DEPARTMENT OF HEALTH SCIENCE

Office
Linthicum 101
410-704-2637

Programs of the Department
The field of health science bridges the gap between scientific discoveries and the application of this knowledge to improve the quality of health and life. The Department of Health Science offers a bachelor’s degree (B.S./B.A.) in Health Science, a Combined Major in Family Science and Health Science, a post-baccalaureate teacher certification in health education, a minor in Health Science, and a Master of Science (M.S.) in Health Science.

Undergraduates majors in health science must select from the following concentrations:

• Community Health
• School Health
• School and Community Health (Dual Concentration)

Combined Major in Family Science and Health Science
A major in Family Science and Health Science with a Community Health Concentration combines the study of the family with the study of health. Students learn how the family is impacted by health and how health care and related issues influence and are influenced by family systems. Students may pursue either the combined major or one discipline as the major focus of study and the other as a minor.

Post-Baccalaureate Teacher Certification in Health Education
The Post-Baccalaureate Teacher Certification is for individuals who have a bachelor’s degree but wish to be certified to teach in Maryland. This can apply to individuals with a degree in a non-health related major and/or those with a degree who have concentrated in art, community health, dance or physical education with a desire to teach Health Education. For more information, visit: http://www.towson.edu/healthscience/certification.asp

Minor in Health Science
Students who are in other majors, but have an interest in health, may also minor in Health Science. Students interested in Health Education should contact the Department of Health Science at 410-704-2637 to receive information about these programs.

The Department also offers a Master of Science in Health Science. For more information, see the Graduate Catalog: http://www.towson.edu/main/academics/coursesandcatalogs/graduatecatalog.asp

Honorary Society
Eta Sigma Gamma, the national professional honorary society in health education, has established the Beta Zeta Chapter in the Department of Health Science. The purpose of the organization is to elevate standards, ideals and ethics of the profession. For information concerning Beta Zeta, contact the Department of Health Science at 410-704-2637.

• Major in Health Science
• Combined Major in Family Science and Health Science (http://catalog.towson.edu/undergraduate/professions/health-science/community-development/combined-family-science-health-science)

Major in Health Science
Health science is an applied science that incorporates an interdisciplinary approach to understanding the complexities of human behavior with the expressed purpose of promoting healthy behaviors. In order to develop the competencies necessary to be an effective professional, students need a foundation built on principles derived from behavioral, biomedical and social sciences.

The Department of Health Science offers three concentrations in the Health Science major: School Health Concentration, Community Health Concentration, and a School and Community Health (Dual) Concentration. Each concentration requires 12 units of internship to be completed in the student’s final term, pending completion of all other Core and major requirements. Placements for completing the internship will be approved and assigned by program coordinators, pending student completion of stipulated requirements for the respective concentration.

• Major in Health Science with concentrations in:
  • Community Health (http://catalog.towson.edu/undergraduate/professions/health-science/community-development/community-health)
  • School Health (http://catalog.towson.edu/undergraduate/professions/health-science/school-health-teacher-education)
  • School and Community Health (Dual Concentration (http://catalog.towson.edu/undergraduate/professions/health-science/dual-concentration))

MINOR IN HEALTH SCIENCE
• Health Science (http://catalog.towson.edu/undergraduate/professions/health-science/health-science-minor)

Courses
HLTH 101 WELLNESS FOR A DIVERSE SOCIETY (3)
Health promotion, disease prevention and healthy lifestyles; analysis of personal attitudes and behaviors. GenEd II.B.3 or Core: The United States as a Nation.

HLTH 102 HONORS WELLNESS FOR A DIVERSE SOCIETY (3)
Health promotion, disease prevention and healthy lifestyles; analysis of personal attitudes and behaviors. Honors College course. GenEd II.B.3 or Core: The United States as a Nation.

