
Health

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HTH 100. Personal Wellness. *3 credits. Offered fall, spring and summer.*

Emphasizes lifestyle behaviors contributing to health promotion and disease prevention. General areas affecting health status are identified. Suggestions are made as to how health-related behaviors, self-care and individual decisions contribute to health and influence dimensions of wellness. May be used for general education credit.

HTH 150. Introduction to Health Sciences. *1 credit.*

This course orients students in the major to foundational expectations and requirements for successful completion of the Health Science major and Health Studies concentration. The course introduces conceptual ideas such as a wide array of health careers, importance of gaining early and regular field experiences, and writing and research basics.

HTH 151. Foundations of the Health Sciences. *3 credits. Offered fall and spring.*

Review of the basic competencies and foundations of the health sciences including academic planning, professionalism, writing and presentation skills, information literacy, foundational principles, and the roles and responsibilities of selected health science fields. This is intended to be the first course that a student takes in the health sciences major.

****HTH 204. Emergency Health Care (2, 2).** *3 credits.*

A survey of various dimensions of the legal aspects of emergency care, cardiorespiratory emergencies, hemorrhage control, wounds, shock, heat injuries and other health emergencies. Selected American Red Cross and American Heart Association certifications available.

** The American Red Cross registration fees apply.

HTH 206. Advanced Athletic Training. *3 credits.*

This course involves advanced study of injuries associated with physically active individuals including injury mechanisms, signs and symptoms, and treatments. Other topics include relationships athletic trainers build with other health care professionals; environmental issues related to physical activity; and special needs of various populations. *Prerequisites:* [BIO 290](#) and [HTH 205](#).

HTH 210. Medical Terminology. *3 credits.*

Study of terms that relate to body systems, anatomical structures, medical processes and procedures, and a variety of diseases/disorders that afflict human organisms.

HTH 230. Community Health. *3 credits. Offered fall and spring.*

An introduction to community health including its foundations, the tools of community health such as epidemiology, community organization, disease control and health promotion. The course focuses on the populations, settings and special issues of community health. *Prerequisite:* [HTH 100](#).

HTH 231. Population Health Determinants. *3 credits.*

Many factors combine together to affect the health of individuals and communities. In an effort to advance public health, health professionals must be cognizant not only of behaviors which may compromise or promote health, but also the interaction of social and physical factors which impact health outcomes.

HTH 245. Foundations of Infectious Disease. 3 credits.

An overview of the incidence, prevalence, causation, and prevention of the major infectious diseases which are currently of concern in the twenty-first century. Major signs and symptoms of the diseases as well as treatment will be reviewed. The course will also cover the body's defense system and the principles of disease occurrence.

HTH 252. Sexually Related Diseases. 1 credit.

Sexually transmitted diseases and other sexual systems problems (breast and testicular cancer), nonvenereal diseases, chromosomal anomalies, sexual disorders of the genitalia and urinary system problems.

HTH 270. Personal Health Promotion. 3 credits.

A survey of principles for the promotion of optimum individual, family and community health through intelligent self-direction of health behavior. Topics include the physical, mental and social dimension of health economics, disease control, human sexuality, chemical abuse, injury control, and nutrition.

HTH 278. Alcohol: Use and Abuse. 1 credit.

Survey of the drug alcohol. Topics include pharmacological effects, patterns of use, potential for abuse, treatment programs and prevention of alcohol abuse and alcoholism.

HTH 308. Physiological Responses to Human Movement. 3 credits. Offered spring.

The purpose of this course is to present an overview of established and current knowledge of physiological responses to human movement as they relate to health and wellness. *Prerequisite:* [BIO 290](#).

HTH/KIN 312. The Profession of Teaching Health & Physical Education. 2 credits.

Introductory study of the roles of the teacher and the learner and the pedagogical content knowledge of health and physical education. An in-depth examination of the unique position and qualifications of the specialist in physical education and health. Systematic observations will occur. *Prerequisite:* Admission to teacher education.

HTH/IPE/NSG/SOWK 314. Rural Health: An Interdisciplinary Approach. 3 credits.

