

HEALTH AND WELLNESS (HEW)

HEW 189 TOPICS COURSE

1-3, 1/0

Current topics in health and wellness. Offered occasionally.

HEW 200 FITNESS FOR LIVING

2, 2/0

Through a series of lecture/discussion sessions, laboratory experiences, and specific movement experiences the how, what, and why of physical activity and exercise are presented.

HEW 203 INTRODUCTION TO SPORTS ADMINISTRATION

3, 3/0

Overview of sports administration with concentration in collegiate athletics. Topics include marketing, promotions, budgeting, facilities, external relations (fundraising, development, corporate partnership), compliance, public relations. Offered every semester.

HEW 204 PERSONAL HEALTH

3, 3/0

Explores major health issues, behaviors, and social determinants of health. Emphasis is placed on individual and community responsibilities for both personal health and socioecological factors in promotion of health behaviors. Interrelated health dimensions include physical, emotional, spiritual, intellectual, social, environmental, occupational/financial, and community. Offered occasionally.

HEW 225 INTRODUCTORY EPIDEMIOLOGY

3, 3/0

Introduction to the general principles of disease. Etiology, signs, symptoms, treatment, and management of diseases that affect individual organs in the various body systems. Offered every semester, J Term and summer.

HEW 295 RESEARCH EXPERIENCE IN HEALTH AND WELLNESS

1-3, 0/0

Prerequisite: Instructor permission. Scholarship or creative work conducted under the supervision of a faculty member. Offered occasionally.

HEW 301 KINESIOLOGY: APPLIED ANATOMY AND BIOMECHANICS

3, 3/0

Prerequisite: Sophomore status. Study of the skeletal, neural, and muscular systems and the biomechanical principles of human movement and their relationship to exercise, fitness, and athletic performance. Offered spring and summer.

Equivalent Course: HPR 301

HEW 303 LEGAL FOUNDATIONS OF SPORT ADMINISTRATION

3, 3/0

Overview of the basic vocabulary, legal concepts, liability issues, and legal concerns relevant to sport facilities management, operations, and marketing. Fundamentals of sports law as it pertains to sport management, marketing, facilities, resort venues, and tourism.

HEW 304 EXERCISE PHYSIOLOGY I

3, 3/0

Prerequisite: BIO 308. Introduction to concepts of human anatomy and physiology as related to exercise and human performance. Includes, but is not limited to, an introduction to the major systems of the body as they relate to exercise. Functions and purpose of the musculoskeletal system and cardiorespiratory system in healthy populations. Introduction to the roles of energy systems during physical activity and exercise. Offered every semester.

HEW 305 COMMUNITY HEALTH/WELLNESS

3, 3/0

Prerequisite: HEW 204 or HEW 225. Community health as it relates to world concerns, U.S. interests, and local community concerns. The interrelatedness of health care to various societal issues. Offered every semester.

HEW 306 EXERCISE PHYSIOLOGY II

3, 3/0

Prerequisites: HEW 304 and BIO 308. Exercise and its effects on the human body. Practical knowledge of the principles of fitness testing and exercise prescription and application of knowledge to improve fitness and athletic performance in healthy and diseased human populations. Offered fall and spring semesters.

HEW 308 WOMEN'S HEALTH ISSUES

3, 3/0

Prerequisite: Junior or Senior Status. Gender differences in health outcomes, health-care practices, and health behavior, with primary emphasis on women. Historical and current perspectives on women's health issues. Part of Women and Gender studies minor. Offered fall, J Term and summer.

HEW 310 HEALTH STANDARDS AND EMERGENCY CARE

3, 3/0

Prerequisite: BIO 100 or BIO 111. Promotes health and safety standards and provides skills in advanced emergency care. Competencies in various areas of emergency medicine include bandaging, splinting, victim examination, bleeding/shock emergencies, and emergency childbirth. Includes competencies and proficiency in teaching OSHA safety standards for infectious agents. Offered every semester.

HEW 312 METHODS AND MATERIALS IN HEALTH AND WELLNESS

3, 3/0

Prerequisites: CWP 102 and HEW 305 or HEW 322. Oral and written communication skills appropriately delivered via instructional methodologies and materials necessary to create, select, and deliver health and wellness programs; constructed for health education/promotion and wellness audiences.

HEW 320 PSYCHOACTIVE DRUGS AND HEALTH

3, 3/0

Prerequisite: Sophomore, junior, or senior status. Widespread effects of drug abuse, its relationship to health and disease, and the implication and application for education and theory. Offered fall only.

HEW 322 PRINCIPLES OF HEALTH PROMOTION SCIENCES

3, 3/0

Prerequisites: HEW 204 or HEW 225. Explore principles of social-ecological change that promote better health at the population level. Identify environmental and social conditions that affect health and select intervention strategies that change those systems and conditions in communities.

HEW 326 INTRODUCTION TO HEALTH DATA VISUALIZATION AND ANALYTICS

3, 3/0

Prerequisite: Satisfaction of Intellectual Foundations Mathematics and Quantitative Reasoning requirement. Introduction to core concepts for understanding and using data in fields of health. Topics fundamental to understanding how to analyze data. Analytic methods for expressing data and information in ways to enhance the development, implementation, and evaluation of health promotion programs. Develop a research project using health data.

HEW 327 INTRODUCTION TO MEDICAL ANTHROPOLOGY

3, 3/0

Prerequisite: ANT 100 or ANT 101 or permission of instructor. An overview of the history and development of concepts and practices of medicine worldwide. Theories and procedures in illness, sickness, health and well-being in and from a variety of cultural perspectives, historical and contemporary, East and West, Stone Age, folk, shaman, traditional Western and herbal medicine, including healing and religion, homeopathy, and anthropological study of health-care institutions. Offered occasionally.

