

Health (HTH)

HTH 101. Opport in Health Professions. 2 Credits.

Designed to acquaint the prospective physical education teacher with broad concepts of health, physical education, and recreation including the historical development of modern programs, philosophies, and their application to physical education.

HTH 110. Personal Health and Wellness. 3 Credits.

This course is an introduction to the basic and new concepts of health. Topics included will be nutrition, physical fitness, stress management, substance abuse, HIV/AIDS, safety and risk management, as well as wellness components of emotional, physical, social, intellectual, and spiritual health. This course is required for all pre-education majors to fulfill OPI certification requirements, and is a program requirement for Health Promotion majors and minors. It is also appropriate for pre-nursing majors and those interested in taking a proactive approach to their lives and health.

HTH 192. Independent Study. 3 Credits.

Provides an opportunity for students to engage in directed research and study on an individual basis rather than in a formal class environment.

HTH 205. Drug Issues for Education. 2 Credits.

Introductory information for prospective teachers on the nature and effects of drug and alcohol abuse, social and personal needs of users, rehabilitation techniques, and legal regulations of drug possession and use.

HTH 291. Special Topics. 3 Credits.

Courses not required in any curriculum for which there is a particular one-time need, or given on a trial basis to determine acceptability and demand before requesting a regular course number.

HTH 292. Independent Study. 3 Credits.

Provides an opportunity for students to engage in directed research and study on an individual basis rather than in a formal class environment.

HTH 298. Cooperative Education. 1-12 Credits.

HTH 309. Contemporary Epidemics. 3 Credits.

This course covers one specific epidemic per course offering, so the subject of each course offering will be a recent epidemic of an acute or chronic disease. Possible epidemics covered include Diabetes, Ebola, Depression, and Severe Acute Respiratory Syndrome (SARS). This course will include historical, epidemiological, etiological, and social perspectives of epidemic.

HTH 325. Etiology of Disease. 3 Credits.

Understanding the cause, progression, treatment and outcome of disease is central to the health education process. This course will provide students with the basic knowledge of diseases caused by genetic abnormalities, congenital abnormalities, autoimmune disorders, metabolic disorders, cancers, infectious diseases and diseases of lifestyle.

HTH 368. Safety Education. 2 Credits.

Study of the basic principles of safety education and their application to the schools.

HTH 374. Current Issues in Health. 3 Credits.

In this course students will explore 10 –12 controversial health issues that are currently relevant. Students will be presented a new health issue each week that will be critically evaluated. Students will be expected to complete weekly readings, submit position statements, and participated in professional discussions.

HTH 376. Understanding Obesity. 3 Credits.

This course provides a detailed survey of etiology, pathogenesis, and approaches to obesity. The overall goal of the course is to understand and appreciate the scope and complexity of obesity. The course is organized into the following 4 sections: Introduction to Obesity Epidemic, Etiology of Obesity, Consequences of Obesity, and Approaches to Obesity. This course is required for Integrated Health Science majors. No prerequisite courses required.

HTH 378. Sex Education. 3 Credits.

A study of the biological and behavioral values as it concerns human sexuality.

HTH 391. Special Topics. 3 Credits.

Study of current health issues that affect present populations; the environment, drug and alcohol, AIDS, diseases of lifestyle, healthcare and insurance, and birth control. To include prevention and/or control, solution, and implications.

HTH 392. Independent Study. 3 Credits.

Provides an opportunity for students to engage in directed research and study on an individual basis rather than in a formal class environment.

HTH 475. Legal/Ethical Issue Hlth/Exerc. 3 Credits.

This course aims to teach students about the health business leadership. Students will be introduced to common legal and ethical dilemmas in health organizations before they are guided through a series of risk management exercises and business problems. Students will demonstrate ability to proactively minimize risks in a health organization and apply basic business concepts related to Human Resources management, Marketing, and Budgeting.

HTH 483. Exercise, Disease and Aging. 3 Credits.

This course reviews the benefits of exercise and the pathophysiology of common chronic diseases and aging while examining the physiological response to exercise in aging and diseased people. Students will work with case studies as they practice prescribing exercise in special populations. Successful completion or concurrent enrollment of exercise physiology (KIN 320) is required.

HTH 490. Undergraduate Research. 1-12 Credits.

Undergraduate Research.

HTH 492. Independent Study. 3 Credits.

Provides an opportunity for students to engage in directed research and study on an individual basis rather than in a formal class environment.

HTH 498. Cooperative Education. 1-12 Credits.

A planned and supervised work-learning experience in industry, business, government, or community service agencies related to the University program of study. Prerequisites: two semesters of attendance at Montana State University-Northern, approval of advisor, Dean of the College of Technical Sciences, and cooperative education coordinator. Pass/Fail Only.

HTH 499. Senior Thesis. 1-12 Credits.