

HEALTH AND WELLNESS (HLTW)

HLTW 1040. Intro to Physical Ed. (3 Credits)

Introduction to Physical Education Prerequisite: Sophomore standing or permission of the instructor. Credit Hours: (3-0-3) An introductory course for physical education majors that explores professional careers, foundations, historical and philosophical principles of physical education, competitive athletics, and the sports industry.

HLTW 2100. Personal Health. (3 Credits)

Personal Health Credit Hours: (3-0-3) An introduction to identifying and understanding factors to help us best maintain our health, and also how we can help make this a healthy environment for others around us. This course looks at determinants of personal health from a perspective that's very different from how most people imagine a personal health course.

HLTW 2110. Public Health. (3 Credits)

Credit Hours: (3-0-3) This is an introductory course for students interested in public and community health. The course introduces students to the core foundational concepts for continuing study in the areas of public and community health. This course surveys the history, philosophies, and underlying practice of public health. This course involves community and campus interaction.

HLTW 3000. Introduction to Nutrition. (3 Credits)

Introduction to Nutrition Credit Hours: (3-0-3) Basic facts and principles of human nutrition are presented. Study includes the physiological and psychological factors of food intake and utilization with emphasis on nutrition education for dietary improvements of groups and individuals. Emphasis is placed on the science of nutrition and the study of micro and macro nutrients.

HLTW 3110. Intro to Health Promotion. (3 Credits)

Introduction to Health Promotion Credit Hours: (3-0-3) Fundamental course in the concepts essential to understanding health education as a discipline. Competencies and career opportunities related to school and community health education will be discussed. This course will also explore the nature of health education and health promotion through discussion of health and wellness, principles of education and learning, as well as models and theories of behavioral changes.

HLTW 3500. Rural Health. (3 Credits)

Rural Health Credit Hours: (3-0-3) Overview of differences in health statuses, resources, and outcomes in rural communities in the U.S. from a population health perspective with special emphasis on Rural Health issues in the state of Georgia.

HLTW 3505. Epidemiology and Biostatistics. (3 Credits)

Epidemiology and Biostatistics Prerequisite: Must have declared a major in Physical Education, Health Services. Core mathematics must be completed with a grade of "C" or better. Credit Hours: (3-0-3) A comprehensive resource for undergraduate students in health related degree programs. This course will provide a unique focus on completing the casual picture of epidemics. Students will learn to identify casual factors and modes of transmission with the assistance of statistical tools and biomedical information. Students will also learn to manage and analyze epidemiologic data and then design and implement appropriate research studies. This course will include a full description of Healthy People Initiatives with a focus on Healthy People 2020.

HLTW 3600. Contemporary Health Issues. (3 Credits)

Contemporary Health Issues Credit Hours: (3-0-3) Topics will vary from semester to semester. Topics include, but not limited to Vaping, Opioid Addiction, Health Disparities and Inequity, Depression, Global Warming and the effect on Human Health, LGBTQ Health Issues, Women's Health issues, and Aging.

HLTW 4010. H&W Program Planning, Devel &. (3 Credits)

Health and Wellness Program Planning, Development, and Evaluation Credit Hours: (3-0-3) Provides health educators with the necessary skills for the development, delivery, and evaluation of health programs to targeted populations. Courses of study, planning, and the theoretical and practical bases for program evaluation will be developed for appropriate target groups. Course learning will be synthesized through planning and evaluation for a relevant program.

HLTW 4100. Grant Writing. (3 Credits)

Grant Writing Credit Hours: (3-0-3) Introduces students to grant seeking, writing, and administration in the broad field of Public Health. Basic search tools will be introduced and students will gain experience in writing to the required format of grants in the area of Health.

HLTW 4900. Internship. (4 Credits)

Prerequisite: Senior Status Credit Hours: (0-12-4) Field experience in an appropriate agency or occupational setting where the student can gain practical experience in health services.

HLTW 4910. Senior Research Project. (4 Credits)

Senior Research Project Credit Hours: (3-0-3) The Senior Research Project will address a well-defined topic, question, problem or other materials within the field of Health Services. The project will define an original topic or expand on coursework done within a course in the Health Services program. The project will be supervised by faculty (or faculties) within the program and will the student to meet on a scheduled basis with the appointed faculty or faculties.