

HEALTH STUDIES (HE)

HE-100 Technology and Health Informatics

Credits: 3

Term Offered: All Terms

Course Type(s): HE.EL, HEPE, TL

This course examines the history of healthcare informatics, current issues, basic informatics concepts and health information management systems. The use of technology to help make decisions and to improve the health status of the individual, family, and community is emphasized. Students will apply informatics concepts to a current clinical practice setting suggesting methods to use technology to improve patient safety and work effectiveness. The student will also learn to identify, gather, process, and manage information/data.

HE-101 Strategies for Healthy Living

Credits: 3

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

Credits: 3

Term Offered: All Terms

Course Type(s): HE.EL, HEPE, NU.EL

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-180 Introduction to Public Health

Credits: 3

Term Offered: All Terms

Course Type(s): HE.EL, HEPE

This course is designed to provide an introduction to the field of public health. The history of the field as well as key philosophical perspectives are reviewed. It will address the core values of public health practice, and the role of public health agencies at the international, national, state and local levels. Determinants of health, public health initiatives, ethical practice and selected contemporary public health issues will be explored.

HE-198 Special Topics in Health Studies

Credits: 1-3

Term Offered: Spring Term

Course Type(s): HE.EL, HEPE

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. If a prerequisite is required it will be announced in the course schedule.

HE-199 Independent Study in Health Studies

Credits: 3

Course Type(s): HE.EL, HEPE

Guided research and in-depth study of an area of health studies of particular interest to the student. Prior permission of the directing professor and department chair is required to take this course.

HE-200 Becoming a Home Health Aide

Credits: 4

Term Offered: Spring Term

Course Type(s): HE.EL, NU.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

Credits: 3

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

Credits: 3

Term Offered: Spring Term

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

Credits: 3

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

Credits: 3

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.

HE-275 Anthrozoology, Ethics, and Health

Credits: 3

Course Type(s): HE.EL

Introduces students to the varied and complex ways in which animals contribute to human well-being and illness. Students will expand their understanding of the biological, social, psychological, environmental, occupational, spiritual, and cultural implications associated with the use of, and relationships with, animals. Students will critically examine cultural beliefs and practices that impact the well-being of humans, animals, and the planet.

HE-290 Health Research Methods**Credits: 3**

Prerequisite(s): EN-101 and EN-102

Co-requisite(s): MA-105 or MA-151

Term Offered: All Terms

Course Type(s): HE.EL, HEPE, HY, WT

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.

HE-299 Independent Study in Health Studies**Credits: 3**

Course Type(s): HE.EL

Guided research and in-depth study of an area of health studies of particular interest to the student. Prior permission of the directing professor and department chair is required to take this course.

HE-315 Critical Research Appraisal**Credits: 3**

Prerequisite(s): MA-151 and HE-290

Term Offered: All Terms

Course Type(s): HE.EL, HEPE, HO

This course will introduce the student to key concepts of the critical appraisal of literature within health science and public health. The first section of the course reviews relevant research design and statistical issues that will be helpful in understanding an evidence-based approach to the literature. The second section of the course reviews basic principles of an evidence-based approach and introduces evidence-based issues related to diagnosis and prognosis. The third section of the course introduces evidence-based issues related to intervention. Throughout the course, material presented in lecture will be accentuated with "real-world" data from the literature and the instructor's ongoing research. In addition, the student will have the opportunity to apply an evidence-based approach to answering a scientific clinical research question.

HE-320 Principles of Health Education**Credits: 3**

Prerequisite(s): HE-101 and HE-290 or permission of the instructor

Term Offered: All Terms

Course Type(s): HE.EL, 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, HEPE, NU.EL

Human Sexuality is an introductory course designed to help students reflect on their own personal experience, development, background, and value stance while becoming acquainted with research findings, current concepts, and diverse viewpoints about human sexuality. This information will focus on essential components of human sexuality and their relationship to human development. Social, cultural, and developmental determinants of sexual health will be examined. Content will include: anatomy, physiology, hormones, birth control, sexually transmitted infections, pregnancy/childbirth, sexual development, gender identity, sexual orientation, love, healthy relationships, sexual assault, sexual behavior/variation, and sexuality in media. 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 and concerns of women from diverse cultures will be examined. This course explores the biological, psychosocial, and sociocultural issues that impact women throughout the lifespan. Topics include the history and status of women's health globally, gender-based violence, sexual and reproductive health, and lifestyle choices that impact health. Throughout the course we will explore the impact of culture, ethnicity, socioeconomic status, systems of oppression, and gender on a woman's ability to be physically, mentally, and emotionally healthy. Also listed as NU-330.

HE-340 Environmental Health Issues**Credits: 3**

Term Offered: All Terms

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**

Prerequisite(s): 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): HE.EL, HEPE

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: Spring Term

Course Type(s): BI.EL, CD, HE.EL, RE

This course focuses on beliefs and practices by individuals and groups from a variety of cultures. Emphasis is placed on cultural sensitivity, cultural diversity, and implications for health. Differences in cultural beliefs related to health, illness, and the impact on the delivery of healthcare will be examined.

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**

Term Offered: All Terms

Course Type(s): BI.EL, GU, 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**

Term Offered: All Terms

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**

Term Offered: Spring Term

Course Type(s): CD, EX3, HE.EL, HEPE

Guatemala Public Health will introduce students to the concepts and practice of public health in a low and middle income 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. Permission of the instructor is required to take this course.

HE-380 Nutrition and Health**Credits: 3**

Term Offered: All Terms

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, and 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 fallacies 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.

HE-389 Internship in Health and Physical Education**Credits: 1-3**

Term Offered: All Terms

Course Type(s): EX1, HE.EL, HEPE

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. Departmental approval is required to take this course. Junior standing (and others by permission of a faculty advisor), placement opportunity and approval by the Health and Physical Education Department are required to take this course. Limited to Health majors.

HE-398 Special Topics in Health Education (300 Level)**Credits: 1-3**

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. If a prerequisite is required it will be announced in the course schedule.

HE-399 Independent Study in Health**Credits: 1-3**

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. Prior permission of the directing professor and department chair is required to take this course.

HE-430 Health Advocacy**Credits: 3**

Prerequisite(s): HE-101 and 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**Credits: 3**

Prerequisite(s): HE-101, HE-290, and Junior standing; or permission of the instructor

Term Offered: All Terms

Course Type(s): HE.EL, HEPE

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**Credits: 3**

Prerequisite(s): EN-101, EN-102, HE-290 and Junior standing or permission of the instructor

Term Offered: All Terms

Course Type(s): HE.EL, HEPE, 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. Also listed as NU-440.

HE-476 Interpersonal Violence**Credits: 3**

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. Also listed as NU-476.

HE-485 Professional Seminar in Health**Credits: 3**

Prerequisite(s): HE-101, HE-290, and Junior standing; or permission of the instructor

Term Offered: All Terms

Course Type(s): EX5, HE.EL, HEPE

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-489 Internship in Health and Physical Education**Credits: 1-3**

Term Offered: Summer Term

Course Type(s): EX1, HE.EL, HEPE

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. This is a pass/fail course. Departmental approval is required to take this course. Junior standing (and others by permission of a faculty advisor), placement opportunity and approval by the Health and Physical Education Department are required to take this course. Limited to Health majors.

HE-498 Special Topics in Health**Credits: 3**

Course Type(s): HE.EL, HEPE

An intensive study of a particular subject or problem in health education to be announced prior to registration. If a prerequisite is required it will be announced in the course schedule.

HE-499 Independent Study in Health Studies**Credits: 1-3**

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. Prior permission of the directing professor and department chair is required to take this course.