Offered May.

Students study, observe and participate in interdisciplinary assessment, planning and delivery of community-based primary health care in partnership with residents and agencies of a host rural county. Learning activities will emphasize rural culture, rural health care and interdisciplinary practice.

HTH 320. Statistical Methods for Health Science Research. 3 credits. Offered fall and spring.

This course reviews statistical concepts and techniques with special reference to health science applications and issues. It also reinforces the logic of statistical decision making for health and medical research concerns. *Prerequisite:* [MATH 220](#).

HTH 340. Chronic Disease and Disabilities. 3 credits. Offered fall and spring.

An overview of the incidence, prevalence, causation, and prevention of chronic diseases and disabilities across the lifespan. Major signs and symptoms of the diseases and disabilities as well as treatment will be reviewed. *Prerequisites:* [HTH 100](#), [HTH 150](#), [HTH 210](#) or [HTH 300](#), [HTH 231](#) or [HTH 230](#), [HTH 245](#).

HTH 351. Health Behavior Change. 3 credits. Offered fall and spring.

This course will identify individual and group characteristics that influence health behaviors and the features of programs designed to change behavior that makes them more or less effective. Students will develop the skills necessary to formulate health-modification programs. *Prerequisites:* [HTH 100](#), [HTH 150](#), [HTH 245](#) or junior status.

HTH 352. Environmental Health. 3 credits. Offered fall and spring.

An investigation of environmental factors and their effects on the health of the individual, community and society.

HTH 354. U.S. and Global Health Care Systems. 3 credits. Offered fall and spring.

The course provides an overview of the U.S. health care system by examining the organization, financing, and delivery of health services. The class will include current issues in health care policy, the future of health care systems in America, and a comparative global analysis of health care systems.

HTH 355. HIV/AIDS: A Global Perspective. 1 credit.

Discussion includes theories of origins, statistics and characteristics of the causative pathogen, incubation, illness patterns, transmission, prevention and treatment of AIDS and other STDs. AIDS and other STDs in relation to prisons, children, schools, global concerns, health care systems and legal factors will be considered.

HTH 357. Coping with Stress. 1 credit. Offered fall.

Identifying causes and personal symptoms associated with stress and individual methods of handling stress.

HTH 368. International Health. 3 credits.

This course involves participation with an interdisciplinary team which will travel outside of the United States to observe and experience the health care challenges in a developing nation.

HTH 370. Child and Adolescent Health. 3 credits. Offered fall and spring.

This course will discuss the CDC priority health risk categories and the Healthy People 2010 Objectives for the Nation as they relate to child and adolescent health. In addition, the CDC model for Coordinated School Health Programs will be explored to determine specific strategies for health improvement. *Prerequisite:* Restricted to PHETE or health sciences majors.

HTH 371. Behavior and Health of Children and Adolescents. 3 credits. Offered spring.

This course will review the current health status and health risk behaviors of children and adolescents. It will focus on epidemiological trends and behavioral and social etiological factors. In addition, this course will include an overview of the theoretical approaches to children and adolescent health behavior. Application of theory will be made to the development of strategies for health promotion and interventions to reduce specific health problems for children and adolescents that would be appropriate for teachers and schools. *Prerequisite:* Admission to the PHETE program.

HTH 372. Human Sexuality. 3 credits. Offered fall and spring.

An in-depth study of sexuality across the lifespan. Emphasis is placed on the development of sexuality with attention given to the psychological, physiological, ethical and socio-cultural implications. *Corequisite:* [HTH 230](#).

HTH 375. Pregnancy Control and Abortion. 1 credit.

An in-depth study of four areas concerning the following sexual aspects of living: contraception, abortion, sterilization and fertility-enhancing methods. The biochemical, physiological, legal, cultural and ethical aspects are considered.

HTH 378. The Use and Effects of Drugs. *3 credits. Offered fall and spring.*

A study of the use and pharmacological properties of popular legal and illegal drugs and their effects on the health of individuals and society. *Prerequisite:* [HTH 230](#).

