

HEALTH (HLTH)

HLTH 158 Responding To Emergencies and Safety Education 2.00

Provides the knowledge and skills necessary in an emergency to help sustain life and minimize pain and the consequences of injury or sudden illness until medical help arrives. Emphasis also given to the prevention of injuries and illness, with a focus on personal health and safety. American Red Cross certification for CPR and Advanced First Aid will be awarded at the successful completion of the American Red Cross requirements.

HLTH 160 Introduction to Health Science and Terminology 2.00

Interdisciplinary review of content areas of health and allied health terminology.

HLTH 189 Health Elective 1.00-9.00

Transfer credits ONLY from another accredited institution not equivalent to a UW-Superior course.

HLTH 264 Human Structure & Function 3.00

Applied physiological and applied anatomical facts and concepts are reviewed, including basic principles, chemistry, the cell, tissues, the integumentary, skeletal, nervous, and muscular systems. A virtual laboratory is used to link classroom activities and lectures to anatomical examples and functional application of knowledge.

Prerequisites:

Prerequisite or corequisite for enrolling in this course is HHP 110.

HLTH 265 Human Structure & Function 3.00

Applied physiological and applied anatomical facts and concepts are reviewed, including the blood, endocrine, cardiovascular, digestive, respiratory, lymphatic, and urinary systems, immunity, water, and acid-base balance. A virtual laboratory is used to link classroom activities and lectures to anatomical examples and functional application of knowledge.

Prerequisites:

Prerequisite or corequisite for enrolling in this course is HHP 110.

HLTH 267 Introduction to Mental Health and Stress Management 3.00

Exploration of the mind-body link in mental health and individual wellness. Subject areas include emotional well-being, mental illness, life crises, stress, and healthy stress management.

HLTH 289 Health Elective 1.00-9.00

Transfer credits ONLY from another accredited institution not equivalent to a UW-Superior course.

HLTH 289GA Health Elective Global Awareness 1.00-12.00

Transfer credits ONLY from another accredited institution not equivalent to a UW-S course.

University Studies Requirements:

- Global Awareness

HLTH 300 Maternal Child Health 3.00

Public health issues affecting the health and well-being of women, children, and families. A multidisciplinary perspective that integrates the demographic, epidemiological, economic, behavioral, biological, social, cultural and environmental aspects.

HLTH 301 Infant Health and Development 3.00

Applications of the seven dimensions of Health and Wellness (e.g, physical, intellectual, emotional, social, economic and environmental) to infancy. Students explore the foundations of infant health and development. Covers common infant health problems.

HLTH 366 Principles Of Nutrition 3.00

Lecture-discussion course covering the basics of human nutrition including the macro and micro nutrients, the role of nutrition in health, weight loss and weight gain practices, ergogenic aids and supplements. Also addresses nutrition through the lifespan and global implications. Students required to complete a comprehensive research paper.

Prerequisites:

Completion of HLTH 264 and 265, or BIOL 270 and 280 are prerequisite for taking this course.

HLTH 367 Human Sexuality 3.00

Covers the biological, sociological, and psychological dimensions of human sexuality. Special emphasis on the education aspects.

Prerequisites:

Completion of HLTH 264 and 265, or BIOL 270 and 280 are prerequisite for taking this course.

HLTH 389 Health Elective 1.00-9.00

Transfer credits ONLY from another accredited institution not equivalent to a UW-Superior course.

HLTH 400 Substance Abuse Counseling 3.00

This course reviews key concepts used in substance abuse treatment from both a historical and current perspective, including theoretical models of understanding and treating chemically dependent clients. Various screening and assessment tools, drug history, and interviewing skills are reviewed to help the student assess the severity of addiction and develop an initial treatment plan. Treatment settings and interventions commonly used with chemically dependent clients are also reviewed from different theoretical orientations. The concept of comorbidity and the interface between substances and psychopathology are closely examined. Additionally, substance use is examined as it relates to issues of diversity.

HLTH 469 Pathophysiology of Disease\Prevention and Control 3.00

Introductory course of basic pathophysiology including epidemiological basics, infectious and non-infectious diseases, systemic responses, and an in-depth study of the leading causes of death in the United States and Canada (coronary heart disease, cancer, pulmonary disease), as well as common disorders (muscular, skeletal, neurological, gastrointestinal, urological and reproductive systems.) Students are required to complete a comprehensive research paper.

Prerequisites:

Completion of HLTH 264 and 265, or BIOL 270 and 280 are prerequisite for taking this course.

HLTH 470 Community and Environmental Health 3.00

Survey of health and environmental issues as they relate to the global community. The organizations, resources and personnel involved in promotion and maintenance of the health of a community. Also examines health education theories as they relate to creating a professional health promotion plan.

Prerequisites:

Prerequisite for enrolling in this course is Junior Standing or Instructor Consent.

HLTH 472 Epidemiology 3.00

The design and content of this course is specific to students seeking careers in public health, community health, allied health, or other professions that require an understanding of the bacteria and viruses in our community that can lead to disease and other ailments. Epidemiology is a unique branch of the public health perspective that strives towards the prevention of disease. This course will outline how microbes play a significant role in our daily lives as agents of infectious disease, how they are a major public health concern, and how certain microbes are necessary for the sustenance of life on earth.

Prerequisites:

Prerequisite for taking this course is Junior standing or Instructor consent.

HLTH 489 Health Elective 1.00-9.00

Transfer credits ONLY from another accredited institution not equivalent to a UW-Superior course.

HLTH 489GA Health Elective Global Awareness 1.00-12.00

Transfer credits ONLY from another accredited institution not equivalent to a UW-S course.

University Studies Requirements:

- Global Awareness

HLTH 495 Healthy Families 3.00

Applications of the seven dimensions of Health and Wellness (physical, intellectual, emotional, social, vocational, economic and environmental) to families. The study of the ecological approach to family functioning. Includes field experience in programs serving families.