HEALTH SCIENCE (HLTH)

QUICK FACTS: HLTH COURSES

- **Instructional School:** Health
- **Department:** Health Science

HLTH 101 Medical Terminology
(3 Credits, Fall/Spring/Summer)
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 120 Introduction to Public Health and Health Science
(3 Credits, Fall/Spring/Summer)
This course offers an introduction to the art and science of public health and health science. The course describes the systems of public health and healthcare in the United States, identifies disciplines of public health and health science, and explores the interrelationship between environmental factors, human behavior, and health policy in determining health outcomes. *(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 212 Introduction to Health Data Analytics
(3 Credits, Fall/Spring/Summer)
This course provides a foundation for working with health data to address public health challenges. Students will learn core skills in data collection, organization, trend analysis, and visualization. The course focuses on developing practical tools to interpret and utilize health data to inform decision-making and improve healthcare outcomes. It is designed to help students understand how data can be applied to support public health efforts and contribute to better health outcomes in communities. *(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 295 Determinants of Health and Wellness
(3 Credits, Fall/Spring)
This course explores the multifaceted determinants of health and wellness, emphasizing how environmental, social, cultural, and policy-related factors interact to influence individual and community health outcomes. Students will engage with critical public health frameworks, including the social-ecological model, to analyze topics such as health equity, policy development, genetics, living environments, stress management, trauma, and health literacy. Through interactive assignments, discussions, and projects, students will develop practical insights into addressing health disparities and fostering wellness across diverse populations. Students are recommended to take this course in the last two semesters of their program. PREREQ: HLTH 120. *(3 lecture hours, 0 lab hours, 3 credits)*

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