

HEALTH (HLTH)

Courses

HLTH 1030. Medical Terminology. 2 Credits.

Terminology related to medical and health sciences. Online.

HLTH 1050. Biomed Science & Hum Disease. 3 Credits.

Introduces the field of Medical Laboratory Science. Combines lecture and laboratory practice, to allow students to demonstrate professionalism and interpersonal skills while achieving competence with common laboratory procedures. Students practice making solutions, using aseptic techniques, and handling laboratory equipment. May also include the assignment of case studies, including history, signs and symptoms, laboratory testing data, relevant test methodologies employed, and accurate interpretation of results. Prerequisite: Current High School student or pre-college High School graduate.

HLTH 1250. 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 1510. Wilderness First Responder. 3 Credits.

An introduction to wilderness medicine that focuses on the prevention, assessment & management of trauma, medical emergencies related to the environment in the wilderness or austere situations. Learning will occur through a variety of classroom activities (including lectures and small group discussions), skills demonstration/practice and a cumulative field exercise.

HLTH 1980. 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 1990. 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 1991. 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 1993. 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 2000. Biology of Aging. 3 Credits.

Human aging examined emphasizing biological and nonpathological physiological changes and their effects on the functioning of elders. Prerequisites: BIOL 1155, ANPS 1190 and ANPS 1200, or Instructor permission.

HLTH 2010. Intro to Integrative Health. 3 Credits.

An introduction to integrative health with a focus on studying different medical systems, therapies, and treatments from around the world with an emphasis on the student's own self-care. Overview of social forces prompting the rise of integrative healthcare; 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: Integrative Health or Integrative Health Coaching minor. Catamount Core: GC1.

HLTH 2050. 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. Catamount Core: D2.

HLTH 2070. Human Health & the Envirnmnt. 0 or 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: SEP 2070. Catamount Core: SU.

HLTH 2350. 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 2370. 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 2400. Issues in Women's Health. 3 Credits.

A holistic exploration of the health needs of women and persons assigned female at birth. Considers the stereotypical, theoretical, and clinical approaches to care for this population in westernized and global culture. Students will develop a heightened sense of awareness of these issues in society and media. Prerequisite: A Catamount Core WIL1 course. Cross-listed with: GSWS 2415.

HLTH 2450. Mental Health Emergencies. 3 Credits.

Covers recognizing, understanding, and responding effectively to mental health emergencies seen in different patient populations. Highlights the mental wellbeing of the healthcare provider with discussion on mental health maintenance as well as treatment during crisis. Pre/Co-requisites: HLTH 1030.

HLTH 2510. 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 2530 or NREMT certification.

HLTH 2530. Emergency Medical Technician. 6 Credits.

Preparation to become an Emergency Medical Technician. Covers all of the objectives of the National EMS Blueprint for Education. Students must successfully complete all requirements prior to sitting for the National Registry of Emergency Medical Technicians (NREMT) exam. Prerequisites: Current certification in Basic Cardiac Life Support (BLS CPR). Co-requisite: HLTH 2531. Pre/Co-requisite: HLTH 1030.

HLTH 2531. EMT Skills Competency. 1 Credit.

In preparation to become an Emergency Medical Technician, practice and demonstrate competency in psychomotor skills, as required by the objectives of the National EMS Blueprint for Education. Attend Clinical Simulation events to demonstrate ability to lead a team, display critical thinking, and participate in skill-based activities as a culmination of the psychomotor skills. Prerequisite: Current certification in Basic Life Support (BLS) CPR. Co-requisite: HLTH 2530. Pre/Co-requisite: HLTH 1030.

HLTH 2760. Hlth in Mediterranean. 3 Credits.

Faculty-led travel study course to Greece. Explores the history, culture, and practices of the Mediterranean lifestyle with a focus on longevity-associated behaviors and the intrinsic connection between health and sustainable development. Immersion in a learning experience centered on five longevity-associated health behaviors of the Ikarian culture. Prerequisites: Three credit hours in English. Catamount Core: D2, SU.

HLTH 2770. Iceland Ther Thermal Springs. 3 Credits.

Travel study to Iceland to explore the therapeutic effects of thermal waters which have long, historic importance providing a sustainable model of heat, social gathering, and healing. Prerequisites: Minimum Junior standing and Instructor permission. Catamount Core: SU.

HLTH 2950. Pediatric Emergencies. 3 Credits.

Prepares students to confidently manage pediatric emergencies, understand the broader impacts of public health on child safety, and engage in preventative measures to reduce risks for young populations in their communities. Key topics include pediatric patient assessment and treatment of trauma and medical emergencies. Additionally emphasizes the public health aspects of pediatric emergency care, focusing on injury prevention, child safety initiatives, and community outreach strategies. Pre/Co-requisites: Emergency Medical Services minor or Instructor permission.

HLTH 2990. 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 2991. 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 2993. 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 2994. 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 2995. 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 3000. 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 3010. Sci & Evidence Integrativ HLTH. 3 Credits.

Integrative health brings together conventional and complementary approaches to health, emphasizing treating the whole person. Examines the levels of scientific evidence on the efficacy and effectiveness of integrative therapies and identifies opportunities for integrative therapies to improve outcomes for patients and planetary health. Prerequisites: HLTH 2010, Catamount Core WIL1 course. Catamount Core: WIL2.

HLTH 3410. Exploring Healthcare Sysms. 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 3570. 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. Prerequisites: HLTH 2530 and Instructor permission.

HLTH 3859. Health & Wellness Coaching. 4 Credits.

Students will learn about Integrative Healthcare, Health & Wellness Coaching, and what makes Wellness Coaching so effective. Techniques such as active listening, reflections, open-ended questions, affirmations, and summarizing, used to empower and guide clients in sustainable behavioral change will be covered as well as health coaching structure. This course is part of the required curriculum to prepare students to be eligible to sit for the National Board of Health & Wellness Coaching Certification Exam. Prerequisite: Integrative Health & Wellness Coaching minor. Catamount Core: OC.

HLTH 3860. Health & Well Coaching Advance. 4 Credits.

Students learn the theoretical framework, strategies and techniques of effective communication, advanced motivational interviewing, positive psychology and behavioral change and apply these to the practice of Integrative Health & Wellness Coaching. Advanced coaching skills/structure with complex patients/situations will be covered. Required for NBHWC Exam. Prerequisite: HLTH 3859. Catamount Core: OC, S1.

HLTH 3910. Professional Prep for the HWC. 1 Credit.

For Integrative Health & Wellness Coaching students interested in taking the NBHWC exam and preparing for a career as a Health & Wellness Coach. Students will prepare for the national exam and entry into the workforce, and will hear from health coaches and other professionals how health coaching is included in their work. Prerequisite: HLTH 3860.

HLTH 3920. Hlth Wellness Coach Practicum. 3 Credits.

Supports students as they integrate relevant knowledge from their academic Integrative Health and Wellness Coaching studies through a practical learning opportunity. Through classroom and practicum experiences, students will have the opportunity to build upon their learning as an emerging health and wellness coach. Prerequisites: HLTH 3860.

HLTH 3940. Trauma & Trauma Systems. 3 Credits.

Develops an understanding of trauma and trauma systems, focusing on rural areas. Includes readings and a series of lectures delivered by individuals involved in Vermont's trauma system. A variety of clinical and operational topics will be addressed through co-learning projects and presentations. Prerequisites: HLTH 2530, HLTH 3570; or Health Science, Nursing, Public Health major, Emergency Medicine minor.

HLTH 3990. 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 3991. 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 3993. 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 3994. 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 3995. 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.