HEALTH STUDIES (HE)

HE-100 Technology and Health Informatics
Term Offered: All Terms
Course Type(s): TL
Designed to provide an introduction to the computer technology used in health care and its impact on decision-making. Includes an overview of the basic computer skills required to process electronic information, the nature and types of health information available on the World Wide Web, the development of search skills associated with finding information, linking electronic information to health decision-making processes, ethical and social issues involving the use of technology, and identifying major issues in computer and Internet security. Also listed as NU-100.

HE-101 Strategies for Healthy Living
Term Offered: All Terms
Course Type(s): None
Factors influencing personal health; function of body cells and systems; lifestyle choices such as nutrition, exercise, alcohol, drug and tobacco use, sexuality, contraception, and sexually transmitted diseases; the U.S. health care system and those of other countries.

HE-150 Medical Terminology
Term Offered: All Terms
Course Type(s): HE.EL, HEPE
Introduction of medical terminology to those students who have an interest in a wide variety of health care services. Presents a study of basic medical terms, including prefixes, suffixes, word roots, special endings, plural forms, abbreviations, and has a special emphasis on spelling, definition, usage, and pronunciation for each body system. A programmed learning, word building system will be used to learn word parts that are used to construct and analyze new terms. The accurate use and understanding of medical terminology used in communications between health care professionals, clients, and other providers of care will be enhanced by taking this course.

HE-198 Special Topics in Health Studies
Prerequisite: As announced in the course schedule.
Term Offered: All Terms
Course Type(s): None
An intensive study of a particular subject or problem in health studies to be announced prior to registration. May be conducted on either a lecture-discussion or a seminar basis.

HE-200 Becoming a Home Health Aide
Term Offered: All Terms
Course Type(s): HE.EL
Through classroom lecture, discussions, reading and laboratory practice, the student will learn the 76-hour training program designed to meet the NJ requirements for the Certified Homemaker/Home Health Aide (HHA). After completion of this course the student will have the opportunity to sit for the state examination and become certified as a HHA. Once certified, the student will be able to gain employment as a certified HHA in numerous agencies and institutions in NJ.

HE-212 Lifespan Development and Health
Term Offered: All Terms
Course Type(s): HE.EL, RD
Health from conception through senescence using a developmental approach. Examines the factors that influence health at each stage of life, including the effect of environmental, biological, and genetic influences and common deviations from health. Using this approach, the student will investigate the effect of political and economic policies, education, epidemiology, health promotion, and illness prevention programs.

HE-225 Mind-Body Connection
Term Offered: All Terms
Course Type(s): HE.EL
Focuses on the psychology of wellness and illness and the healing connections between the mind and body across diverse cultures. How stress is interpreted and expressed in different cultures will be explored. The healing practices and rituals of different faiths and cultural traditions will be explored.

HE-235 Human Aging
Term Offered: All Terms
Course Type(s): HE.EL, HEPE
Designed to provide an understanding of the major health problems, health promotion, and wellness concepts that affect older people. Offers an introduction to the physical and functional changes associated with human aging. Common illnesses that are often identified in older people will be discussed. In addition, factors will be presented that are believed to cause or influence the aging process, changes in physical function and quality of life.

HE-260 Substance Use and Abuse
Term Offered: All Terms
Course Type(s): HE.EL
Physical, psychological, and sociological aspects of addictive substances; legal and ethical concerns; alternative methods of dealing with stress in young adulthood; socially responsible behavior. Not open to students who have taken HE-160.

HE-290 Health Research Methods
Term Offered: All Terms
Course Type(s): None
Introduces students to the basic concepts in health sciences research. Students will gain an understanding of the rationale for conducting research, study designs, qualitative and quantitative inquiry, principles of instrumentation and measurement, data management and interpretation, and research proposal writing and presentation techniques. Students should be able to apply these concepts to evaluate research done by others. Not open to students who have taken HE-190.

HE-320 Principles of Health Education
Prerequisites: HE-101 and HE-290 or permission of the instructor.
Term Offered: All Terms
Course Type(s): HEPE, RD
Examination of the principles and practices of health education for adults in the community, including program development and implementation, educational strategies, behavioral objectives, learner characteristics, and institutional assessment. Essential factors for teaching, learning, and motivating clients to make behavioral changes to promote health.
HE-324 Human Sexuality Credits: 3
Term Offered: All Terms
Course Type(s): GS, HE.EL
Designed to provide the student with a factual background as well as an in-depth understanding of his or her own and others' sexuality and how it affects health. Focuses on developing an understanding of the essential components of human sexuality and its interrelationship with human development. Social, cultural, and developmental determinants will be examined for their influence upon human sexuality. Examines the relationship between human sexuality and professional nursing practice. Content will include: the use of a sexual history in the nursing assessment; sexually transmitted disease; effects of pregnancy and aging on sexuality; effects of medical, surgical, and chronic health problems on an individual's sexual functioning; and identity. The role of the nurse as an educator/counselor is discussed. Also listed as NU-324.