HTH 389. Practicum in Health Education. *1-3 credits. Offered fall and spring.*

Selected practicum experiences which provide students with supervised practicum experiences.

HTH 390. Selected Topics in Health Science. *1-3 credits. Offered fall and spring.*

Study of selected topics in health science. Consult MyMadison for specific topics. May be repeated for credit when course content changes.

HTH 402. Topics in Health Education I. *3 credits. Offered every other spring.*

An overview of selected topics in health content required for students preparing to teach health in public schools. Selected topics will include addictions, alcohol, tobacco, drug use and abuse, safety, nutrition and weight management in children, immunity, and prevention and control of infectious and chronic diseases. Special emphasis will be on issues relevant to teaching these topics in schools. *Prerequisite:* Admission to the PHETE program.

HTH 403. Topics in Health Education II. *3 credits. Offered every other spring.*

An overview of selected topics required for students preparing to teach health in public schools. Selected topics include consumer health, environmental health, mental-emotional health, personal health, aging, and death and dying. Special emphasis will be on issues relevant to teaching these topics in schools. *Prerequisite:* Admission to the PHETE program.

HTH 407. Health Education Facilitation/Synthesis. *2 credits. Offered fall and spring.*

Students apply health knowledge by identifying needs, designing and facilitating programs in various settings on pertinent topics. These topics include sexual health, STD/HIV prevention, eating disorders, stress management, sexual assault and alcohol/drug abuse. Upon completion of all course requirements, students will be credentialed as a Certified Peer Educator (CPE). *Prerequisite:* Permission of the instructor.

HTH 408. Health Research Methods. *3 credits. Offered fall and spring.*

This course will present an overview of research methods within public health, emphasizing the steps involved in the research process. Methodological issues covered will include the ethics of health studies research, qualitative and quantitative research designs, operationalization of concepts, measurement of variables, and techniques of sampling, data collection, and analysis. *Prerequisites:* [HTH 320](#), [HTH 330](#) or [HTH 340](#), [HTH 351](#) or senior public health education or senior health assessment and promotion concentration students or junior pre-occupational therapy students applying to the JMU accelerated OT program.

HTH 409. Therapeutic Interaction. *3 credits. Offered summer.*

This course focuses on the fundamental aspects of the therapeutic process, small group dynamics and understanding professional relationships in occupational therapy practice. Students will investigate concepts, attitudes and behavioral strategies that will support effective professional communication. They will also investigate inter- and intra-personal strategies that facilitate collaborative relationships as an occupational therapist in health or human service provision. *Prerequisites:* Admission into the occupational

studies concentration and successful completion of all previous concentration course work.

HTH/NSG/WGS 417. Women's Global Health and Human Rights. 3 credits.

An international and human rights approach providing an overview of health issues within the context of a woman's life cycle. Attention will be given to critical issues of women's health such as access to health care and gender based violence. Such issues as sexuality, nutrition, diseases affecting women, violence, harmful traditional practices, and sex trafficking will be discussed.

HTH 420. Global Perspectives on Alcohol and Drug Policies. 3 credits.

This course will study drug policy from a public health perspective. Students will examine global alcohol and other drug policies assessing their impact at the regional, state, national and international levels. Emphasis will be given to the contemporary phases of alcohol and other drug policies and the war on drugs.

HTH 423. Ethics and Critical Thinking in Health. 3 credits. Offered fall and spring.

This course will provide an overview of the leading health indicators and emerging health issues from the US Department of Health and Human Services. The course applies critical thinking and ethical reasoning skills and uses knowledge from previous courses about population health determinants, human diseases and behavior change. *Prerequisites:* [HTH 320](#), [HTH 330](#) or [HTH 340](#), [HTH 351](#) or senior public health education concentration students.

HTH 424. Occupational Development Through the Lifespan. 3 credits. Offered summer.

