**HEALTH (HLTH)**

**Courses**

**HLTH 003. Medical Terminology. 2 Credits.**
Terminology related to medical and health sciences. Online.

**HLTH 025. Patient Care Equipment Tech. 3 Credits.**
Introduction to healthcare technology management in acute patient care, anatomy/physiology and technical principles, safety, and troubleshooting techniques. Includes electrocardiographs, physiological monitors, infusion devices, pacemakers and defibrillators. Online.

**HLTH 051. Wilderness First Responder. 3 Credits.**
Meets or exceeds the standards of the Wilderness First Responder minimum course contents established by the Wilderness Medical Society. Successful course completion results in certification for Wilderness First Responder by Stonehearth Open Learning Opportunities (SOLO).

**HLTH 090. Internship. 1-3 Credits.**
On-site supervised work experience combined with a structured academic learning plan directed by a faculty member or a faculty-staff team in which a faculty member is the instructor of record, for which academic credit is awarded. Offered at department discretion.

**HLTH 092. D2:Mongolian Medicine & Cultur. 3 Credits.**
Introduction to traditional Mongolian medicine including acupuncture, herbal medicine, massage, and cupping integrated with western medical practices; students will interact with Mongolian nomads, Kazakh and Tuvan nomads, reindeer herders and Shamans; community, family and individual healthcare will be observed in urban and rural settings.

**HLTH 093. D2:CAM Therapies in Cuban Hlth. 3 Credits.**
Introduction to complementary and alternative medicine in Cuban healthcare; neighborhood-based primary care integrates acupuncture, herbal medicine, massage, cupping, moxibustion, yoga, floral/essence therapy, and meditation; students will be immersed in Cuban culture.

**HLTH 095. Special Topics. 1-18 Credits.**
Introductory courses on health topics beyond the scope of departmental or college offerings. See Schedule of Courses for specific titles.

**HLTH 096. Special Topics. 1-18 Credits.**
Introductory courses on health topics beyond the scope of departmental or college offerings. See Schedule of Courses for specific titles.

**HLTH 097. Independent Study. 1-18 Credits.**
A course which is tailored to fit the interests of a specific student, which occurs outside the traditional classroom/labatory setting under the supervision of a faculty member, for which credit is awarded. Offered at department discretion.

**HLTH 098. Restore, Rejuvenate&Energize. 1 Credit.**
Experiential learning focusing on promotion of healthy behaviors designed to restore, rejuvenate and energize. Topics to be covered include physical activity, stress management, healthy nutrition, sleep hygiene, work/life balance, self-compassion, and practicing gratitude.

**HLTH 100. Biology of Aging. 3 Credits.**
Human aging examined emphasizing biological and nonpathological physiological changes and their effects on the functioning of elders. Prerequisites: BIOL 004, ANPS 019 and ANPS 020, or Instructor permission.

**HLTH 101. Intro to Integrative Health. 3 Credits.**
Overview of social forces prompting the rise of integrative healthcare in the U.S.; the theory and practice of health professions included in integrative healthcare. Cultural and institutional views and processes shaping substance and delivery modes of healthcare in the U.S. Prerequisite: Sophomore standing.

**HLTH 102. Science Complementary&Alt Med. 3 Credits.**
Introduces Integrative, Complementary, and Alternative Medicine (CAM) such as Ayurveda, Traditional Chinese, Aboriginal, European, Jewish and Islamic Medicine. Historical, philosophical, diagnostic-etiological and therapeutic aspects of CAM will be critically analyzed in the context of current evidence-based medical research and patient-centered social policies. Prerequisite: Sophomore standing.

**HLTH 105. D2:Cultural Health Care. 3 Credits.**
Examines the principles and theories of culture in health care with an overall goal to understand how health care is contextualized by and through culture.

**HLTH 107. SU:Human Health & the Environmt. 3 Credits.**
Offers an introduction to environmental health. Topics include: methods (toxicology, epidemiology), environmental health hazards (physical, biological, chemical) and supports (nature contact), risk analysis, communication and management, health and climate change, food production and access, energy production, and water. Prerequisite: Sophomore standing. Cross-listed with: ENVS 107, NR 107.

**HLTH 109. Energy Medicine. 3 Credits.**
Energy medicine is an integrative, complementary and preventative energy therapy course. The impact of specific concepts, beliefs, patterns, and interventions on the energy system are explored. Pre/co-requisite: HLTH 141.

**HLTH 135. Adv Medical Equipment Systems. 3 Credits.**
Covers imaging systems: x-ray, fluoroscopy, CT scanners, MRI, nuclear medicine, and ultrasound. Also clinical laboratory equipment, surgery devices, healthcare networks/IT, dialysis systems, and physical therapy equipment. Online.
HLTH 137. Mindful Eating. 3 Credits.
An experiential introduction to the principles and practice of mindfulness and mindful eating, including an exploration of the cultural, environmental, economic, health-related, and spiritual connections we make every time we take a bite. Prerequisite: Minimum Sophomore standing.

