

# CHTH - COMMUNITY HEALTH

---

CHTH 250 Introduction to Public Health. 3 Credits

Term Typically Offered: Fall, Spring

Introduces students to the field of public health, essential public health services, and the complexities that are confronted as public policy meshes with the science that underlies understanding of health and disease. Explores the primacy of public health interventions rather than medical care as each affects life expectancy and quality of life. Focuses on evidence based decision-making, as the goals in policy decisions are seldom solely evidence based due to the complexity of conflicts between the diverse stakeholders involved in all public health interventions.

Lecture Hours 3

Department: Health & Human Performance

CHTH 317 Health Behavior Theories. 3 Credits

Term Typically Offered: Fall, Spring

Provides an overview of the various behavior change theories with specific attention given to individual health behavior, interpersonal health behavior, and group intervention models of health behavior change. Behavior change theories are discussed in terms of their application to curriculum development and program planning models.

Lecture Hours 3

Department: Health & Human Performance

CHTH 355 Theory Pract Comm Hlth Ed. 3 Credits

Term Typically Offered: Fall

Provides students with a comprehensive overview of the practical and theoretical skills needed to plan, implement, and evaluate health promotion programs in a variety of settings.

Lecture Hours 3

Department: Health & Human Performance

CHTH 410 High Lvl Wellness Thru Dcn Mkg. 3 Credits

Term Typically Offered: Fall (even years)

Introduces the concept of wellness and presents strategies for adoption of a wellness life-style.

Lecture Hours 3

Department: Health & Human Performance

CHTH 435 Human Response To Stress. 3 Credits

Term Typically Offered: Spring

Examines the interrelationship of human stress and emotions on health and performance. Explores theories, research and strategies to enhance human performance and manage stress.

Lecture Hours 3

Department: Health & Human Performance

CHTH 450 Worksite Health Promotion. 3 Credits

Term Typically Offered: Spring (odd years)

Provides students with an overview of the theory and practice of occupational health promotion. It is assumed that the students have some background in health promotion and may be interested in pursuing a career as a health promotion specialist.

Lecture Hours 3

Department: Health & Human Performance