

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 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 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.