

# HEALTH (HLTH)

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## HLTH Courses

### HLTH 101. Orientation to Public Health. 1 unit

Term Typically Offered: F, W

CR/NC

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. Course may be offered in classroom-based or online format. 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 major credit limited to 4 units. Total credit limited to 6 units. Crosslisted as HLTH/KINE 201.

### HLTH 250. Healthy Living. 4 units

Term Typically Offered: F, W, SP

2019-20 or later catalog: GE Area E

2017-19 or earlier catalog: GE Area D4

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. Course may be offered in classroom-based or online format. 4 lectures. Fulfills GE Area E (GE Area D4 for students on the 2017-19 or earlier catalogs).

### HLTH 255. Personal Health: A Multicultural Approach. 4 units

Term Typically Offered: F, W, SP

2019-20 or later catalog: GE Area E

2017-19 or earlier catalog: GE Area D4

USCP

Personal health with special emphasis on multicultural practices. Not open to students with credit in HLTH/KINE 250. Course may be offered in a classroom-based or online format. 4 lectures. Fulfills GE Area E (GE Area D4 for students on the 2017-19 or earlier catalogs); and USCP.

### HLTH 260. Women's Health Issues. 4 units

Term Typically Offered: F, W, SP

2019-20 or later catalog: GE Area E

2017-19 or earlier catalog: GE Area D4

USCP

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. Fulfills GE Area E (GE Area D4 for students on the 2017-19 or earlier catalogs); 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. Course may be offered in classroom-based or online format. 3 lectures.

### HLTH 280. Assessment Team for Health Promotion Activities. 1 unit

Term Typically Offered: TBD

CR/NC

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

Term Typically Offered: TBD

CR/NC

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: 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. 3 lectures.

### HLTH 298. Introduction to Epidemiology. 4 units

Term Typically Offered: F, W

Prerequisite: HLTH/KINE 265; and STAT 217 or STAT 218. Recommended: MCRO 221 or MCRO 224.

Introduction to epidemiologic principles and methods for studying chronic and communicable diseases in the United States, including surveillance methods; epidemiologic study designs; and statistics used to describe occurrence of health-related conditions and associations of risk factors with health outcomes. Course may be offered in classroom-based, online, or hybrid format. 4 lectures.

**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. Course may be offered in classroom-based, online, or hybrid format. 4 lectures.

**HLTH 310. Injury Prevention. 3 units**

Term Typically Offered: W, SP

Prerequisite: BIO 231; BIO 232; and HLTH/KINE 265. Recommended: HLTH 298.

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.

**HLTH 318. Applied Epidemiology. 4 units**

Term Typically Offered: F, W, SP

Prerequisite: HLTH/KINE 298; and PSY 201 or PSY 202. Recommended: STAT 313.

Application of epidemiologic principles and methods to the study of distribution and determinants of disease outcomes, identifying sources of systematic and random error, causal inference, presentation and interpretation of epidemiologic data. Course may be offered in classroom-based, online, or hybrid format. Replaced HLTH 299. 3 lectures, 1 laboratory.

**HLTH 320. Media and Technology in Health Promotion. 4 units**

Term Typically Offered: W, SP

Prerequisite: Completion of GE Area A with grades 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 or HLTH 318.

Applications of mass communication technologies in health promotion. Role of theoretical frameworks, ethics, challenges, development, implementation, and evaluation of technology-based health promotion programs. Course may be offered in classroom-based, online, or hybrid format. 3 lectures, 1 laboratory.

**HLTH 334. Health Behavior Theory. 3 units**

Term Typically Offered: F, W, SP

Prerequisite: HLTH/KINE 298. Recommended: HLTH 299; and PSY 201 or PSY 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. Course may be offered in classroom-based, online, or hybrid format. 3 lectures.

**HLTH 337. Early Fieldwork Experience. 1-3 units**

Term Typically Offered: TBD

CR/NC

Prerequisite: Junior standing.

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.

**HLTH 400. Special Problems for Advanced Undergraduates. 1-3 units**

Term Typically Offered: F, W, SP

Prerequisite: Junior standing.

Individual investigation, research, studies, or surveys of selected problems. Total major credit limited to 4 units. Total credit limited to 6 units. Crosslisted as HLTH/KINE 400.

**HLTH 402. Research Methods in Public Health Settings. 4 units**

Term Typically Offered: F, W

Prerequisite: HLTH 299 or HLTH 318; HLTH 334; and STAT 313.

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.

**HLTH 405. Stress, Health and Chronic Illness. 4 units**

Term Typically Offered: F, SP

Prerequisite: BIO 231; BIO 232; HLTH 299 or KINE 304; and HLTH 334 or KINE 266.

Overview of stress physiology. Multifactorial causes and consequences of stress in chronic disease. Assessment of stress in health promotion settings. Evidence-based stress management practices and programs for disease prevention in public health settings. Course may be offered in classroom-based, online, or hybrid format. 3 lectures, 1 activity.

**HLTH 410. Global Health. 4 units**

Term Typically Offered: W, SP

Prerequisite: Junior standing; completion of GE Area D1; one course in GE Area D2 (or in GE Area D3 for students on the 2019-20 or earlier catalogs); and completion of GE Area E (GE Area D4 for students on the 2017-19 or earlier catalogs); and ANT 360, or HLTH 298 and HLTH 334.

Application of the social determinants of health to global health problems. Particular attention to disparities, national and international policies, health systems, and resource availability and utilization. Overview of the history of global health including the impact of colonization in the field - past, present, and future. Course may be offered in classroom-based, online, or hybrid format. 4 lectures.

**HLTH 434. Health Promotion Program Planning. 4 units**

Term Typically Offered: F, W

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. Course may be offered in classroom-based, online, or hybrid format. 3 lectures, 1 laboratory.

**HLTH 435. Health Promotion Program Implementation and Evaluation. 4 units**

Term Typically Offered: W, 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. Course may be offered in classroom-based, online, or hybrid format. 3 lectures, 1 laboratory.

**HLTH 440. Kinesiology/Public Health Practicum. 1 unit**

Term Typically Offered: TBD

Prerequisite: Consent of instructor.

Supervised experience involving organizational and instructional responsibilities in activity, lecture and/or laboratory classes. Total credit limited to 3 units. Crosslisted as HLTH/KINE 440.

**HLTH 443. Health Education for Teachers. 4 units**

Term Typically Offered: F, W, SP

Prerequisite: Completion of GE Area B2; completion of GE Area E (GE Area D4 for students on the 2017-19 and earlier catalogs); 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.

**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. Course may be offered in classroom-based or online format. 4 lectures.

**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. Course may be offered in classroom-based, online, or hybrid format. 3 lectures, 1 activity.

**HLTH 460. Experiential Senior Project. 1 unit**

Term Typically Offered: F, W, SP

Prerequisite: Senior standing; completion of GE Area A with grades of C- or better; and HLTH 402 or KINE 319.

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.

**HLTH 461. Senior Project Report. 1 unit**

Term Typically Offered: F, W, SP

Prerequisite: Senior standing; completion of GE Area A with grades of C- or better; and HLTH 402 or KINE 319.

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: Senior standing; completion of GE Area A with grades of C- or better; and HLTH 402 or KINE 319.

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

CR/NC

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.