

Health & Human Perform Courses

HHPH 1304 - Introduction to Personal and Community Health

Hours: 3

An introduction to personal and community health, this course will acquaint students with basic principles of health. Studies include community health problems, programs, agencies, and health careers. Attention will also be given to cultural diversity in matters pertaining to health.

HHPH 1364 - Substance Use & Abuse

Hours: 3

Substance Use and Abuse. Three semester hours. An examination of the physiological, psychological, and social effects of drugs and other harmful substances. Legal and ethical implications are considered.

HHPH 172 - Systems of the Human Body

Hours: 3

A study of the structure and function of selected body systems and their integration into personal health. Designed to be a foundation for other health and human performance courses.

HHPH 210 - ENVIRONMENTAL HEALTH

Hours: 3

Environmental Health. Three semester hours. This course covers environmental health topics of importance to the health promotion practitioner. Environment is approached as one of the determinants of health for individuals and human populations.

HHPH 220 - EMOTIONAL HEALTH

Hours: 3

Emotional Health. Three semester hours. This course is designed to provide the student with principles and methods necessary for understanding emotional health and developing an emotional health plan. The concept of emotional wellness and the role stress in emotional health development are examined.

HHPH 250 - CONSUMER HEALTH

Hours: 3

Consumer Health. Three semester hours. Attention will be given to current health problems and issues dealing with consumerism. The course will involve students establishing concepts of self-protection in sales promotion of health products and services.

HHPH 330 - Sport Nutrition

Hours: 3

This course presents the scientific basis for sports nutrition emphasizing the energy needs of activity and effect of dietary intake on performance. Special dietary requirements of specific sports and athletic activities will be taught. Topics will also include dietary ergogenic aids, nutritional supplements, weight control, dietary fads and myths, interaction of alcohol, caffeine and tobacco on an athlete's nutrition status. The class will also stress information for competitive athletes and people of all ages wishing to incorporate nutrition into a physically active lifestyle.

HHPH 331 - Nutrition

Hours: 3

Basic facts and principles of human nutrition are presented. Study includes the physiological and psychological factors of food intake and utilization with emphasis on nutrition education for dietary improvements of groups and individuals. Prerequisites: 2.5 GPA and Sophomore Standing.

HHPH 333 - Nutrition for Health and Fitness

Hours: 3

This course is designed to help students understand the importance of exercise and healthy eating habits presently and for a lifetime. Students will participate in a wide variety of exercise activities, as well as cook, and prepare healthy and delicious food. This course will enhance students' understanding of their fitness needs and guide them in making wise decisions to improve their health and wellness. Students will analyze and compare healthy food choices, as well as, analyze their health risk, fitness levels, nutritional habits, lifestyles and attitude toward wellness. A personal wellness plan will be developed and implemented by the students during this yearlong class. The individualized wellness plan accompanied with time spent working hands-on in the laboratory preparing nutritional food will help the students understand how exercise and health behavior management will assist them to attain personal goals

HHPH 334 - Nutrition Through the Life Cycle

Hours: 3

This course covers the nutritional needs and concerns throughout the life cycle beginning from preconception through the aging process. Emphasizes the role of nutrition in normal growth and development and methods for ensuring adequate nutrition throughout the life span. Prerequisites: HHPH 331 - Nutrition.

HHPH 335 - Women's Nutrition

Hours: 3

Exploration of the biology, physiology, and nutritional concepts unique to women. Covers the nutritional needs of women throughout the lifecycle and emphasizes the importance of nutrition in disease risk reduction, management, and treatment. Emphasizes social, economic, environmental, political, and epidemiological issues associated with women's health.

HHPH 336 - Nutritional Physiology

Hours: 3

This course expands on foundational nutritional concepts of physiological and metabolic processes involved in processing nutrients. Topics range from gaining understanding of the organs involved in digestion, to the biochemical processes that transform nutrients for cellular utilization. Furthermore the course discusses nomenclature methodology for major macronutrients. Lastly, the course introduces students to pathophysiological pathways of metabolism and nutritional interactions. The student learns to interpret data, incorporate knowledge into practical applications, and make inferences regarding cause and effect relationships within nutrition. Prerequisites: HHPH 331.

HHPH 339 - Food and Culture

Hours: 3

Overview of traditional food habits, eating patterns and food practices of various cultures and backgrounds. Discuss nutrition-related health problems of various ethnic and racial groups. Encompasses intercultural communication skills, realization of cultural differences, and concepts to help individuals be successful when communicating with other cultures and backgrounds.

HHPH 360 - Health Psychology and Behavioral Strategies

Hours: 3

This course covers the effects of physical activity and exercise on psychology, mood, and mental health within the broader contexts of cognitive, social, and environmental influences, as well as theories of behavior change for exercise adoption and adherence. Prerequisites: GPA 2.5 or higher.

HHPH 362 - Survey of Human Diseases

Hours: 3

A study of communicable and non-communicable diseases. Emphasis is placed on causative factors of various diseases, means of transmission, and prevention. Prerequisites: HHPH 172 or HHPK 172 or BSC 251, or consent of instructor. 2.5 GPA.