HE-330 Women's Health Credits: 3
Term Offered: All Terms
Course Type(s): BI.EL, CD, GS, HE.EL, HEPE
Health care needs/concerns of women from diverse cultures will be examined. The focus will be on African, Asian, Caribbean, and Latina perspectives of health beliefs, health practices, physical and psychological threats, ethical issues. Body image, sexuality, marriage customs, reproduction, childbirth, parenting, lifestyle choices, menopause, and aging will be examined within the context of culture and contrasted to those of Western women. Also listed as NU-330.

HE-340 Environmental Health Issues Credits: 3
Course Type(s): BI.EL, GU, HE.EL, HEPE, SUS
A comprehensive study of current environmental, occupational health issues and associated health risks. Focus on the practical applications of assessing environmental, quality and occupational safety. Major topics include: population growth, water quality, use of pesticides, air pollution, food quality, and occupational health. Legal and regulatory issues also considered.

HE-350 Epidemiology Credits: 3
Prerequisites: HE-290 passed with a grade of "C-" or higher and MA-151; or permission of the instructor.
Term Offered: All Terms
Course Type(s): None
A study of the basic principles and methods of epidemiology. These include types of epidemiologic studies, choices in study design, measures of disease frequency and association, sources of bias, screening, and applications to public health. The course covers conceptual and practical issues in epidemiologic research and the interpretation of epidemiologic data.

HE-360 Transcultural Health Credits: 3
Term Offered: All Terms
Course Type(s): BI.EL, GU, HE.EL, HEPE
Focuses on African, Asian, Caribbean, South- and Latin-American, Middle-East, and Indian beliefs, values, and health practices; physical and psychological threats to health; and ethical issues. Differences of cultural beliefs related to health, illness, and the impact on the delivery of healthcare will be examined. Also listed as NU-360.

HE-365 Wisdom, Wellness and Aging Credits: 3
Term Offered: All Terms
Course Type(s): CD, HE.EL, HEPE
Provides an understanding of the cross-cultural variations in the status of aging and health in older adults. Examples of various cultures include examining older adults from non-English speaking countries, such as North Korea, South Korea, Iran, Mexico, China, and Brazil. Examines factors that affect the economic, social, and health care decisions made by the older adults from these diverse populations as well as other nations. Topics to be covered include examinations of health implications on aging populations in non-English speaking countries. Compare countries, such as Japan, India, and Nigeria, to explore how their specific culture influences caregiving, social support networks, and community. Specific cultural views of love, intimacy, and sexuality in older adults will be examined. Also listed as NU-365.

HE-370 Alternative/Complementary Health Therapies Credits: 3
Course Type(s): BI.EL, HE.EL, HEPE
Cultural origins of Complementary Alternative Medical (CAM) therapies will be discussed. Perspectives of health and healing through co-mingling Eastern Traditional Complementary and Alternative Medicine (TCAM) therapies and Western biomedical practices into an integrative strategy will be examined. Appropriate therapies for health promotion and specific illness contexts, potential risks/benefits, ethical issues addressing treatment choices and global entities that employ CAM therapies will be discussed. There will be an emphasis on choosing CAM therapies that are supported by research as safe and effective. Knowledge of reliable sources of information on the Internet will improve decision making regarding therapies. Also listed as NU-370.

HE-375 Health in Developing Countries: A Cross-Cultural Perspective Credits: 3
Course Type(s): BI.EL, GU, HE.EL, HEPE, SUS
Designed to introduce students to the concept of health as a cross-cultural issue. Students will examine their own health beliefs and practices and expand their understanding of health and health issues of the developing world. Contemporary health issues will be analyzed. Health care delivery systems in selected countries in Asia and Africa will be examined and compared to the American health care system. Students are expected to problem solve and postulate solutions to contemporary and emerging health issues. Also listed as NU-375.

HE-376 Guatemala Public Health Credits: 3
Prerequisite: Permission of the instructor is required.
Term Offered: All Terms
Course Type(s): CD, HE.EL, HEPE
Guatemala Public Health will introduce students to the concepts and practice of public health in a developing country. Students will expand their understanding of health issues that exist in Guatemala and they will deliver a health education lesson to "Las Amigas", Guatemalans who are being trained to be community health care workers. The group will also work on a construction project during the work week. Students and faculty will fly to Guatemala City and travel to Chichicastenango and Antigua and several surrounding towns. This is a hybrid course that involves asynchronous on-line work.
HE-380 Nutrition and Health
Course Type(s): HE.EL
An introduction to the physiology of nutrition, basic concepts of normal nutrition and nutrition in chronic disease (such as diabetes mellitus, cardiovascular disease and obesity) will be explored. A study of the basic nutrients and the gastrointestinal system in its role of digestion, absorption, and metabolism. Food needs of an individual throughout life (birth to old age) will be considered along with necessary dietary modifications caused by decreased activity. Food fads and faddisms will be discussed, as will factors to consider in choosing a healthy diet. Current concerns, such as how safe are the additives in our foods; the role of sugar, salt, and highly processed foods; and alternative therapies, such as herbal remedies and phytochemicals and their potential roles in modern nutrition will be studied. Weight management will be addressed as it relates to medical-nutrition therapy. Also listed as NU-380.