HLTH 103 EMC, FIRST AID AND SAFETY (3)
Emergency intervention designed for people who may have to give first aid, advanced life support or cardiopulmonary resuscitation in the course of their daily lives. Standard certification will be by the American Heart Association. Safety awareness will be explained.

HLTH 201 INTERNATIONAL HEALTH (3)
An overview of international health issues and problems, methods of health care delivery, health infrastructure, and epidemiology on a global scale. GenEd II.D.
HLTH 204 NUTRITION AND WEIGHT CONTROL FOR THE CONSUMER (3)
Using consumer models, this course contains elements of nutrition, weight control and fitness.

HLTH 207 HEALTH CARE IN THE U.S. (3)
Analysis of health care demands, cost, supply, and recipients. Analysis of different health care settings and factors such as professionalism, the professional education system, authority structures, ethical responsibilities, and referrals. Emerging policy debate and role of managed care are also explored. GenEd II.B.3 or Core: The United States as a Nation.

HLTH 208 MENTAL HEALTH, STRESS MANAGEMENT, AND CRISIS INTERVENTION (3)
Emphasis on helping relationships, constructive communication, stress and stressful life events, various approaches to handling crisis situations, and an overview of the mental health services system.

HLTH 217 HONORS HEALTH CARE IN THE U.S. (3)
A survey-seminar course which analyzes the demand, cost, supply and providers of health care. The position and behavior of the health care recipient, analysis of different health care settings, and factors such as professionalism, the professional education system, authority structures, ethical responsibilities, referral, cost accountability and how they affect and define methods for delivery of health care services. Honors College course. GenEd II.B.3 or Core: The United States as a Nation.

HLTH 219 WOMEN'S HEALTH (3)
Critical analysis of gender as a social construct of health. Exploration of physiological, psychological, behavioral, and technical aspects of women's health care needs and barriers. Enable students to become informed consumers of health care services. Prerequisite: Consent of Instructor.

HLTH 220 SEXUALITY IN A DIVERSE SOCIETY (3)
Covers the multifaceted components of human sexuality, including historical influences, religious influences, moral development and values, sexual practices and alternate behaviors, health behaviors, and sex-related diseases. GenEd II.C.3 or Core: Diversity & Difference.

HLTH 222 FOUNDATIONS OF HEALTH EDUCATION AND HEALTH BEHAVIOR (3)
Social, cultural, and historical foundations examined in light of planning and implementing health education programs. Prerequisite: HLTH 101.

HLTH 225 WEIGHT CONTROL: THEORY AND PRACTICE (3)
The theoretical and practical aspects of losing, gaining, or maintaining weight. Recent medical and behavioral literature are reviewed. Opportunities will exist to make application of the theories. Prerequisite: HLTH 101 or consent of instructor.

HLTH 310 INTRODUCTION TO PUBLIC HEALTH (3)
Examines and explores an overview of the broad field of public health. Will introduce students to public health data and their use, disease etiology, environmental health, health policy, health promotion, and disease prevention. Prerequisite: HLTH 101.

HLTH 311 CHRONIC AND COMMUNICABLE DISEASE (3)
A factual, non-clinical approach to the major chronic and communicable diseases that are health problems in the U.S. population today. Patient education methods and the role of the health educator in relation to these diseases are stressed. Prerequisites: HLTH 101, Biology course w/lab.

HLTH 315 CURRICULUM AND PLANNING (3)
In-depth analysis of the planning process for both community and school settings. Requires grade of C or better to fulfill Core or GenEd requirement. Prerequisites: ENGL 102 or ENGL 190, HLTH 222, and major/minor standing. Core: Advanced Writing Seminar or GenEd I.D.

HLTH 331 NUTRITION FOR HEALTH PROFESSIONALS (3)
An in-depth study of the chemical nature and utilization of nutrients: the composition, digestion, absorption of foods, and the normal nutritional requirements of the human body. Focus on nutrition and health, and nutrition and disease. Prerequisite: BIOL 191/BIOL 191L (BIOL 190) or higher with lab or consent of the instructor.

