

HEALTH (HTH)

NOTE: All prerequisites for Health (HTH) courses must be completed with a grade of "C-" or better.

Health (HTH) Courses

HTH 2413. Introduction to Community and Public Health. (3-0) 3 Credit Hours.

This course is a survey of the profession of public health and the competencies required of health educators, including examination of philosophies, ethics and current trends. This course serves as a foundation for other courses in the health degree. May be applied toward the Core Curriculum requirement in Social and Behavioral Sciences. Generally offered: Fall, Spring, Summer. Course Fee: LRHC \$10; STHC \$18; DL01 \$75; LRC1 \$12.

HTH 2513. Personal Health. (3-0) 3 Credit Hours. (TCCN = PHED 1304)

Emphasizes the concept of mind, body, and spirit as necessary components of total well-being; principles of preventive health; and self-responsibility for personal health behaviors. May be applied toward the Core Curriculum requirement in Social and Behavioral Sciences. Generally offered: Fall, Spring. Course Fees: LRHC \$10; STHC \$18; DL01 \$75; LRC1 \$12.

HTH 2601. Field-Based Skills in Community Health and Preventive Services. (1-0) 1 Credit Hour.

Prerequisite: HTH 2413. This course introduces students to practices and skills that are commonly used in community health and preventive health services. These include health screening skills and skills for communicating and interpreting screening results. The course offers hands-on practice of these skills. Course Fees: LRHC \$10; STHC \$6.

HTH 2623. Database Management in Community and Public Health. (3-0) 3 Credit Hours.

This course will focus on practical issues in database management. Students will learn how to perform basic data management tasks, migrate data between various file formats, share data using cloud data management systems, prepare data for statistical analysis, conduct statistical analyses common in community and public health, perform data quality control and assurance procedures and develop formal documents for the presentation of data and analytical results. Database management and statistical software, including Qualtrics, IBM SPSS Statics, Microsoft Excel, and R, will be used. (Formerly titled "Applied Technology for Research and Health Education"). Generally offered: Fall and Spring semesters. Course Fee: LRHC \$10; STHC \$18; DL01 \$75.

HTH 2713. Human Disease Etiology, Prevention and Treatment. (3-0) 3 Credit Hours.

An in-depth look at the etiology, prevention, and treatment of communicable and non-communicable diseases afflicting humans. Generally offered: Fall and Spring. Course Fee: LRHC \$10; STHC \$18.

HTH 3003. Survey of Drugs and Health. (3-0) 3 Credit Hours.

Study of the use and abuse of drugs and other substances. Examines addiction, dependence, tolerance, motivation for use, and effects of substance abuse on health and society. Generally offered: Fall, Spring. Course Fees: DL01 \$75; LRHC \$10; STHC \$18.

HTH 3013. Survey of Human Nutrition. (3-0) 3 Credit Hours.

An overview approach to understanding the principles of nutrition and their effect on health and fitness. Emphasis on major nutritional issues throughout the human life cycle; self-evaluation of diet and fitness habits. Generally offered: Fall, Spring. Course Fees: DL01 \$75; LRHC \$10; STHC \$18.

HTH 3023. Survey of Human Sexuality. (3-0) 3 Credit Hours.

A study examining the breadth of human sexuality, including psychosocial, cultural and physical aspects, and its impact on our lives. Course Fees: DL01 \$75; LRHC \$10; STHC \$18.

HTH 3031. Peer Education in Health. (1-1) 1 Credit Hour.

Prerequisite: Consent of instructor. Course offers the opportunity for students to participate in the Student Health Services Peer Educator Program. Students will have the opportunity to learn about health topics relevant to the college student population and implement outreach activities to educate and encourage the adoption of healthy behaviors among the UTSA student community. May be repeated for credit for a maximum of 6 semester credit hours. Generally offered: Fall, Spring. Course Fee: LRHC \$10; STHC \$6.

HTH 3043. Principles of Weight Management. (3-0) 3 Credit Hours.

An in-depth study of the field of prevention and management of obesity. This course provides practical application of nutritional, psychological, and physical activity principles that help individuals manage their own weight and is suitable for students in health, kinesiology, psychology, biology, counseling, or others. A noncompetitive, monitored activity component is required. Course Fee: LRHC \$10; STHC \$18.

HTH 3303. Physical Activity and Health. (3-0) 3 Credit Hours.

Prerequisite: HTH 3503 and HTH 3663. The course provides a survey of the health-related effects and social-cultural and behavioral determinants of physical activity and exercise. Biological/physiological mechanisms for adaptations to physical activity are also addressed. Course Fee: DL01 \$75; LRHC \$10; STHC \$18.

HTH 3503. Theories of Health Behavior. (3-0) 3 Credit Hours.

Designed to provide an overview of health behavior theories, program planning models and multi-level interventions typically used in public health. Each level of the socio-ecological model will be discussed including individual, interpersonal, organization, community and policy. Directed field experience is required. Generally offered: Fall, Spring, Summer. Course Fee: LRHC \$10; STHC \$18; DL01 \$75.

