

## ***Health (HTH)***

### **HTH 110 Health Education**

2 Hours

Prerequisites: None  
2 hours weekly (2-0)

Designed to provide a sound knowledge of health in order to favorably influence the student's attitudes, habits, and practices pertaining to the physical, mental, social, and emotional environments. This is a course in critical decision making for personal health and lifestyle choices.

### **HTH 115 Foundations of Health & Physical Fitness**

3 Hours

Prerequisites: None  
4 hours weekly (2-2)

Emphasis is placed on the physiological aspects of health. An analysis of personal health and physical fitness for efficiency and longevity. Discussion and lab testing of areas of obesity, nutrition, and total physical fitness through balanced living.

### **HTH 116 Elements of Exercise & Conditioning**

3 Hours

Prerequisites: None  
4 hours weekly (2-2)

Emphasis is placed on the elements of physical fitness and the nature of physical change through the process of exercise program design, modification, and progression. Discussion includes physiological function, promotion of physical efficiency, exercise safety, and aspects of nutrition influencing program success.

### **HTH 117 Elements of Physical Fitness**

3 Hours

Prerequisites: None  
4 hours weekly (2-2)

Emphasis is placed on the safe development and maintenance of a physical fitness program. Discussion includes physiological function, exercise safety, and the recognition of period based program change for long-term program success.

### **HTH 118 Lifelong Health and Physical Fitness**

3 Hours

Prerequisites: None  
4 hours weekly (2-2)

Emphasis is placed on the safe development and maintenance of physical fitness and efficiency toward enhancement of the individual goals of daily function, recreational enjoyment, and/or sport performance. Discussion includes physiological function, the establishment of personal fitness benchmarks, and lifelong exercise adherence.

### **HTH 120 Human Sexuality**

3 Hours

Prerequisites: None  
3 hours weekly (3-0)

The course provides a comprehensive introduction to the biological, psychological, social, historical, and cultural aspects of human sexuality. Course design encourages students to better understand their own sexuality, to increase students' awareness of sexuality throughout the life cycle, to describe human sexuality in precise and objective language, to learn to make responsible sexual decisions, to become aware of issues in the area of sexual health, and to enhance students' understanding of sexual intimacy.

### **HTH 125 First Aid and Personal Safety**

2 Hours

Prerequisites: None  
2 hours weekly (2-0)

This course will cover the general first aid and personal safety procedures most often needed in emergency situations. Students will be taught to recognize various illnesses and injuries and the procedures to be used to keep people alive and comfortable until professional help arrives.

### **HTH 135 Drug Abuse & Alcohol Education**

2 Hours

Prerequisites: None  
2 hours weekly (2-0)

This course is designed to provide students with an understanding of drug use in our society. This course will increase the student's awareness of alternatives to drug use and increase decision making skills.

### **HTH 150 Stress and Its Management**

3 Hours

Prerequisites: None

3 hours weekly (3-0)

This course provides a comprehensive introduction to stress and its management as it integrates the mental, emotional, physical, social, and spiritual aspects of well-being. It emphasizes theoretical concepts regarding the causes of stress, symptoms stress can produce, and practical methods utilized to deal with each. Emphasis is placed on the students' identification of particular stressors in their daily lives and the practical application of stress management techniques that work best for them.

### **HTH 250 Wellness for Women**

3 Hours

Prerequisites: None

3 hours weekly (3-0)

Over the last 25 years, there has been a growing interest in the unique health issues of women. The feminine life cycle is a new field of study. The course is intended to provide a comprehensive study of the physical, emotional, spiritual, and social wellness areas for women. Men as well as women can benefit from the information provided in this course.