HLTH 333 FOOD SAFETY SCIENCE (3)
Principles of the spread of food borne illness as applied to maintaining safe supplies in food and food service establishments. Field trips required. Prerequisites: BIOL 190, BIOL 191/BIOL 191L, BIOL 201 or BIOL 200/BIOL 200L.

HLTH 350 URBAN FOOD SYSTEMS (3)
Uses experiential learning, discussion, and readings to challenge students to examine the environment of complex urban food systems. Students will consider what it would take to improve these systems to assure access for all to nutritious, adequate, affordable food, ideally with reduced environmental harm. Prerequisites: ENGL 102 or equivalent and Completion of Core 6 course. Core: Metropolitan Perspectives.

HLTH 360 INTRODUCTION TO PEER EDUCATION (3)
This comprehensive training course is designed to teach students how to be effective peer educators. Students will gain hands on experience with understanding the peer education process as well as techniques for effective communication and peer support. The course content will consist of theoretically-based skills and strategies associated with peer leadership, and knowledge of current health topics related to the college student population.

HLTH 387 INTERNSHIP IN SECONDARY EDUCATION-SCHOOL HEALTH (6)
Practical experience in observation, participation, and student teaching in public school situation. Graded S/U. Prerequisites: Completion of all required courses; consent of department chair.

HLTH 388 INTERNSHIP IN SECONDARY EDUCATION-SCHOOL HEALTH (12)
Practical experience in observation, participation, and student teaching in public school situation. Graded S/U. Prerequisites: Completion of all required courses; consent of department chair.

HLTH 401 TEACHING ABOUT DRUGS AND SEX (3)
Content, procedures and methods for presenting sensitive subjects including human sexuality and drugs. Not open to law enforcement majors. Prerequisites: HLTH 222, BIOL 191/BIOL 191L (BIOL 190), HLTH major status, or consent of instructor.

HLTH 402 HEALTH AND SOCIAL WELFARE PROMOTION: HEALTH COMMUNICATION (3)
Analysis of health message design, health behavior and communication theory emphasizing the persuasion process to improve health and other social conditions of living. Application of theoretical principles augmented with specific skills to design, implement and evaluate health messages. Not open to students who successfully completed CDCE 401 or CDCE 402. Prerequisite: HLTH 101 or equivalent.

HLTH 405 DRUGS IN OUR CULTRE (3)
An in-depth review of harmless, harmful, useless, and useful substances that may affect behavior or mood; the interaction of psychological, sociological and physiological components are included. Prerequisite: HLTH 101.

HLTH 407 VIOLENCE PREVENTION FOR HEALTH EDUCATORS (3)
Development of effective violence prevention programs for future school and community health educators. Prerequisite: SOCI 358 or consent of instructor.
HLTH 411 HEALTH AND LATER MATURITY-THE AGING PROCESS (3)
An approach to the conservation of human resources with emphasis on understanding attitudes and practices related to health in later maturity. Designed for students with a personal or professional interest in the field. Prerequisite: 6 units of health and/or behavioral science or consent of instructor.

HLTH 421 FIELD WORK IN COMMUNITY HEALTH (1-6)
Practical experience by participating in community health situations. May be repeated for a maximum of 6 units. Designed for dual concentration. Graded S/U. Prerequisite: consent of department chair.

HLTH 422 FIELD WORK IN COMMUNITY HEALTH (12)
Supervised capstone experience in community health education. Designed for community health concentration. Graded S/U. Prerequisite: Department consent as well as successful completion (grade "C" or better) of program requirements, associated prerequisites as well as GenEd requirements.

HLTH 425 INSTRUCTIONAL METHODS IN HEALTH EDUCATION (3)
Focuses on methods used in community and school settings, emphasizing instructional techniques used for adolescents and adults. Prerequisite: HLTH 315.

HLTH 426 METHODS IN ELEMENTARY SCHOOL HEALTH EDUCATION (2)
Focuses on instructional methods used in the delivery of health education in elementary schools. Prerequisite: SCED 341.