HLTH 140. Issues in Women’s Health. 3 Credits.
A holistic exploration of the health care needs of women. This course will consider the stereotypical, theoretical, and clinical approaches of care used in treating women. Prerequisites: PSYS 001; HDFS 005; one Sociology course below 100.

HLTH 141. Healing Touch Level 1. 0-1 Credits.
Healing Touch is an energy based therapeutic approach to healing which uses touch to influence the energy system thus affecting physical, emotional, and spiritual health and healing.

HLTH 142. Healing Touch Level 2. 1 Credit.
The second level of Healing Touch includes an intake interview, back techniques, and a full healing sequence. Emphasis in the experimental learning is on developing sequences for specific client needs. Pre/co-requisite: HLTH 141.

HLTH 143. Healing Touch Level 3. 1 Credit.
Level 3 is for students who desire more in-depth skills in Healing Touch, an energy-based therapeutic approach to healing, and have successfully completed Levels 1 and 2. Pre/co-requisites: HLTH 141 and HLTH 142.

HLTH 144. Healing Touch Level 4. 3 Credits.
Prepares the student to become a Healing Touch practitioner. Topics include client/practitioner relations, identifying energy patterns, business and professional ethics and standards.

HLTH 145. Women’s Hlth & Spirituality. 3 Credits.
Travel course to Belize. Examines women’s physical, mental, and spiritual health with a cross-cultural perspective. Pre/co-requisite: Instructor permission.

HLTH 146. Healing Touch Level 5. 3 Credits.
Includes client/practitioner relationships, identification of energy patterns in clients, full sequence healing, professional development, scope of practice, ethics, networking, and business concepts. Qualifies students to apply for certification as healing touch practitioner.

HLTH 151. Wilderness EMT. 3 Credits.
Focuses on the assessment and management of environmental emergencies, trauma and medical problems in the wilderness or austere environment building on the foundation of Emergency Medical Technician training through a series of lectures, small group activities and field exercises. Prerequisite: HLTH 153 or NREMT certification.

HLTH 153. Emergency Medical Technician. 6 Credits.
Prepares students to become Emergency Medical Technicians. Each student must successfully complete all of the requirements prior to sitting for the certification exam. Pre/Co-requisite: HLTH 003.

HLTH 155. D1:Racism & Health Disparities. 3 Credits.
This course will introduce basic issues that underlie health disparities, with a focus on the connection between racism and health disparities in the U.S.

HLTH 160. Meridians, Systems & Organs. 1 Credit.
Meridians are an interconnected web of energy lines that nourish the internal aspects of organs and body systems. Learn ways to assess the meridians, systems and organs, alter their energy flow, and discover how meridians influence health and illness. Co-requisite: HLTH 141.

HLTH 187. Health Coach Immersion Intro. 1 Credit.
Initial course in an Integrative Health and Wellness Coaching sequence. Introduces the practice of Integrative Health and Wellness Coaching with an expert on experimental learning of integrative therapies for self-care as emerging healthcare providers and their future clients. Required for NBHWC Exam. Prerequisite: Minimum Sophomore standing or Instructor permission. Co-requisites: HLTH 188, HLTH 189.

HLTH 188. Motivational Interview Intro. 0 or 1 Credits.
Teaches the theoretical framework, strategies and techniques of basic motivational interviewing. Examines evidence-based practice as it relates to the Stages of Behavioral Change and skillful conversation, including the use of open ended questions, affirmations, reflections, and summaries. Required for NBHWC Exam. Prerequisites: Minimum Sophomore standing or Instructor permission. Co-requisites: HLTH 187, HLTH 189.

HLTH 189. Health Coach Skills Lab Intro. 0 or 2 Credits.
Interactive course where students apply basic motivational interviewing skills and behavioral change theory to the practice of Integrative Health & Wellness Coaching. Covers the coaching structure, application of skills, and health promotion. Required for NBHWC National Certification exam. Prerequisite: Minimum Sophomore standing or Instructor permission. Co-requisites: HLTH 187, HLTH 188.

HLTH 190. Internship. 1-18 Credits.
On-site supervised work experience combined with a structured academic learning plan directed by a faculty member or a faculty-staff team in which a faculty member is the instructor of record, for which academic credit is awarded. Offered at department discretion.

HLTH 191. Teaching Assistantship. 1-3 Credits.
Undergraduate student service as a teaching assistant, usually in an introductory-level course in the discipline, for which credit is awarded. Offered at department discretion.

HLTH 195. Intermediate Special Topics. 1-18 Credits.
Intermediate courses on health topics beyond the scope of departmental or college offerings. See Schedule of Courses for specific titles.