Equivalent Course: ANT 327

HEW 330 PRINCIPLES OF PERSONAL TRAINING

3, 3/0

Prerequisite: BIO 308. Fitness assessment techniques, program design and implementation for a variety of populations, and motivational techniques. Prepares students for employment within the personal training and fitness industry, and for the national certifications offered by the National Strength and Conditioning Association and the American College of Sports Medicine.

HEW 331 PRINCIPLES OF STRENGTH AND CONDITIONING

3, 3/0

Prerequisites: HEW 306 and NFS 102. Program design, motivational techniques, and implementation of strength and conditioning techniques for a variety of populations. Prepares students with the knowledge and skills to work in the physical fitness and sports performance industries. Prepares students for the national certifications offered by the NSCA, ACE, and NASM. Offered occasionally.

HEW 335 PREVENTION AND CARE OF ATHLETIC INJURIES

3, 3/0

The relationships among conditioning, performance, and injury prevention. Includes techniques and programs of body conditioning for specific sports, and the possible treatment of athletic injuries. A required course for students choosing either to meet minimal standards for coaching certification or to meet the requirements of the coaching minor. Offered fall only.

Equivalent Course: HPR 335

HEW 340 DIMENSIONS OF HUMAN SEXUALITY

3, 3/0

Prerequisite: Sophomore, Junior or senior status. Principles of public health applied to understand sexual health issues. Health-based approach to understand factors that influence human sexual behavior. Physical, emotional, mental, and social well-being in relation to sexuality. Prevention and wellness approaches in promoting sexual health when considering culture, religion, age, gender, race, ethnicity, and sexual orientation. Offered annually.

HEW 345 WELLNESS, FITNESS, AND AGING

3, 3/0

Prerequisite: Sophomore, Junior or Senior status. Acquaints students of gerontology with the implications of exercise and physical fitness for the quality of life of older citizens. Covers the aging process and its relationship to physiological factors associated with exercise and fitness. Differences in capacities for exercise. Principles for guiding the selection, programming, and supervision of activities. Part of Gerontology minor. Offered spring and summer.

HEW 350 EPIDEMIOLOGY

3, 3/0

Prerequisites: Satisfaction of Intellectual Foundations Mathematics and Quantitative Reasoning requirement. Introduction to epidemiology and epidemiological research for incidence, distribution, and control of diseases and health-related factors. Conceptual and practical issues encountered in design, conduct, and analysis of descriptive, experimental, and clinical epidemiologic studies. Includes basic research designs, estimating outcome measures, establishing cause and effect, and effectiveness of interventions to prevent and cure disease. Offered occasionally.

HEW 380 ETHICAL CONSIDERATIONS IN SPORT ADMINISTRATION

3, 3/0

Prerequisite: PHI 102. Situations that require the sport facilities manager to examine how legal and ethical principles influence decisions. Selected ethical concepts and an examination of ethical diversity in management at resort and tourist locales. Specific legal topics, related ethical considerations, and critical analysis.

HEW 389 TOPICS COURSE

1-3, 1/0

Current advanced topics in health and wellness. Offered occasionally.

Equivalent Course: HPR 389

HEW 401 ASSESSMENT AND EVALUATION IN HEALTH WELLNESS

3, 3/0; IN23

Prerequisites: HEW 305 or 322. Concepts surrounding assessment and evaluation of health promotion programs; health promotion process and planning including needs assessment, evaluation measures, research design, and measurement evaluation.

HEW 411 CRITICAL ISSUES IN HEALTH AND WELLNESS

3, 3/0; RE23

Prerequisites: HEW 312 and CWP 102. One's interaction with his/her many environments and the implications this has on various health behaviors. Facts, attitudes, and behaviors important in confronting critical and current health issues.

HEW 412 COMMUNITY HEALTH PROMOTION PROGRAMS

3, 3/0

Prerequisites: HEW 312. Provides an opportunity to use community health promotion concepts. Explores the major components of planning and implementing community health promotion programs. Current behavioral and cognitive theories and models of health promotion programs will be examined. Principles presented in class during exams and health promotion-planning experiences. Offered every semester.

HEW 425 ALCOHOL PROBLEMS

3, 3/0

Prerequisite: Junior or Senior Status. Examines the etiology of alcohol use and the public health significance of alcohol-related problems. Uses theoretical frameworks to understand how social, cultural, and environmental factors influence alcohol use, misuse, and abuse, including gender, race, and ethnicity. Explores research-based prevention strategies to reduce alcohol consumption and achieve population-level health and social impact. Offered every spring.

HEW 426 APPLIED DATA ANALYSIS FOR HEALTH PROMOTION SCIENCES

3, 3/0

Prerequisites: HEW 326 (minimum grade of C) or MAT 311 (minimum grade of C). Expansion of core concepts introduced in prerequisite courses. Focus on developing competencies in applied methods for analyzing and visualizing health-related data. Complete multiple labs and research projects using health data to enhance the development, implementation, and evaluation of health promotion programs.

HEW 488 INTERNSHIP

3-12, 0/0

Prerequisites: HEW 412 or HEW 411 as prerequisite or co-requisite, permission of instructor. Through mentored field experience, practice in the professional skills of an entry-level community health education and promotion specialist. Offered every spring.

HEW 495 SPECIAL PROJECT

1-3, 0/0

Offered summers only.

Equivalent Course: HPR 495

HEW 497 WORKSHOP

1-3, 0/0

Offered occasionally.

HEW 499 INDEPENDENT STUDY

3-12, 0/0

Offered occasionally.

Equivalent Course: HPR 499