HE-389 Internship in Health and Physical Education
Prerequisites: Junior standing (and others by permission of a faculty advisor), placement opportunity and approval by the Health and Physical Education Department.
Term Offered: All Terms
Course Type(s): EX1
Supervised, pre-professional field experience in health and physical education. The student will secure an internship site related to his/her interests and career goals. Potential internship sites include health and fitness clubs, community wellness agencies, coaching opportunities, hospitals, corporations, and private services. The student will work fifty hours per credit per term at his/her internship site. Students are required to obtain a faculty sponsor, develop learning objectives at the start of their internship, keep a journal of their internship activities throughout their placement, and write a final paper reflecting upon their internship experience. Also listed as PE-389. This is a pass/fail course. Limited to Health majors.

HE-398 Special Topics in Health Education (300 Level)
Prerequisite: As announced in the course schedule.
Course Type(s): HE.EL, HEPE
An intensive study of a particular subject or problem in health education to be announced prior to registration.

HE-399 Independent Study in Health
Term Offered: All Terms
Course Type(s): HE.EL, HEPE
Guided research and in-depth study of an area of health of particular interest to the student.

HE-430 Health Advocacy
Prerequisites: HE-101, HE-290 and junior standing; or permission of the instructor.
Term Offered: All Terms
Course Type(s): HE.EL, HEPE
Focus is on personal and peer health advocacy. Being healthy involves making decisions that are right for each individual and being part of a community that promotes healthy behaviors. Advocating for individual health requires that the student has the confidence, basic understanding of advocacy, resources, and skills to make proper health decisions. Foster student health advocacy as skills are taught while students grapple with personal and social questions that affect their overall health and the health of others. Put student-health promotion into the hands of the students. They will be required to create a health initiative. These initiatives will foster a healthier Monmouth University community.

HE-435 Community Health
Prerequisites: HE-101, HE-290, EN-101, EN-102 and Junior standing; or permission of the instructor.
Term Offered: All Terms
Course Type(s): WT
Healthcare of groups and communities; this includes community and public health theories, epidemiology, health promotion, illness prevention, research, ethics, vulnerable populations, and common deviations from health.

HE-440 Health Policy
Prerequisites: HE-101, HE-290, EN-101, EN-102, and Junior standing; or permission of the instructor.
Term Offered: All Terms
Course Type(s): WT
Delves into the core elements that define health policy. Describes factors, such as the healthcare delivery systems (public/non-profits vs. private/for profits), access to care, healthcare financing, quality-of-care issues, and social issues, such as gender and culture, and their impact on health and healthcare. The dynamics of the policy-making process at different levels (federal, state and local) will be explored, along with policy analysis and how policy influences healthcare decisions. The complexities and challenges of healthcare reform will be identified.

HE-476 Interpersonal Violence
Term Offered: All Terms
Course Type(s): HE.EL, HEPE
Examines the various types and patterns of violence related to cultural values, beliefs, biases, and societal issues, as well as the historical perspectives of violence. Course content includes: family, community, youth, and workplace violence; child, domestic, elder, and sexual abuse. Theories concerning gender violence, gangs, bias and hate crimes, and terrorism are challenged. Public health and health care issues related to violence, and primary, secondary, and tertiary-level interventions for victims and offenders of violence are discussed. Individual responsibilities associated with identification and reporting violence are identified. Health care measures to identify and prevent violence are analyzed. Methods of treatment for victims and perpetrators of violence are evaluated.

HE-485 Professional Seminar in Health
Prerequisites: HE-101, HE-290, and Junior standing; or permission of the instructor.
Term Offered: All Terms
Course Type(s): EX5
Provides students with the experiential education requirement for the BS in Health Studies. Students will have a placement in a health setting where they will have the opportunity to work with a health professional and to apply what they have learned in class to the experiential setting. Weekly seminars will be designed to allow the students to share their experiences with their peers.

HE-498 Special Topics in Health
Term Offered: All Terms
Course Type(s): HE.EL, HEPE
An intensive study of a particular subject or problem in health education to be announced prior to registration.

HE-499 Independent Study in Health Studies
Term Offered: All Terms
Course Type(s): HE.EL, HEPE
Guided research and in-depth study of an area of health studies of particular interest to the student.