HLTH 430 ORGANIZATION, IMPLEMENTATION AND MANAGEMENT OF HEALTH EDUCATION PROGRAMS (3)
Focuses on techniques for managing health programs in school and community settings. Prerequisites: BIOL 221, BIOL 221L (BIOL 213), BIOL 222, BIOL 222L, CHEM 121, CHEM 121L (CHEM 105), HLTH 315.

HLTH 432 MEASUREMENT AND EVALUATION IN HEALTH EDUCATION (3)
Focuses on the elements of courses and program evaluation design in health education, including data collection; instrument and test development; techniques for analyzing health courses/program data; and writing evaluation reports. Prerequisites: passed functional reading and writing test; HLTH 315.

HLTH 435 EPIDEMIOLOGICAL BASIS OF DISEASE AND ENVIRONMENTAL HEALTH (3)
Examination of epidemiological investigation principles, chronic and communicable diseases, pollution, housing sanitation, and their interrelationships. Prerequisite: BIOL 191 or BIOL 191L (BIOL 190) or BIOL 200, or BIOL 200L (BIOL 201) or BIOL 202.

HLTH 451 INTRODUCTION TO ENVIRONMENTAL HEALTH (3)
An examination of the interrelationship between humans and their environment. Emphasis is placed upon health aspects of pollution, housing, sanitation, radiation, behavioral disorders, and epidemiology. Prerequisite: BIOL 191 or BIOL 191L (BIOL 190) or BIOL 200, or BIOL 200L (BIOL 201) or BIOL 202.

HLTH 470 HEALTH WORKSHOPS (3)
For teachers, administrators, and individuals concerned about health related fields. Contemporary health aspects are considered with emphasis on implementation of positive behavior aimed at improving the health of the individual and the community. Enrollment is limited to 25. May be repeated for a maximum of 6 units.

HLTH 473 HEALTH WORKSHOPS (3)
For teachers, administrators, and individuals concerned about health related fields. Contemporary health aspects are considered with emphasis on implementation of positive behavior aimed at improving the health of the individual and the community. Enrollment is limited to 25. May be repeated for a maximum of 6 units.

HLTH 477 HEALTH WORKSHOPS (3)
For teachers, administrators, and individuals concerned about health related fields. Contemporary health aspects are considered with emphasis on implementation of positive behavior aimed at improving the health of the individual and the community. Enrollment is limited to 25. May be repeated for a maximum of 6 units.

HLTH 472 HEALTH WORKSHOPS (3)
For teachers, administrators, and individuals concerned about health related fields. Contemporary health aspects are considered with emphasis on implementation of positive behavior aimed at improving the health of the individual and the community. Enrollment is limited to 25. May be repeated for a maximum of 6 units.

HLTH 479 HEALTH WORKSHOPS (3)
For teachers, administrators, and individuals concerned about health related fields. Contemporary health aspects are considered with emphasis on implementation of positive behavior aimed at improving the health of the individual and the community. Enrollment is limited to 25. May be repeated for a maximum of 6 units.

HLTH 491 HEALTH DIRECTED READINGS (1-3)
Independent reading in health or health related disciplines.
HLTH 494 HEALTH TRAVEL AND STUDY (3)
An examination of various types of health care delivery in the countries and cities visited in comparison with that of the United States. For complete information contact chair of the department. Prerequisite: HLTH 101 or consent of instructor.

HLTH 495 INDEPENDENT STUDY (3)
Directed study on specific problems in health and related fields. Prerequisite: consent of department chair.

HLTH 497 PROFESSIONAL DEVELOPMENT IN HEALTH EDUCATION (1)
Provides students with the opportunity to select and work with faculty members in their area of teaching and research expertise. Students select a faculty member and will assist in conducting projects. Students will complete a written summary of their professional development experience. Prerequisite: consent of instructor and department chair.