The fundamental aspect of occupational development that occurs throughout life is examined. Interactions between the individual and the environment across the several domains of occupation are explored. Acquisition of values, roles, habits, temporal adaptation and interests during each developmental stage are reviewed. *Prerequisites:* Admission to occupational studies concentration and successful completion of all previous concentration course work.

HTH 431. Human Occupation and the Foundations of the Profession. 3 credits. Offered summer.

The relationship between human behavior and occupation is examined. Issues important to occupational engagement are explored and linked to occupational science and the occupational therapy profession. *Prerequisites:* Admission to the occupational studies concentration and successful completion of all previous concentration course work.

HTH 435. Level I Fieldwork One. 1 credit. Offered spring.

The course offers an opportunity to develop clinical skills in health and human service programs serving pediatric and adolescent clients. This experience will link knowledge and skills developed in didactic course work with a clinical environment. *Prerequisites:* Admission to the occupational studies concentration and successful completion of all previous concentration course work.

HTH 441/KIN 407. Rehabilitative Biomechanics. 3 credits. Offered fall and spring.

This course is designed to introduce the student to a variety of biomechanical concepts and applications as related to the health professions. Specific attention will be given to the biomechanical aspects of the musculoskeletal system. *Prerequisite:* [BIO 290](#).

HTH 442. Chronic Diseases. 3 credits. Offered fall.

This course examines the pathophysiological effects of chronic diseases on health and well-being. Discussions include various strategies which improve the functional status and health of individuals at risk. *Prerequisites:* [HTH 308](#) or [KIN 302](#) and [KIN 302L](#).

HTH 445. The Occupational Therapy Process. 3 credits. Offered summer.

The occupational therapy process is examined from assessing an occupational profile to focusing on engagement in occupation to achieve desired outcomes. Methods of assessment are studied as a defining step in the therapeutic process. Goal development, intervention strategies and documentation are also addressed. *Prerequisites:* Admission to the occupational studies concentration and successful completion of all previous concentration course work.

HTH 450. Epidemiology. 3 credits. Offered fall and spring.

A study of the causation and prevention of the major diseases that affect the quality of an individual's life. Practical skills utilized by practicing epidemiologists are emphasized. *Prerequisites:* [HTH 320](#), [HTH 330](#) or [HTH 340](#), [HTH 351](#) or senior public health education or senior health assessment and promotion concentration students or senior health services administration concentration students or junior pre-occupational therapy (OT) students applying to the JMU accelerated OT program.

HTH 453. Public Health Education Methods. 3 credits. Offered fall.

This course is designed for public health education students to develop competencies necessary for working in community and public health settings. Presentation skills, developing print, computer and Internet materials, facilitating groups and coalitions, and advocacy are some of the topics covered. *Prerequisites:* [HTH 351](#) and senior public health education concentration students or permission of the instructor.

HTH 458. Health Program Planning and Evaluation. 3 credits. Offered fall and spring.

This lecture and laboratory course introduces students to principles and techniques employed to plan, implement and evaluate health promotion programs. Students will conduct a campus or community event and compile a formal report. *Prerequisites:* Public health education concentration and [HTH 351](#) or health services administration major and [HSA 358](#) or senior substance abuse prevention minor.

HTH 460. Sensorimotor Foundations of Occupation. 3 credits. Offered spring.

The importance of sensory processing and motor response and the impact on behavior, movement and occupational engagement are examined. Normal and abnormal sensorimotor function is presented with specific emphasis on how dysfunction impacts upon performance in the domains of occupation. *Prerequisites:* Admission to the occupational studies concentration and successful completion of all previous concentration course work.

HTH 461. Therapeutic Media in Occupational Therapy. 2 credits. Offered fall.

This course examines the use of various forms of media used in occupational therapy practice. An understanding of the importance of media and its impact on the history and philosophical base of the profession will be addressed. The ability to grade and analyze activities relative to areas of occupation, performance skills, performance patterns, activity demands, context(s) and client factors is presented. A focus on developing the ability to adapt tasks for individuals who require a compensatory approach will be examined. *Prerequisites:* Admission to the occupational studies concentration and successful completion of all previous concentration course work.