HLTH 196. Intermediate Special Topics. 1-18 Credits.
Intermediate courses on health topics beyond the scope of departmental or college offerings. See Schedule of Courses for specific titles.
HLTH 197. Independent Study. 1-18 Credits.
A course which is tailored to fit the interests of a specific student, which occurs outside the traditional classroom/laboratory setting under the supervision of a faculty member, for which credit is awarded. Offered at department discretion.

HLTH 198. Undergraduate Research. 1-18 Credits.
Undergraduate student work on individual or small team research projects under the supervision of a faculty member, for which credit is awarded. Offered at department discretion.

HLTH 200. Emergency Service Leadership. 3 Credits.
Explores the concepts of leadership through the lens of Emergency Services. Participants will increase their understanding of their personal leadership style and establish a plan to develop their personal leadership skills. Prerequisite: College of Nursing and Health Sciences major or Emergency Medical Services minor.

HLTH 210. Health and Culture: Oaxaca. 3 Credits.
Gain appreciation for cultural diversity by exploring the social, psychological, health practices, and historical trajectories of Oaxacan perceptions within the overarching theme of health. Prerequisites: Minimum Junior standing and Instructor permission.

HLTH 225. Health Technology Management. 3 Credits.
Includes medical devices/systems, information technology and telecommunications. Blending of IT and medical technology. Also planning, life cycle management, and technical services--clinical engineering. Online.

HLTH 241. D2:Exploring Healthcare Sysyms. 3 Credits.
Explores a healthcare system outside the USA. Common elements in all healthcare systems are required for effective and efficient delivery. Field visits, presentations, and cultural exposure are included in the program. Prerequisite: Instructor permission.

HLTH 257. Advanced EMT. 6 Credits.
Follows the national EMS Scope of Practice Model to expand the Emergency Medical Technician's knowledge and skills in preparation for licensure as an Advanced Emergency Medical Technician. Prerequisite: HLTH 053 OR HLTH 153.

HLTH 287. Health Coach Immersion Advance. 1 Credit.
Interactive comprehensive evaluation course for Integrative Health & Wellness Coaching for students to refine and demonstrate the Health and Wellness Coaching session. The class is interspersed with Integrative therapies that support healthy behavioral change and compassionate self-awareness. Required for NBHWC Certification Exam. Prerequisites: HLTH 187, HLTH 188, HLTH 189. Co-requisites: HLTH 288, HLTH 289.

HLTH 288. Motivational Interview Advance. 0 or 1 Credits.
Students learn the theoretical framework, strategies and techniques of advanced motivational interviewing, positive psychology and behavioral change. This course examines evidence-based practice as it relates to skillful conversation, clinical interventions and strategies to actively engage complex clients in health-related behavior change. Required for NBHWC Exam. Prerequisites: HLTH 187, HLTH 188, HLTH 189. Co-requisites: HLTH 287, HLTH 289.

HLTH 289. Health Coach Skill Lab Advance. 0 or 2 Credits.
Interactive course where students learn to apply advanced motivational interviewing skills to the practice of Integrative Health & Wellness Coaching. Advanced coaching skills/structure with complex patients/situations and professional conduct will be covered. Required for NBHWC National Certification Exam. Prerequisites: HLTH 187, HLTH 188, HLTH 189. Co-requisites: HLTH 287, HLTH 288.

HLTH 290. Internship. 1-18 Credits.
On-site supervised work experience combined with a structured academic learning plan directed by a faculty member or a faculty-staff team in which a faculty member is the instructor of record, for which academic credit is awarded. Offered at department discretion.

HLTH 291. Teaching Assistantship. 1-3 Credits.
Undergraduate student service as a teaching assistant, usually in an introductory-level course in the discipline, for which credit is awarded. Offered at department discretion.

HLTH 295. Advanced Special Topics. 1-18 Credits.
Advanced courses on health topics beyond the scope of department or college offerings. See Schedule of Courses for specific titles.

HLTH 296. Advanced Special Topics. 1-18 Credits.
Advanced courses on health topics beyond the scope of department or college offerings. See Schedule of Courses for specific titles.

HLTH 297. Independent Study. 1-18 Credits.
A course which is tailored to fit the interests of a specific student, which occurs outside the traditional classroom/laboratory setting under the supervision of a faculty member, for which credit is awarded. Offered at department discretion.

HLTH 298. Undergraduate Research. 1-18 Credits.
Undergraduate student work on individual or small team research projects under the supervision of a faculty member, for which credit is awarded. Offered at department discretion.

HLTH 299. Building your Coaching Career. 2 Credits.
Advanced course for Integrative Health & Wellness Coaching students who are interested in taking the NBHWC exam and preparing for a career as a Health & Wellness Coach. Students will receive professional mentoring, resume building, professional communication, establishing community contacts and national exam preparation. Prerequisite: HLTH 287.