

# HEALTH SCIENCE (HLTH)

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## HLTH 101 Medical Terminology

(3 Credits, Fall/Spring)

This course is designed to introduce the student to the fundamentals of medical terminology. It includes word structure and general physiology of basic medical/surgical terms and procedures, body parts and organs, selected medical specialties, and commonly used medical abbreviations. (3 lecture hours, 0 lab hours, 3 credits)

## HLTH 110 Drug Use and Abuse

(3 Credits, Varies)

This course is designed to help students understand the social, biological, and psychological implications of drug use within our society. Students will explore and evaluate the characteristics of various drugs, what draws people to misuse them, and treatment modalities. (3 lecture hours, 0 lab hours, 3 credits)

## HLTH 202 Introduction to Health Systems

(3 Credits, Fall/Spring)

This course introduces students to the historical development, structure, and trends within the major components of the American healthcare delivery system. Students will examine the ways in which healthcare services are organized and delivered, the influences that impact healthcare public policy decisions, factors that determine the allocation of healthcare resources and the establishment of priorities, and the relationship of healthcare costs to measurable benefits. The course enables students to assess the role of organized efforts to influence health policy formulation, the contributions of medical technology, research findings, and societal values on our evolving healthcare delivery system. (3 lecture hours, 0 lab hours, 3 credits)

## HLTH 220 Fundamentals of Nutrition

(3 Credits, Fall/Spring/Summer)

This course is designed to provide a broad understanding of the scientific principles of nutrition. Students will learn the process by which the human body ingests, digests, absorbs, transports, and converts the food we eat into usable energy; and its relation to health and disease. Throughout the course, students will be exposed to cutting-edge research informing today's food conversations both in theory and in practice. Lectures, readings, activities, and discussions are designed to challenge students to examine their belief systems about what they eat, think critically about their own choices, and develop a solid scientific foundation for understanding the claims about nutrition that appear in print and the media and why what we eat matters. (This CWI course meets Idaho State Board of Education GEM competency requirements for GEM 4 - Scientific Ways of Knowing.). (3 lecture hours, 0 lab hours, 3 credits)

## HLTH 280 Global Health

(3 Credits, Fall/Spring/Summer)

This course will provide students with an overview of the most important health challenges facing the world today. Students will develop an understanding of key concepts, tools, and frameworks essential for continued study in global health. The course will focus on global disease burden, health determinants and disparities, health policy, and challenges of global health interventions. Explore the importance of understanding and addressing global health through multidisciplinary frameworks of the natural sciences, social-behavioral sciences, humanities, and policy. PREREQ: ENGL 101. (This CWI course meets the institutional competency requirements in Global Perspectives. It has also been E designated and will fulfill the Ethical Reasoning requirement.). (3 lecture hours, 0 lab hours, 3 credits)

## HLTH 290 Exercise and Health Science Capstone

(2 Credits, Fall/Spring)

The capstone course is designed for majors graduating with a degree in Public Health, Health Science, or Exercise Science. Students will develop a professional portfolio and organize their materials for transfer to a four-year university, professional program, or career. Students who enroll in this course should be in their last two semesters of the program. (Pass/No Pass) PREREQ: PERM/INST. (2 lecture hours, 0 lab hours, 2 credits)

*Refer to How to Read Course Descriptions for an explanation of elements found in the course descriptions above.*