

HEALTH (HLTH)

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HLTH Courses

HLTH 1101 Introduction to Public Health (3 units)

Term Typically Offered: F, SP

Introduction to the public health discipline with an emphasis on the core functions and essential services. Public health definitions, history, achievements, philosophy, workforce, and infrastructure. Orientation to the Department of Kinesiology and Public Health, faculty, and campus resources. Field trip may be required. Course may be offered in classroom-based, online, or hybrid format. 3 lectures. Formerly HLTH 101.

HLTH 1150 Healthy Living in the Modern World (3 units)

Term Typically Offered: TBD

Personal health with emphasis on healthful behavioral practices. Psychosocial well-being, substance use, violence and injury, sexual health, infectious and non-infectious diseases, the United States health care system, and environmental health. Not open to students with credit in HLTH 255 or HLTH 1155. Course may be offered in classroom-based or online format. 3 lectures.

HLTH 1155 Multicultural Perspectives and Health (3 units)

Term Typically Offered: F, SP

2026-28 or later catalog: GE Area 4B

2020-26 catalogs: GE Area D2

USCP

Societal health with an emphasis on multi-cultural perspectives and practices that impact health in the United States. Examines how societal structures, cultural traditions, and health-related practice from both biomedical and traditional perspectives shape health behaviors and broader societal outcomes in the United States. Not open to students with credit in HLTH 250 or HLTH 1150. Course may be offered in a classroom-based or online format. 3 lectures. Fulfills GE Area 4B (GE Area D2 for students on the 2020-26 catalogs); and USCP.

HLTH 1160 Women's Health and Society (3 units)

Term Typically Offered: F, SP

2026-28 or later catalog: GE Area 4B

2020-26 catalogs: GE Area D2

USCP

Examination of women's health through the lens of social and behavioral sciences, emphasizing how societal structures, cultural norms, and public policies impact health outcomes. Analysis of disparities and systemic inequities in healthcare access, reproductive rights, and mental health, particularly among marginalized populations, including LGBTQ+ individuals and women of color. Course may be offered in classroom-based or online format. Fulfills GE Area 4B (GE Area D2 for students on the 2020-26 catalogs); and USCP.

HLTH 2200 Special Problems for Undergraduates (1-2 units)

Term Typically Offered: F, SP

Prerequisite: Consent of instructor.

Individual investigation, research, studies, or surveys of special problems. Repeatable up to 4 units. Crosslisted as HLTH/KINE 2200. Formerly HLTH/KINE 201.

HLTH 2261 Social Determinants of Health (3 units)

Term Typically Offered: F, SP

2026-28 or later catalog: GE Area 4B

2020-26 catalogs: GE Area D2

Overview of key concepts linking socioeconomic, political, and structural factors to health and health equity. Health inequities: the roles of history, segregation, marginalization, oppression, stress, social capital, and community empowerment. Policy- and community-based solutions. Course may be offered in classroom-based, online, or hybrid format. 3 lectures. Fulfills GE Area 4B (GE Area D2 for students on the 2020-26 catalogs).

HLTH 2270 Special Topics (1-3 units)

Term Typically Offered: TBD

Prerequisite: Consent of instructor.

Directed group study of special topics. The Class Schedule will list topic selected. Repeatable up to 4 units. Course may be offered in classroom-based, online, or hybrid format. 1 to 3 lectures. Crosslisted as HLTH/KINE 2270. Formerly HLTH/KINE 290.

HLTH 2281 Health Ambassadors (1 unit)

Term Typically Offered: F, SP

CR/NC

Introduction to health education and promotion strategies through participation in community-based mobile health activities and/or as assistants on faculty-led projects. Experiential and service learning. Field trip required. Repeatable up to 3 units. Credit/No Credit grading only. Course may be offered in classroom-based, online, or hybrid format. 1 activity. Formerly HLTH/KINE 281.

HLTH 2297 Medical Terminology (3 units)

Term Typically Offered: F, SP

Prerequisite: Completion of GE Area 5B (GE Area B2 for the 2020-26 catalogs).

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. Formerly HLTH 297.

