

HEALTH (HLTH)

HLTH-1100 Personal Health Education 3 Credits

This course explores the attitudes and practices that are necessary for more healthful living by examining the dimensions of wellness, individual, societal and environmental health issues, and exploring health behavior strategies to maintain good health and enhance one's quality of life.

Lecture: 3 hours

Prerequisite(s): None.

HLTH-1230 Standard First Aid and Personal Safety 1 Credit

Basic level First Aid and CPR/AED course that teaches students critical skills needed to respond to and manage an emergency until emergency medical services arrives. Skills covered in this course include first aid, choking relief in adults, children, and infants; and what to do for sudden cardiac arrest in adults, children, and infants. Upon successful completion of this course, students receive an American Heart Association Heartsaver First Aid-CPR-AED course completion card.

Lecture: 1 hours

Prerequisite(s): None.

OAN Approved: CTAN Approved: Career Technical Assurance Guide CTBPO001 (1 of 7 courses, all must be taken).

HLTH-1310 Cardiopulmonary Resuscitation 1 Credit

[This course is crosslisted as EMT-1310. Credit can only be earned once for either course.] Designed to teach the skills of CPR for victims of all ages, ventilation with barrier devices, use of an automated external defibrillator (AED), and relief of foreign-body airway obstruction. Intended for participants who provide health care in a variety of settings. The course also provides first aid basics for the most common first aid emergencies. Upon successful completion of the course, including a written and skills test, students receive an American Heart Association Basic Life Support course completion card.

Lecture: 1 hours

Prerequisite(s): None.

HLTH-1400 Childhood Health, Safety, and Nutrition 3 Credits

Focuses on nutrition, health, and safety needs of infants and young children. Training provided in communicable disease recognition, prevention and management, first aid, infant/child CPR, and child abuse recognition and prevention, as required by the Ohio Day Care Licensing Rules. Nutritional requirements of infants and young children, meal planning and menu evaluation, principles of hygiene and safety in storage, preparation and serving of food are addressed. Positive health practices emphasized as integral elements in nurturing a child's total development.

Lecture: 3 hours

Prerequisite(s): None.

HLTH-179H Honors Contract: Health 1 Credit

Honors Contract complements and exceeds requirements and expected outcomes for an existing 1000-level honors course through formulation of a contract with a faculty mentor. This independent study at the honors level may also be taken with a non-honors course. When taken with a non-honors course the Honors Contract adds an honors experience to that course. In conjunction with a faculty mentor, student will formulate a contract, which upon completion will result in distinctive scholarship. The completion will result in distinctive scholarship. The student is required to meet on a regularly scheduled basis with the instructor for mentor-student tutorial sessions. A maximum of six Honors Contracts (six credit hours) may be taken at the college (includes 179H and 279H).

Lecture: 1 hours

Prerequisite(s): Must be taken concurrently with a 1000-level course whose instructor agrees to mentor the student in this contract. Departmental approval required.

HLTH-182H Honors Independent Study/Research in Health 1-3 Credits

Honors-level directed individual study. Must meet criteria set forth in the Honors Course Checklist used to approve regular honors courses. Study/research title and specific content arranged between instructor and student. May be repeated for a maximum of six credits of different topics.

Lecture: 1-3 hours

Prerequisite(s): Departmental approval and instructor approval, and ENG-0995 Applied College Literacies, or appropriate score on English Placement Test; and must have earned an A or B in at least 3 honors courses. Note: ENG-0990 Language Fundamentals II taken prior to Fall 2021 will also meet prerequisite requirements.

HLTH-2500 Women's Health Issues 3 Credits

Exploration of all dimensions of women's health, identification of health risks unique to women, evaluation of traditional and non-traditional approaches to health care problems, and development of personal strategies for selection of health enhancing behaviors.

Lecture: 3 hours

Prerequisite(s): ENG-1010 College Composition I, or departmental approval.

HLTH-282H Honors Independent Study/Research in Health 1-3 Credits

Advanced Honors-level directed individual study. Must meet criteria set forth in the Honors Course Checklist used to approve regular honors courses. Study/research title and specific content arranged between instructor and student. May be repeated for a maximum of six credits of different topics.

Lecture: 1-3 hours

Prerequisite(s): Departmental approval and instructor approval, and ENG-0995 Applied College Literacies, or appropriate score on English Placement Test; and must have earned an A or B in at least 3 honors courses. Note: ENG-0990 Language Fundamentals II taken prior to Fall 2021 will also meet prerequisite requirements.