HTH 470. Instructional Methods in Health Education. 4 credits. Offered spring.

An overview and application of methods for teaching health in the schools. Students will develop skills in planning, instructional methods and classroom management. Micro-teaching experiences and a practicum in the schools are incorporated into this course to provide for the application and practice of material and skills learned. *Prerequisite: Admission into teacher education.*

HTH 471. Health Aspects of Gerontology. 3 credits. Offered fall and spring.

Promotion of health in the aged; physiological aspects of the aging process; community, state and federal health programs, and services for the aged.

HTH 472. Family Life Education for Teachers. 2 credits.

This course will present an overview of issues affecting the sexual health of children and youth. A variety of family life education curricula will be discussed, however, the approved Virginia Department of Education curriculum will be examined and students will be trained in implementing and evaluating its various modules.

HTH 478. Occupational Dysfunction-Cause & Impact. 3 credits. Offered spring.

Various illnesses, injuries and circumstances that can impede areas of occupation and performance skills are examined. The practice framework detailed in the domain of occupational therapy will be applied to all reviewed conditions. *Prerequisite: Admission to the occupational studies concentration.*

HTH 479. Foundations of Research in Occupational Therapy. 3 credits. Offered spring.

This course will present an overview of the foundations of research application, interpretation and communication. A variety of research methods will be reviewed. Published research will be examined for relevance in clinical decision making. *Prerequisites: Admission to the occupational studies concentration and successful completion of all previous concentration course work.*

HTH 480. Health Assessment Techniques. 3 credits. Offered fall.

Examination of health risk appraisals and metabolic assessments used to implement strategies for behavioral change and improved overall wellness. Other topics include programming and group dynamics used to promote healthy lifestyle behaviors.

HTH 482. Advanced Health Assessment Techniques. 3 credits. Offered spring.

Skill acquisition of current health assessment techniques. These assessments are used to determine risk factors which play a role in heart disease and selected chronic diseases and to evaluate current health status. *Prerequisite: [HTH 480](#).*

HTH 485. Psychosocial Perspectives in Occupational Therapy Practice. 3 credits. Offered spring.

This course will provide an overview of psychosocial conditions that impact client function in areas of occupation, performance skills and performance patterns. Occupational therapy assessment and intervention from an individual and group treatment standpoint will be examined as it contributes to the interdisciplinary process. A historical overview of occupational therapy in behavioral health service provision will be covered that will review traditional and contemporary treatment and provider settings. *Prerequisites: Admission into the Occupational Studies concentration and successful completion of all previous concentration course work, or permission of the program director.*

HTH 488. Substance Abuse Prevention Basics. 1 credit. Offered spring.

This course focuses on basic, cutting-edge substance abuse prevention theory, research and practice. It is designed for the substance abuse prevention minors who

have completed the content courses and are preparing for entry-level practitioner positions in health education and/or substance abuse prevention/intervention. Instruction will bridge theory to practice by incorporating practicing professionals.

HTH 490. Special Studies in Health Education. *1-3 credits each semester. Offered fall and spring.*

Designed to give the superior student in health education an opportunity to complete independent study and/or research under faculty supervision. *Prerequisite: Permission of the department head.*

HTH 491. Occupational Therapy Tutorial I. *1 credit. Offered spring.*

Tutorial I is a small group case-based discussion seminar, facilitated by a clinical tutor who is an occupational therapist. Students research and discuss clinical cases related to content that is integrated from all courses that semester in the occupational studies concentration. *Prerequisites: Admission into the occupational studies concentration and successful completion of all previous concentration course work.*

HTH 495. Internships in Health Organizations. *3 credits. Offered spring and summer.*

Full-time directed field experience in a health organization. Opportunity provided to work in an appropriate setting. Student furnishes off-campus living and traveling expenses. *Prerequisites: Permission of the instructor and a 2.5 grade point average.*

HTH 499A. Honors. *1 credit. Offered spring.*

HTH 499B. Honors. *1-3 credits. Offered fall.*

HTH 499C. Honors. *2 credits. Offered spring.*