 lectures. Crosslisted as HLTH/KINE 260. Fulfills GE D4 and USCP.

HLTH 265. Introduction to Community and Public Health. 3 units
Term Typically Offered: F, W, SP
Prerequisite: HLTH 101 or KINE 180; and one of the following: HLTH/KINE 250; HLTH/KINE 255; or HLTH/KINE 260.
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: 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: TBD
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
CR/NC
Term Typically Offered: F, 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. Credit/No Credit grading only. 3 lectures. Crosslisted as HLTH/KINE 297.

HLTH 298. Disease Epidemiology. 4 units
Term Typically Offered: F, W, SP
Prerequisite: one of the following: HLTH/KINE 250; HLTH/KINE 255; HLTH/KINE 260; or HLTH/KINE 265. Recommended: BIO 161; MCR 221 or MCR 224; and STAT 217 or STAT 218.

HLTH 299. Behavioral Epidemiology. 4 units
Term Typically Offered: TBD
Prerequisite: KINE 298.
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.

HLTH 305. Drugs in Society. 4 units
Term Typically Offered: F, W
Prerequisite: BIO 231; and one of the following: HLTH/KINE 250; HLTH/KINE 255; HLTH/KINE 260; or HLTH/KINE 443. Recommended: BIO 232.
Social, biological, and psychological factors of the major drugs associated with therapeutic and recreational use and abuse in society. Topics include drug use as a social problem, theories and treatment of addiction, how drugs work, and the detrimental health effects of drug use. Includes both illegal and legal drugs. 4 lectures. Crosslisted as HLTH/KINE 305.
**HLTH 310. Injury Prevention. 3 units**
Term Typically Offered: TBD
Prerequisite: BIO 231; BIO 232; and HLTH/KINE 265.

Examination of 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.

**HLTH 320. Media and Technology in Health Promotion. 4 units**
Term Typically Offered: F, W, SP
Prerequisite: Completion of GE Area A with a grade of C- or better; KINE 180 or HLTH/KINE 265; and one of the following: HLTH/KINE 250; HLTH/KINE 255; or HLTH/KINE 260. Recommended: HLTH 299.

Applications of computers, electronic media and information technology as related to promoting health. Projects include digital videos, professional websites, ePortfolios, and blogs. 3 lectures, 1 laboratory. Crosslisted as HLTH/KINE 320.

**HLTH 334. Health Behavior Theory. 3 units**
Term Typically Offered: TBD
Prerequisite: HLTH 299; and PSY 201 or 202.

Introduction to health behavior theories and models. Examination of effectiveness of theory-based interventions to facilitate behavior change to promote health and prevent disease. 3 lectures.

**HLTH 402. Research Methods in Public Health Settings. 4 units**
Term Typically Offered: TBD
Prerequisite: HLTH 334; and STAT 313.

Quantitative and qualitative research approaches and methods in public health settings, with particular emphasis on social and behavioral sciences. 3 lectures, 1 laboratory.

**HLTH 405. Stress, Health and Chronic Illness. 4 units**
Term Typically Offered: TBD
Prerequisite: BIO 231; BIO 232; HLTH 299 or KINE 304; and HLTH 334 or KINE 266.


**HLTH 410. Global Health. 4 units**
Term Typically Offered: TBD
Prerequisite: HLTH 334.

Application of public health evidence-based approaches to contemporary global health problems. Particular attention to disparities, national and international policies, health systems, and resource availability and utilization. Patterns and determinants of health, disease, and disability at all levels of Bronfenbrenner’s social ecological model. 4 lectures.

**HLTH 434. Health Promotion Program Planning. 4 units**
Term Typically Offered: F, W, SP
Prerequisite: HLTH/KINE 265; HLTH/KINE 298; and KINE 266 or HLTH 334.

Application of methods to facilitate behavior change to promote health and prevent morbidity and mortality. Concepts affecting health behavior, motivation, and decision making. Development of program planning skills in health education and promotion. 3 lectures, 1 laboratory. Crosslisted as HLTH/KINE 434.

**HLTH 435. Health Promotion Program Implementation and Evaluation. 4 units**
Term Typically Offered: SP
Prerequisite: HLTH/KINE 320; and HLTH/KINE 434.

Implementation and evaluation of health promotion programs in school, community, medical, public health, worksite, and college/university settings. Planning the intervention design, implementation and evaluation protocols including process, impact and outcome assessments. 3 lectures, 1 laboratory. Crosslisted as HLTH/KINE 435.

**HLTH 443. Health Education for Teachers. 4 units**
Term Typically Offered: F, W
Prerequisite: Completion of GE Areas B2 and D4; and junior standing.

The health status, special concerns and national health objectives for school aged children. Coordinated school health programs and California Health Framework. Health, nutrition, safety, alcohol, tobacco and other drugs, reproductive health, and chronic disease prevention. Satisfies CTC requirement for credential. 4 lectures. Crosslisted as HLTH/KINE 443.

**HLTH 450. Worksite and University Health Promotion Programs. 4 units**
Term Typically Offered:
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, SP
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.