HLTH 3305 Drugs in Society (3 units)

Term Typically Offered: F, SP

2026-28 or later: Upper-Div GE Area 4

2020-26 catalogs: Upper-Div GE Area D

GWR

Prerequisite: Junior class standing; completion of GE Area 1 with grades of C- or better (GE Area A for the 2020-26 catalogs); completion of GE Area 2 with a grade of C- or better (GE Area B4 for the 2020-26 catalogs); and completion of one lower-division course in GE Area 4 (GE Areas D1 or D2 for the 2020-26 catalogs).

Social, biological, and psychological factors of legal and illicit major drugs associated with therapeutic and recreational use and abuse in society. Drug use as a social problem, substance use disorder, how drugs work, social and health effects of drug use. Course may be offered in classroom-based, online, or hybrid format. 3 lectures. Fulfills GE Upper-Division 4 (GE Area Upper-Division D for students on the 2020-26 catalogs); and GWR.

HLTH 3310 Injury Prevention (3 units)

Term Typically Offered: SP

Prerequisite: One of the following: HLTH 101, HLTH 1101, KINE 180, or KINE 1180; and HLTH 265 or HLTH 2261. Recommended: BIO 231 or BIO 2231; and BIO 232 or BIO 2232.

Injury prevention from a public health perspective. Examination of unintentional and intentional injuries in different populations. Theory and evidence-based approaches to injury prevention. Course may be offered in classroom-based or online format. 3 lectures. Formerly 310.

HLTH 3316 Environmental Health (3 units)

Term Typically Offered: F, SP

Prerequisite: HLTH 101 or HLTH 1101; and HLTH 265 or HLTH 2261.

Examination of environmental health and the factors that impact it, such as policies and regulation, workplace environments, and individual factors. Particular emphasis on public health strategies and methods that identify and address environmental health issues. Course may be offered in classroom-based, online, or hybrid format. 3 lectures.

HLTH 3318 Applied Epidemiology (4 units)

Term Typically Offered: F, SP

Prerequisite: BIO 231 or BIO 2231; BIO 232 or BIO 2232; HLTH 265 or HLTH 2261; and STAT 218 or STAT 1110. Recommended: STAT 313 or STAT 3520; and one of the following: MCRO 221, MCRO 224, MCRO 2221, or MCRO 2224.

Introduction to application of epidemiologic principles and methods including surveillance, measures of the distribution and determinants of disease outcomes, epidemiologic study designs, systematic and random error, causal inference, and presentation and interpretation of epidemiologic data. Course may be offered in classroom-based, online, or hybrid format. 3 lectures, 1 laboratory. Formerly HLTH 318.

HLTH 3322 Public Health Policy and Advocacy (3 units)

Term Typically Offered: F, SP

2026-28 or later: Upper-Div GE Area 4

2020-26 catalogs: Upper-Div GE Area D

Prerequisite: Junior standing; completion of GE Area 1 with grades of C- or better (GE Area A for the 2020-26 catalogs); completion of GE Area 2 with a grade of C- or better (GE Area B4 for the 2020-26 catalogs); and completion of one lower-division course in GE Area 4 (GE Areas D1 or D2 for the 2020-26 catalogs).

Policy and advocacy approaches in public health settings. Emphasis on local, state, and federal policies and advocacy strategies that specifically affect health outcomes in the United States. Course may be offered classroom-based, online, or hybrid format. 3 lectures. Fulfills GE Upper-Division 4 (GE Area Upper-Division D for students on the 2020-26 catalogs).

HLTH 3337 Early Fieldwork Experience (1-2 units)

Term Typically Offered: F, SP

CR/NC

Prerequisite: Junior standing and consent of instructor.

Practical work experience in related activities of kinesiology or public health under qualified supervision. Repeatable up to 4 units. Credit/No Credit grading only. Crosslisted as HLTH/KINE 3337. Formerly HLTH/KINE 337.

HLTH 3344 Health Care Systems (3 units)

Term Typically Offered: F, SP

2026-28 or later: Upper-Div GE Area 4

2020-26 catalogs: Upper-Div GE Area D

Prerequisite: Junior standing; completion of GE Area 1 with grades of C- or better (GE Area A for the 2020-26 catalogs); completion of GE Area 2 with a grade of C- or better (GE Area B4 for the 2020-26 catalogs); and completion of one lower-division course in GE Area 4 (GE Areas D1 or D2 for the 2020-26 catalogs).

