
Community Health Course Descriptions

@ = Indicates a non-liberal arts course. Please refer to page 48 for a description of non-liberal arts credits.

HLTH 165 – Health: A Lifestyle Approach (3) A critical analysis and overview of the interrelatedness of the social, emotional and physical elements of one's lifestyle. Topics such as physical fitness, nutrition, sexuality, environmental health, stress management, and substance use prevention will be discussed relative to their role in individual and community health concerns.

HLTH 230 – School Health (CA, SAVE) (2) The class provides an overview of the National Health Education Standards in order to assist Teacher Education students in achieving Health Literacy. Included in the course is information related to child abuse identification, reporting, and prevention. Additionally, course material will address issues regarding education to prevent school violence. The course will focus on health risk behaviors of children as identified by the Federal Centers for Disease Control and Prevention, and on ways that teachers may help their students become critical thinkers, responsible and productive learners, and effective communicators, as these characteristics relate to the health of Americans in the 21st century.

HLTH 250 – Drug Studies (3) Examination of the physiological, psychological, economic, social and cultural problems related to use and abuse of psychoactive substances. Misconceptions, beliefs, and various sources of information are critically evaluated in order to establish a sound basis for personal decision making. Teaching techniques, group dynamics, and non-chemical alternatives to drugs are explored as preventative tools.

HLTH 300 – Critical Issues in Human Ecology (3) An analysis of the implications individual and societal interactions have on the natural environment. Focus on current environmental issues and their impact on the health of individuals, cultures and ecosystems as a whole. Fall.

HLTH 325 – Alcohol Studies (3) An examination of the physical, psychological, and sociological implications of alcohol use and abuse. A primary focus is on confronting our own as well as others attitudes and beliefs about alcohol use. Additional emphasis is placed on theories of causation, awareness of values, and conflicting value systems relating to prevention and the importance of developing an understanding of the role of alcohol use in western society. Spring.

HLTH 326 – Health and Sports Medicine (4) Anatomical, physiological and psychological factors in prevention, treatment and rehabilitation of pathological processes which occur in athletic participation. Fall.

HLTH 331 – Death and Dying (3) An examination of the social and psychological implications of the study of death and dying with particular emphasis on their relevance to enhancing the quality of life. Death is viewed as an integral part of life and the final stage of growth, more than a mere biological event. A focus of the course is to provide an understanding of those issues which have an impact upon individuals when going through life-threatening processes. The importance of recognizing needs, nonverbal or symbolic behavior and effective communication is studied along with the impact of loss in the life cycle. Spring.

HLTH 333 – Human Nutrition (3) Designed to acquaint the student with the basic principles of nutrition including a study of the nutrients, their functions and sources, the application of nutrition principles to the various stages of the human life cycle, the question of food safety in terms of additives, residues, and natural toxicants, and the area of nutrition quackery. Students will become involved in self-evaluation projects and group discussions that will enable them to apply the basic principles to their daily eating habits and lifestyles.

HLTH 341 – Sexual Health (3) This course is designed to be an exploration of topics in sexual health. Students will examine adolescent and sexual identity development; sexual health issues such as sexually transmitted disease, reproduction and sexual violence, and community health strate-

gies used to address sexual health such as sexuality education, disease prevention and sexual health promotion efforts, sexual/ reproductive health care. Students will also explore the impact of attitudes about sex on sexual health and on community health strategies to address sexual health.

HLTH 342 – Women's Health (3) This course examines health concerns specific to women. Behavioral, psychological and socio-cultural aspects of women's experience in health systems will be explored, as well as general influences such as age, race, ethnicity and social class on women's roles as recipients and providers of health care. Course topics include historical perspectives on women's health, gender differences in morbidity and mortality, patient and health care provider relationships, health care consumerism, the impact of employment, motherhood, divorce and aging, and other health concerns unique to women. Fall.

HLTH 344 – Issues in Lesbian, Gay, and Bisexual Health (3) Explores issues related to health and well being of lesbian women, gay men, and bisexual women and men. Topics include the development of gay, lesbian or bisexual identity: the impact of coming out on well being; the impact of living in a homophobic, heterosexist society; strategies to combat homophobia/heterosexism and build supportive environments (in schools, health care settings, etc.); and related topics of interest to students enrolled in the class. Offered Occasionally.

