

# HEALTH (HLTH)

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## HLTH-1100 Personal Health Education 3 Credits

This course explores the attitudes and practices that are necessary for more healthful living by examining today's health issues, dimensions of wellness, and contemporary approaches to maintaining good health and ways to modify behaviors to enhance one's quality of life.

*Lecture: 3 hours*

*Prerequisite(s): None.*

## HLTH-1230 Standard First Aid and Personal Safety 1 Credit

Basic level First Aid and CPR/AED course that teaches students critical skills needed to respond to emergencies and provide first aid, cardiopulmonary resuscitation (CPR), and automated external defibrillator (AED) use in a safe, timely and effective manner. Skills covered in this course include first aid, AED use, and CPR and choking relief in adults, children, and infants. Upon successful completion of this course, students receive an American Heart Association Heartsaver First Aid-CPR-AED course completion card.

*Lecture: 1 hours*

*Prerequisite(s): None.*

*OAN Approved: CTAN Approved: Career Technical Assurance Guide CTBPO001 (1 of 7 courses, all must be taken).*

## HLTH-1320 CPR-AED for Healthcare Professionals 1 Credit

Designed to provide healthcare professionals the ability to recognize pediatric and adult in-hospital and out-of-hospital chain of survival steps and teach skills of adult, child, and infant CPR, ventilation with breathing devices, use of an automatic external defibrillator (AED), relief of foreign-body airway obstruction, and team dynamics. An American Heart Association (AHA) Healthcare Provider certificate will be awarded upon successful completion of the AHA Basic Life Support (BLS) examination and all core BLS skills.

*Lecture: 1 hours*

*Prerequisite(s): None*

## HLTH-179H Honors Contract: Health 1 Credit

Honors Contract complements and exceeds requirements and expected outcomes for an existing 1000-level honors course through formulation of a contract with a faculty mentor. This independent study at the honors level may also be taken with a non-honors course. When taken with a non-honors course the Honors Contract adds an honors experience to that course. In conjunction with a faculty mentor, student will formulate a contract, which upon completion will result in distinctive scholarship. The completion will result in distinctive scholarship. The student is required to meet on a regularly scheduled basis with the instructor for mentor-student tutorial sessions. A maximum of six Honors Contracts (six credit hours) may be taken at the college (includes 179H and 279H).

*Lecture: 1 hours*

*Prerequisite(s): Must be taken concurrently with a 1000-level course whose instructor agrees to mentor the student in this contract. Departmental approval required.*

## HLTH-182H Honors Independent Study/Research in Health 1-3 Credits

Honors-level directed individual study. Must meet criteria set forth in the Honors Course Checklist used to approve regular honors courses. Study/research title and specific content arranged between instructor and student. May be repeated for a maximum of six credits of different topics.

*Lecture: 1-3 hours*

*Prerequisite(s): Departmental approval and instructor approval, and ENG-0995 Applied College Literacies, or appropriate score on English Placement Test; and must have earned an A or B in at least 3 honors courses. Note: ENG-0990 Language Fundamentals II taken prior to Fall 2021 will also meet prerequisite requirements.*

## HLTH-2500 Women's Health Issues 3 Credits

Exploration of all dimensions of women's health, identification of health risks unique to women, evaluation of traditional and non-traditional approaches to health care problems, and development of personal strategies for selection of health enhancing behaviors.

*Lecture: 3 hours*

*Prerequisite(s): ENG-1010 College Composition I, or departmental approval.*

## HLTH-282H Honors Independent Study/Research in Health 1-3 Credits

Advanced Honors-level directed individual study. Must meet criteria set forth in the Honors Course Checklist used to approve regular honors courses. Study/research title and specific content arranged between instructor and student. May be repeated for a maximum of six credits of different topics.

*Lecture: 1-3 hours*

*Prerequisite(s): Departmental approval and instructor approval, and ENG-0995 Applied College Literacies, or appropriate score on English Placement Test; and must have earned an A or B in at least 3 honors courses. Note: ENG-0990 Language Fundamentals II taken prior to Fall 2021 will also meet prerequisite requirements.*