Overview of the United States health care system, historical evolution, challenges, and influence on public health outcomes. Identification of the role of government, assessment of the current system, and examination of health care reform. Course may be offered in classroom-based, online, or hybrid format. 3 lectures. Fulfills GE Upper-Division 4 (GE Area Upper-Division D for students on the 2020-26 catalogs).

HLTH 3348 Public Health and Mental Health (3 units)

Term Typically Offered: F, SP

2026-28 or later: Upper-Div GE Area 4

2020-26 catalogs: Upper-Div GE Area D

Prerequisite: Junior standing; completion of GE Area 1 with grades of C- or better (GE Area A for the 2020-26 catalogs); completion of GE Area 2 with a grade of C- or better (GE Area B4 for the 2020-26 catalogs); and completion of one lower-division course in GE Area 4 (GE Areas D1 or D2 for the 2020-26 catalogs).

Public health perspective on common mental health disorders and their consequences. Mental health needs of specific populations. Evidence-based screening and prevention strategies to reduce population mental health problems and promote wellness. Course may be offered in classroom-based, online, or hybrid format. 3 lectures. Fulfills GE Upper-Division 4 (GE Area Upper-Division D for students on the 2020-26 catalogs).

HLTH 4400 Special Problems for Advanced Undergraduates (1-2 units)

Term Typically Offered: F, SP

Prerequisite: Junior standing and consent of instructor.

Individual investigations, research, studies, or surveys of selected problems. Repeatable up to 4 units. Crosslisted as HLTH/KINE 4400. Formerly HLTH/KINE 400.

HLTH 4402 Research Methods in Public Health Settings (4 units)

Term Typically Offered: F, SP

Prerequisite: HLTH 318 or HLTH 3318; and one of the following: STAT 302, STAT 313, or STAT 3520.

Quantitative and qualitative research approaches and methods in public health settings, with particular emphasis on social and behavioral sciences. Course may be offered in classroom-based, online, or hybrid format. 3 lectures, 1 laboratory. Formerly HLTH 402.

HLTH 4410 Global Health (3 units)

Term Typically Offered: F, SP

Prerequisite: Junior standing; and one of the following: ANT 360, ANT 3360, HLTH 298, HLTH 318, HLTH 334, HLTH 3318, or HLTH 3344.

Overview of global health by applying social determinants of health to global health problems. Discussion of history of global health including the impact of colonization - past, present, and future. Emphasis on disparities, national and international policies, health systems, resource availability, and utilization. Course may be offered in classroom-based, online, or hybrid format. 2 lectures, 1 activity. Formerly HLTH 410.

HLTH 4413 Health Promotion for Special Populations (3 units)

Term Typically Offered: F

Prerequisite: Junior standing; and completion of lower-division courses in GE Area 4 (GE Areas D1 and D2 for the 2020-26 catalogs). Recommended: HLTH 434 or HLTH 4434.

Advanced examination of determinants of health disparities and evidence-based strategies for health promotion in one special population (e.g., infants and children, pregnant women, older adults, LGBTQIA, refugees). Special population of focus will be examined from a health equity perspective and in global context. The Class Schedule will list subtitle selected. Repeatable up to 6 units. 3 lectures.

HLTH 4434 Health Promotion Program Planning (4 units)

Term Typically Offered: F, SP

Prerequisite: One of the following: HLTH 318, HLTH 3318, KINE 319, or KINE 3319.

Application of methods to facilitate behavior change to promote health and prevent morbidity and mortality. Theories and concepts affecting health behavior, motivation, and decision making. Development of program planning skills in health education and promotion. Course may be offered in classroom-based, online, or hybrid format. 3 lectures, 1 laboratory. Formerly HLTH 434.

HLTH 4435 Health Promotion Program Implementation and Evaluation (3 units)

Term Typically Offered: F, SP

Prerequisite: HLTH 434 or HLTH 4434.

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. Course may be offered in classroom-based, online, or hybrid format. 2 lectures, 1 laboratory. Formerly HLTH 435.

HLTH 4444 Comparative Health Care Systems (3 units)

Term Typically Offered: F, SP

Prerequisite: HLTH 3344.

The major models for providing and financing health care used globally, their historical development, societal values, and other factors underlying countries' choice of healthcare systems and policies. Course may be offered in classroom-based, online, or hybrid format. 3 lectures.

