

HEALTH AND WELLNESS (HLTH)

HLTH 250 | First Aid and Safety | 3 cr

Provides knowledge and skills to help create a safe environment to prevent the risk of accidents and to deal with breathing, cardiac, and thermoregulatory emergencies; musculoskeletal injuries; and poisonings. Develops competencies in first aid, CPR, and AED use. Requires fees.

Prerequisites: None.

Offered: Yearly.

Meets: Natural Science: HKSM, Natural Science: HKSM, Natural Science: HKSM, Natural Science: HKSM, Natural Science: HKSM

HLTH 270 | Lifetime Wellness | 3 cr

Provides necessary knowledge and skills to develop a personal fitness/wellness program and to achieve greater lifelong health and wellness. Requires workouts outside of the scheduled class period.

Prerequisites: None.

Offered: Fall, Spring.

Meets: Social & Behavioral Science: HKSM, Social & Behavioral Science: HKSM, Social & Behavioral Science: HKSM, Social & Behavioral Science: HKSM, Social & Behavioral Science: HKSM

HLTH 280 | Nutrition for Wellness | 3 cr

Develops an understanding of the interaction of good nutrition and wellness. Focuses on nutritional strategies to maximize health including the needs and considers responses of special populations to diet. Community-based learning designation.

Prerequisites: None.

Offered: Fall, Spring.

Meets: Natural Science: HKSM, Community Based Learning, Natural Science: HKSM, Community Based Learning, Natural Science: HKSM, Community Based Learning, Natural Science: HKSM, Community Based Learning, Natural Science: HKSM, Community Based Learning

HLTH 321 | Women's Health Issues | 3 cr

Provides a comprehensive overview of critical, contemporary women's health topics and a framework for informed personal and social health decision-making. Includes health status and implications, nutrition and fitness; sexuality and reproductive health; violence in women's lives; health of women across the life span; chronic diseases; and substance use/abuse issues. Community-based learning designation.

Prerequisites: At least sophomore standing.

Offered: Occasionally.

Meets: Community Based Learning, Community Based Learning, Community Based Learning, Community Based Learning, Community Based Learning

HLTH 490 | Special Topics in Health and Wellness | 1-3 cr

Examines selected topics in health and wellness.

Prerequisites: Varies by topic.

Offered: Occasionally.

HLTH 499 | Independent Study | 1-4 cr

Provides opportunity for independent work in health and wellness under faculty supervision.

Prerequisites: Consent of instructor and department chair.

Offered: Fall, Spring, Summer.