HTH 3513. Community Health. (3-0) 3 Credit Hours.

Prerequisite: HTH 2413 and HTH 3503. Study of community health problems and the function and organization of public, private, and voluntary health agencies. Critical issues and solutions in community health will be examined. Directed field experience is required. Course Fee: DL01 \$75; LRHC \$10; STHC \$18.

HTH 3533. Drugs and Health. (3-0) 3 Credit Hours.

Prerequisite: HTH 2413, HTH 3503, and HTH 3663. Study of the use and abuse of drugs and other substances. Examines addiction, dependence, tolerance, motivation for use, and effects of substance abuse on health and society. Application of theories and models for program development, implementation and evaluation. Course Fee: LRHC \$10; STHC \$18; DL01 \$75.

HTH 3543. Growth and Development. (3-0) 3 Credit Hours.

Physical, social, and psychological development throughout the lifespan. Implications for health professionals at all stages of development (prenatal to death) are addressed. Course Fee: DL01 \$75; LRHC \$10; STHC \$18.

HTH 3553. Emotional Wellness. (3-0) 3 Credit Hours.

Practical application of techniques for shaping healthier emotional behavior; emphasis on personality, stress management, and fulfilling relationships. Generally offered: Fall, Spring. Course Fees: LRHC \$10; STHC \$18; DL01 \$75.

HTH 3563. Child and Adolescent Health Promotion. (3-0) 3 Credit Hours.

Designed for students who are interested in promoting the health of youth, as well as those students pursuing academic training in education and community health. The primary goal of this course is to improve the health literacy of teachers and health promotion specialists through understanding and application of evidence-based child and adolescent health promotion concepts. Course Fee: DL01 \$75; LRHC \$10; STHC \$18.

HTH 3663. Program Planning and Evaluation. (3-0) 3 Credit Hours.

Prerequisite: HTH 2413 and HTH 3503. This course provides students with a basic understanding of planning, implementing, and evaluating health promotion programs in a variety of settings, including worksite, healthcare, and community and at various levels (individual, organization, community, policy.) Generally offered Fall, Spring. Course Fee: DL01 \$75; LRHC \$10; STHC \$18.

HTH 3713. Effective Messaging in Public Health. (3-0) 3 Credit Hours.

Prerequisite: HTH 2413. Reviews the basic concepts of public health-specific communication, including technical and professional writing and how to leverage the use of mass media and other emerging technologies. Generally offered: Fall and Spring. Course Fee: LRHC \$10; STHC \$18.

HTH 4043. Global Health. (3-0) 3 Credit Hours.

Covers the field of global health, particularly the serious health problems facing developing world populations. The course begins with an introduction to the global burden of disease and then examines the complex social, economic, political, environmental, and biological factors that structure the origins, consequences and possible treatments of disease. Provides an introductory survey of the basic issues and initiatives in contemporary international public health, and develops student awareness of the socioeconomic and cultural complexity of health problems in developing nations. (Formerly SOC 4043 and PUB 4043. Credit can only be earned for one of the following: HTH 4043, PUB 4043, or SOC 4043). Generally offered: Fall, Spring. Course Fee: LRHC \$10; STHC \$18.

HTH 4053. Health Care System. (3-0) 3 Credit Hours.

Covers the complexities of health care organization and finance and presents a general overview of how the U.S. health care systems work and how the major components within the system fit together. Covers basic structures and operations of the U.S. health system - from its historical origins and resources, to its individual services, cost, and quality. Compares and contrasts the U.S. health care system with other health care systems around the world. (Formerly SOC 4053 and PUB 4053. Credit can only be earned for one of the following: HTH 4053, PUB 4053, or SOC 4053). Generally offered: Fall and Spring. Course Fees: LRHC \$10; STHC \$18.

HTH 4503. Epidemiology. (3-0) 3 Credit Hours.

Prerequisite: HTH 2413 and HTH 2713. Provide basic knowledge about epidemiological applications, including the investigative methods and research designs for studying disease outbreaks, new epidemics and chronic disease. Generally offered: Fall and Spring. Course Fee: DL01 \$75; LRHC \$10; STHC \$18.

HTH 4513. Consumer Health. (3-0) 3 Credit Hours.

Study of the consumer's selection of health products and services; health frauds, scams and quackery; and the acquisition of basic knowledge for making responsible decisions when selecting professional, complementary, or alternative health care services and products. Course Fee: LRHC \$10; STHC \$18; DL01 \$75.

HTH 4523. Understanding Human Sexuality. (3-0) 3 Credit Hours.

Prerequisite: HTH 2413, HTH 3503, and HTH 3663. An in-depth study of human sexuality, including psychosocial, cultural and physical aspects. Application of theories and models for program development, implementation and evaluation. Course Fee: LRHC \$10; STHC \$18; DL01 \$75.