HLTH 4453 Obesity Prevention and Treatment (3 units)

Term Typically Offered: TBD

Prerequisite: One of the following: FSN 210, FSN 2202, KINE 451, or KINE 4451; and one of the following: HLTH 402, HLTH 4402, KINE 319, or KINE 3319. Recommended: HLTH 434 or HLTH 4434.

Overview of research on the causes and consequences of obesity with consideration of weight bias. Evidence-based prevention and treatment interventions. Emphasis on skills for promoting healthy eating, activity, and weight in multidisciplinary health promotion and public health settings. Course may be offered in classroom-based, online, or hybrid format. 2 lectures, 1 activity. Formerly HLTH 453.

HLTH 4460 Senior Project - Experiential (1-2 units)

Term Typically Offered: F, SP

Prerequisite: Senior standing; completion of GE Area 1 with grades of C- or better (GE Area A for the 2020-26 catalogs); one of the following: HLTH 402, HLTH 4402, KINE 319, or KINE 3319; and consent of instructor.

Applied and project-based culminating experience in public health under faculty supervision. Repeatable up to 2 units. Formerly HLTH 460.

HLTH 4461 Senior Project - Report (2 units)

Term Typically Offered: F, SP

Prerequisite: Senior standing; completion of GE Area 1 with grades of C- or better (GE Area A for the 2020-26 catalogs); one of the following: HLTH 402, HLTH 4402, KINE 319, or KINE 3319; and consent of instructor.

Comprehensive synthesis of professional literature from public health that integrates content from major courses resulting in a report. Topic must be approved by the instructor. Minimum 90 hours time commitment. Course may be offered in classroom-based, online, or hybrid format. 2 seminars. Formerly HLTH 461.

HLTH 4462 Senior Project - Research (1-2 units)

Term Typically Offered: F, SP

Prerequisite: Senior standing; completion of GE Area 1 with grades of C- or better (GE Area A for the 2020-26 catalogs); one of the following: HLTH 402, HLTH 4402, KINE 319, or KINE 3319; and consent of instructor.

Completion of a research project. Results may be submitted for poster presentation or other public/professional forum. Repeatable up to 2 units. Formerly HLTH 462.

HLTH 4463 Senior Project - Internship (1-2 units)

Term Typically Offered: F, SP

CR/NC

Prerequisite: Senior standing; completion of GE Area 1 with grades of C- or better (GE Area A for the 2020-26 catalogs); one of the following: HLTH 434, HLTH 4434, KINE 319, or KINE 3319; and consent of instructor.

Practical experience at an approved agency that provides health promotion or kinesiology programs. Students participate in program administration under the direct supervision of an approved on-site coordinator as a capstone experience. Repeatable up to 2 units. Credit/No Credit grading only. Formerly HLTH 463.

HLTH 4470 Special Advanced Topics (1-3 units)

Term Typically Offered: TBD

Prerequisite: Consent of instructor.

Directed group study of special topics for advanced students. The Class Schedule will list topic selected. Repeatable up to 4 units. Course may be offered in classroom-based, online, or hybrid format. 1 to 3 lectures. Crosslisted as HLTH/KINE 4470. Formerly HLTH/KINE 470.

HLTH 4471 Special Advanced Laboratory (1-3 units)

Term Typically Offered: TBD

Prerequisite: Consent of instructor.

Directed group laboratory study of special topics for advanced students. The Class Schedule will list topic selected. Repeatable up to 4 units. 1 to 3 laboratories. Crosslisted as HLTH/KINE 4471. Formerly HLTH/KINE 471.

HLTH 4485 Cooperative Education Experience (1-2 units)

Term Typically Offered: TBD

CR/NC

Prerequisite: Junior standing and consent of instructor.

Work experience in business, industry, government, and other areas of student career interest. Positions are paid and may require relocation. Formal report and evaluation by work supervisor required. Repeatable up to 4 units. Credit/No Credit grading only. Crosslisted as HLTH/KINE 4485. Formerly KINE 485.

HLTH 4495 Cooperative Education Experience (1-2 units)

Term Typically Offered: TBD

CR/NC

Prerequisite: Junior standing and consent of instructor.

Work experience in business, industry, government, and other areas of student career interest. Positions are paid and may require relocation. Formal report and evaluation by work supervisor required. Repeatable up to 4 units. Credit/No Credit grading only. Crosslisted as HLTH/KINE 4495. Formerly KINE 495.