HHPH 382 - Social Justice and Health

Hours: 3

Social justice aims to assure that every person has equal opportunity to reach the highest level of health. This course will introduce students to social justice as a public health issue and assist them in discovering their ability to create positive change in their own world. Social justice will provide a foundation for students to explore concepts, issues, and remedies, thereby developing the necessary analytical tools and information to see inequality and injustice and address historical and contemporary issues relevant to students' present day lives. Prerequisites: Junior standing or senior standing. 2.5 GPA.

HHPH 385 - Current Issues in Health

Hours: 3

This course will examine emerging issues and trends relevant to health and the application of health decisions. Prerequisites: junior or senior standing. 2.5 GPA.

HHPH 410 - Planning and Organization of Health Promotion

Hours: 3

This course will involve program planning in the health promotion field, including needs assessment, missions, goals and field objectives of health promotion programs. Prerequisites: HHPH 1304, junior or senior standing. 2.5 GPA.

HHPH 415 - Global Foods

Hours: 3

Students will examine the issues and conditions that affect the availability and quality of food in the global market. This course also reviews the landscape of both food and farming, in both rich and underdeveloped countries. Nutrition circumstances differ as well, as persistent hunger is still a deadly challenge in many tropical countries, while in rich countries, particularly the United States, excessive food consumption and obesity are now a more prominent diet linked challenge to health Prerequisites: 2.5 GPA.

HHPH 416 - Epidemiology

Hours: 3

This course covers the basic principles of Epidemiology, with applications to investigations of chronic and infectious diseases. Explores various study designs appropriate for disease surveillance and studies of etiology and prevention. Prerequisites: HHPH 1304. HHPH 362.

HHPH 417 - Health Behavior

Hours: 3

This course introduces behavioral and social theories that are relevant to health promotion and disease prevention efforts. Emphasis is placed on how health behavior theory can explain health behavior and assist in program design.

HHPH 420 - Program Implementation and Evaluation of Health Promotion

Hours: 3

The course will include program implementation and evaluation in several health promotion settings. Prerequisites: HHPH 410. 2.5 GPA.

HHPH 430 - Health Disparities and Diverse Populations

Hours: 3

Examines the causes and effects of the growing disparity in the health status of minorities compared with the general population of the United States. Emphasis on Hispanic and Latino Americans, American Indian and Alaskan Natives, African Americans, Asian Americans and Pacific Islanders, and other non-ethnic populations (e.g. lesbian, gay, bisexual, and transgender (LGBT), migrant farmworkers, etc.) Prerequisites: junior or senior standing. 2.5 GPA.

HHPH 431 - Advanced Nutrition I – Macronutrients

Hours: 3

This course expands on understanding the regulation and tissue-specific utilization of the macronutrients, e.g., carbohydrates, proteins and lipids. Macronutrient digestion, absorption, transport, and homeostatic mechanisms will be covered. Additionally, physiological and biochemical pathways of metabolism in health and disease will be emphasized. Prerequisites: HHPH 331; HHPH 336.

HHPH 432 - Advanced Nutrition II - Micronutrients

Hours: 3

This course expands on understanding vitamins and minerals are essential for health throughout the life span. This course explores the metabolism of vitamins and minerals in human development from infancy, childhood, adolescence, adulthood, reproduction, and through to aging. Additionally, the course explores understanding the role of vitamins and minerals in disease prevention and pathogenesis. Prerequisites: HHPH 331- Nutrition and HHPH 336 - Nutritional Physiology.

HHPH 472 - Stress Management

Hours: 3

This course includes a study of the nature and psychology of stress with particular emphasis placed on coping strategies and relaxation techniques. Conflict resolution and interpersonal relationships will also be discussed. Prerequisites: 2.5 GPA.

HHPH 489 - INDEPENDENT STUDY

Hours: 1-4

Independent Study. One to four semester hours. Individualized instruction/research at an advanced level in a specialized content area under the direction of a faculty member. May be repeated when the topic varies. Prerequisite: Consent of department head.

HHPH 490 - H Honor Thesis

Hours: 3

H Honors Thesis Hours: 6 Individualized instruction/research at an advanced level in a specialized content area under the direction of a faculty member. Prerequisite Consent of head. Note May be repeated when the topic varies.

HHPH 491 - H IND HONORS READINGS

Hours: 3

H Ind Honors Readings Hours: 3 Individualized instruction/research at an advanced level in a specialized content area under the direction of a faculty member. Prerequisite Consent of head. Note May be repeated when the topic varies.

HHPH 492 - Health Policy

Hours: 3

This course presents an introduction to health policy and how government plays a role in health and in the provision of health care. Health policies can have a profound effect on quality of life. It introduces the policy-making and legal system of the United States, offers brief comparisons to health policies in certain other countries, provides knowledge about the organization of the health care system in the U.S., and highlights issues in health policy. Prerequisites: HHPH 1304, Junior or Senior Standing, 2.5 GPA.

HHPH 495 - Internship and Seminar in Health Promotion

Hours: 3

This course is taken during the senior year and is designed to give students practical work experience with a health promotion or sport & recreational organization. Current job-related topics and job-hunting techniques will be discussed. Note senior standing Prerequisites: 2.5 GPA, senior standing, & instructor approval.

HHPH 497 - Special Topics

Hours: 0-4

Special Topics