HLTH 361 – Introduction to Community Health (3) This course outlines the history, evolution and status of the practice of health education among groups of people who define themselves as a community. There is a focus on health behaviors, environmental influences, health policy, and economic and health care system issues in health promotion and disease prevention.

HLTH 371 – Nutrition for Special Populations (3) This course will cover issues related to the nutrition among specific populations of people. Topics will include prenatal nutrition, nutrition for children and the elderly, and nutrition for athletes. Fall, odd years.

HLTH 373 – Current Topics in Community Health Nutrition (3) This course will cover issues related to the latest research in nutrition. Students will investigate such topics as phytochemicals, vegetarianism and herbal supplements. Fall, even years.

HLTH 375 – Navigating the American Diet (3) This course will provide an in-depth analysis of the science of weight management. Using current scientific nutrition research, students will learn about the nature of hunger, appetite and satiety and will explore how the current American diet promotes weight gain. Students will learn about current fad diets such as the South Beach Diet and the Atkins Diet; how obesity and weight gain are associated with chronic disease; the role of physical activity in weight management; the dangers associated with disordered eating; and medical treatment methods for treating obesity, including appetite suppressants and gastric bypass surgery. Through interactive, student-led activities, students will learn how to maximize nutrients and flavor in the food they eat without also maximizing calories. Offered occasionally.

HLTH 385 – Epidemiology and Biostatistics (3) Introduction to principles and methods of epidemiology and biostatistics used to study etiology, distribution and control of disease. Spring.

HLTH 425 – Exercise and Sports Physiology (3) The physiological adaptations to exercise for sports and fitness, with consideration of factors that affect physical performance and methods for evaluating physiological capacities. Prerequisites: BIOL 107 and 210. Spring.

HLTH 430 – Human Disease: Patterns, Prevention and Intervention (3) Contemporary concepts of causation, prevention and intervention of chronic and communicable disease. Individual and community risk factors will be analyzed with an emphasis on prevention. Prerequisites: BIOL 210, HLTH 385 and 361 or permission of instructor.

@HLTH 470 – Program Planning (3) An analysis of methods and strategies

for community health needs assessment, determining community demographics and program needs. Discussion and application of community health program planning and implementation in a variety of settings, as well as criteria and procedures for program evaluation. Prerequisites: HLTH 385 and 361. Spring.

HLTH 475 – Seminar (2) Exposes Health Science minors to programs or agencies involved in the Community Health field. Students gain experience developing or working on a project within a health agency. Health Science minors only. Prerequisite: 12 credit hours in Health Science. Spring.

HLTH 480 – Program Implementation and Evaluation (3) Evaluation theory and fundamental principles of evaluation technique. Process, outcome and impact evaluations of the effectiveness and efficacy of disease and injury prevention and intervention programs will be developed using qualitative and quantitative methods. Prerequisite: HLTH 470 with a grade of at least a 2.0. Fall.

@HTLH 485 – Pre-Internship Seminar (2) This course is designed to prepare Community Health students to select their internships for the following semester. The course will include interviewing techniques, supervisor-employee relationships, responsibilities as an intern, with significant emphasis on student research in the content area of their interest (e.g., nutrition, environmental health, substance use prevention, etc.). Students must take this course the semester prior to their internship. Prerequisites: HTLH 361, 385, and HTLH 470 or 480.

@HLTH 490 – Internship (12) A full semester experiential placement in a community-based, health related agency (two separate, eight week experiences). May require residence in any part of state at students expense. All courses required for the major and concentration must be completed with a 2.5 GPA or higher; students must earn a 2.0 in each health class counting towards the major and receive adviser approval to be eligible. Students must have received a passing score on the entrance essay or a 2.0 in a writing course specified by the Community Health Faculty. Contact the Community Health Internship Coordinator Ada Santaferria at santafam@potssdam.edu.