HTH 4533. Nutrition and Health. (3-0) 3 Credit Hours.

Prerequisite: HTH 2413, HTH 3503, HTH 3663, and HTH 3013, BIO 2043, or NDT 2043. An in-depth examination of the principles of nutrition and their effects on health and fitness. Emphasis on critical thinking and translation of nutritional knowledge to real-world settings. Includes self-evaluation of diet and fitness habits. Application of health theories and models for program development, implementation, and evaluation in nutritional context. Course Fee: LRHC \$10; STHC \$18; DL01 \$75.

HTH 4543. Environmental Health. (3-0) 3 Credit Hours.

Introduction to the major areas of environmental health presented in the context of epidemiology, toxicology, and prevention and control. Subjects may include water and air quality, solid and liquid waste, hazardous chemicals, radiation, infectious agents, food safety, and occupational health. Generally offered: Fall, Spring. Course Fee: DL01 \$75; LRHC \$10; STHC \$18.

HTH 4563. Health Policy, Law and Ethics. (3-0) 3 Credit Hours.

Prerequisite: HTH 2413. Introduction to health policy issues including related interventions, theoretical motivations, influence of the political, bureaucratic, and social environments on policy, and population health consequences of policy. Legal and ethical components are also discussed. Generally offered Fall, Spring. Course Fee: LRHC \$10; STHC \$18.

HTH 4911. Independent Study. (0-0) 1 Credit Hour.

Prerequisites: Permission in writing (form available) from the instructor, the student's advisor, the Department Chair, and Dean of the College in which the course is offered. Independent reading, research, discussion, and/or writing under the direction of a faculty member. May be repeated for credit, but not more than 6 semester credit hours of independent study, regardless of discipline, will apply to a bachelor's degree.

HTH 4913. Independent Study. (0-0) 3 Credit Hours.

Prerequisites: Permission in writing (form available) from the instructor, the student's advisor, the Department Chair, and Dean of the College in which the course is offered. Independent reading, research, discussion, and/or writing under the direction of a faculty member. May be repeated for credit, but not more than 6 semester credit hours of independent study, regardless of discipline, will apply to a bachelor's degree. Generally offered: Spring. Course Fee: STHC \$18.

HTH 4921. Capstone for Public Health. (1-0) 1 Credit Hour.

Prerequisite: Completion of or concurrent enrollment in HTH 4936. This course aids students in synthesizing their classroom and internship experiences to reinforce critical skills and key responsibilities for students in public health. This course will provide students with an overview of resources, skills, and recommendations regarding their professional development. Students are required to take this course during their last semester. Course Fee: DL01 \$25; LRHC \$10; STHC \$6.

HTH 4936. Internship in Health. (0-0) 6 Credit Hours.

Prerequisite: Student must be within 30 credits of completing the BS in Public Health degree, have a minimum grade point average (GPA) of 2.5, and have completed HTH 2413, HTH 3503, HTH 3663, and HTH 3713; if student does not have a 2.5 GPA, they should contact the department about substitution options. The course provides the opportunity for work experience related to public health. Opportunities are developed in consultation with the Department of Public Health and local organizations. No more than 6 semester credit hours of internship will apply to a bachelor's degree. Generally offered: Fall, Spring, Summer. Course Fee: STFK \$57; STHC \$36; LRHC \$10.

HTH 4951. Special Studies in Health. (1-0) 1 Credit Hour.

Prerequisite: Consent of instructor. Organized course offering the opportunity for specialized study in an area of health not available as part of the regular course offerings. Special Studies may be repeated for credit when topics vary, but not more than 6 semester credit hours, regardless of discipline, will apply to a bachelor's degree. Course Fees: LRHC \$10; STHC \$6.

HTH 4952. Special Studies in Health. (2-0) 2 Credit Hours.

Prerequisite: Consent of instructor. Organized course offering the opportunity for specialized study in an area of health not available as part of the regular course offerings. Special Studies may be repeated for credit when topics vary, but not more than 6 semester credit hours, regardless of discipline, will apply to a bachelor's degree. Course Fees: LRHC \$10; STHC \$12.

HTH 4953. Special Studies in Health. (3-0) 3 Credit Hours.

Prerequisite: Consent of instructor. Organized course offering the opportunity for specialized study in an area of health not available as part of the regular course offerings. Special Studies may be repeated for credit when topics vary, but not more than 6 semester credit hours, regardless of discipline, will apply to a bachelor's degree. Course Fees: LRHC \$10; STHC \$18; DL01 \$75.

HTH 4993. Honors Thesis. (0-0) 3 Credit Hours.

Prerequisites: Enrollment limited to candidates for honors in the Department of Health and Kinesiology during the last two semesters; consent of the Honors College. Supervised research and preparation of an honors thesis. May be repeated once for credit with advisor's approval. Course Fee: STHC \$18, LRHC \$10.