Wilderness Education Course Descriptions

@WILD 160 – Introduction to Rock Climbing (PE) (1) Technical skills include belay techniques, movement, on rock, rappelling, and safety systems. Students will utilize the indoor climbing wall in Maxcy Hall as part of this course. Successful completion of this course will result in one academic credit and one physical education equivalent.

@WILD 170 – Rock Climbing (PE) (2) Designed for those who aspire to lead outdoor rock-climbing trips. Topics include: rock climbing skills progression, site management, climbing anchor systems, fall factors and belay techniques/rappel techniques, and basic rescue techniques. Course includes two consecutive weekend rock climbing trips. Students will simultaneously earn 1 physical education equivalent and 2 academic credits through successful completion of this course.

@WILD 175 – Ice Climbing (PE) (2) Climbing techniques used for both steep, frozen waterfalls and moderate, mountaineering routes with mixed snow and ice. The use of specialized anchors and protection for ice climbing will be examined in addition to objective hazards associated with ice climbing. Course includes two consecutive weekend ice climbing trips. Students will simultaneously earn 1 physical education equivalent and 2 academic credits through successful completion of this course. Spring only. Prerequisite: WILD 160 or 170.

@WILD 220 – Wilderness First Responder (4) An intensive professional certification course designed to develop the medical knowledge and skills needed when medical emergencies occur in isolated settings. Considered by many outdoor recreation professionals as the standard course in the application of techniques of first aid and safety for wilderness medical emergencies. Practical and theoretical applications are examined. Offered Spring only.

@WILD 240 – Backpacking (PE) (2) Introduction to Leave No Trace camping skills, clothing/equipment selection and use, food planning/expedition nutrition, map interpretation, are among topics covered. Culminates in a four-day backpacking trip. Students will simultaneously earn 1 physical education equivalent and 2 academic credits through successful completion of this course.

@WILD 320 – Outdoor Education (SI) (3) Introduction to the broad field of Outdoor Education, and the use of wildland areas for the purpose of recreation, education, development, and therapy. Experiential learning theory associated with leading groups in wildland settings and visitor education will be examined. Students will earn a Leave No Trace Trainer's certificate and participate in overnight camping as part of this course. Offered Spring only. Prerequisite: WILD 240.

@WILD 340 – Wilderness Leadership I (4) Introduction to: leadership, judgment and decision making, teaching Leave No Trace camping skills, group leadership, and wilderness travel skills. Students will participate in a 16-day wilderness expedition during the summer term. Eligibility for Outdoor Leadership Certification through the Wilderness Education Association is available upon the completion of Outdoor Leadership II. Spring only. Prerequisite: WILD 240.

@WILD 345 – Wilderness Leadership II (4) Course will focus on advanced: leadership, judgment and decision-making, teaching, group facilitation and refining wilderness travel skills. Students will assist in the planning and execute a 16-day wilderness expedition during the summer term. Successful completion of this course will lead to eligibility for Outdoor Leadership Certification through the Wilderness Education Association and a Leave No Trace Master Educator Certificate. Spring only. Prerequisite: WILD 340.

@WILD 350 – Wilderness and Adventure Program Planning (3) Program development, administration, risk management, and wildland management issues will be examined. Emphasis is on planning experiential learning and adventure activities for environmental education, recreation, personal development and therapy programs. Students will develop a comprehensive program proposal as part of this course. Offered Fall only. Prerequisite: WILD 325.

WILD 360 – Leadership in Adventure Education (2) Students will develop the technical, leadership, and facilitation skills necessary to implement safe and effective facility based adventure education programming. The course will focus on initiative, climbing wall, and ropes course programs while using the Adventures in Reality Climbing Center at SUNY Potsdam. Emphasis is given to understanding the theoretical underpinnings behind adventure education philosophy. Prerequisite: WILD 160.

WILD 445 – Therapeutic Recreation (3) This course examines recreation as an integral part of the treatment process for youth-at-risk, people with disabilities, and other special populations such as those with drug/alcohol dependencies. The use of adventure experiences as modalities for participant change is a primary focus of this course. Fall only.