## Health Promotion and Education Courses (HPE)

### Courses

**HPE 1030, Basic Nutrition — 2 hrs.**
Study of nutrition in relation to growth development and maintenance of the body. No credit for NUTR 1030 if credit previously earned in 310:032 Fundamentals of Nutrition. (Variable)

**HPE 1031, Nutrition for Early Childhood Education — 2 hrs.**
Study of the role of nutrition in the growth and development of young children, and the effect of nutrition on learning processes. Focus on nutritional needs of young children as well as the incorporation of nutrition education into the curriculum in early childhood education. (Variable)

**HPE 1101 (410:065), Introduction to Public Health — 2 hrs.**
Introduction to the public health activities concerned with the protection and care of the community; survey of the major specialties and populations of interest in the public health field. (Fall and Spring)

**HPE 2120 (410:020), Maternal and Infant Health — 3 hrs.**
Provides an overview of maternal and child health concepts, issues and trends. Topics covered include conception, pregnancy, childbirth, lactation and public health, prevention, and epidemiological issues in maternal and infant health. (Fall)

**HPE 2160 (410:060), Medical Terminology — 2 hrs.**
Basic terminology and vocabulary used in medical field; structural organization of the body, major anatomy, medical procedures and instrumentation, and medical specialties. (Variable)

**HPE 3118 (410:118), Teaching Aerobics — 1 hr.**
Preparation to teach aerobic activities, including aerobic dance, step and circuit aerobics, and aerobic kick boxing. (Spring)

**HPE 3160 (410:160), Community and Public Health — 3 hrs.**
Examination of the major public health issues facing the U.S. and world population. Investigation of major public health initiatives, public policy, and ethical issues related to public health. Prerequisite(s): junior standing. (Same as CAP 3160 (CAP:160)) (Variable)

**HPE 3220, Human Diseases for School Health Educators — 1 hr.**
Human Diseases for School Health Educators is designed to help the student develop basic knowledge and skills necessary to effectively incorporate the study of human diseases into the school health education curriculum. (Fall)

**HPE 3230, Drug Prevention Education for School Health Educators — 2 hrs.**
The course is designed to provide school health educators with basic information, skills, and coursework relevant to drug prevention education. Coursework is relevant to the needs of a school health educator and can be implemented into the school health education classroom. (Spring)

**HPE 3240 (410:140), Secondary School Health Education Methods — 2 hrs.**
Examination of role of the teacher in planning, delivering, and evaluating middle and high school health education; introduction of instructional methods and materials and their use demonstrated and practiced. Prerequisite(s) or corequisite(s): completion of Level II or corequisite (TEACHING 3128; EDPSYCH 3148 (200:148)). (Spring)

**HPE 3344 (410:144), Health Education Curriculum — 2 hrs.**
Introduction to existing curricular models, the processes involved in developing materials, and the appropriate scope and sequence of learning activities in elementary, middle, and high school health education. Prerequisite(s): Completion of Level 1, which includes TEACHING 2017 Level 1 Field Experience and EDPSYCH 2030 (200:030) Dynamics of Human Development. (Fall)

**HPE 3650 (410:152), Complementary, Alternative, and Integrative Health — 3 hrs.**
Introduction to the concepts, theoretical basis, evidence-based analysis, and challenges and issues in integrative health and complementary and alternative medical practices (CAM). Integrative, alternative, and complementary medicine covers a broad range of healing philosophies, approaches, and therapies involving the use of holistic or culturally-specific health services and practices in the treatment of illness and disease and embraces an expanded concept of health and illness. Prerequisite(s): junior standing. (Same as CAP 3152 (CAP:152)) (Variable)

**HPE 3686 (410:185), Readings in Health Education — 1-4 hrs.**
Credit based on student's proposal; to be determined at time of registration. Written contract will determine appropriate work load under credit guidelines. Prerequisite(s): consent of instructor. (Fall, Spring, Summer)

**HPE 3689 (410:189), Seminar in Health Promotion — 3 hrs.**
Focus on issues in community health education and the transition from student role to health educator or health promotion specialist role. (Fall and Spring)

**HPE 3693 (410:193), Internship Seminar — 3 hrs.**
The Health Promotion and Education internship seminar course is a professional development oriented course which provides skills and abilities related to job-seeking, career, and field experiences. The focus is on development of professional tools including portfolios, resumes, interviewing skills, and relevant certifications. This course is a prerequisite to HPE 4768 (410:168) Field Experience in Health Promotion. Prerequisite(s): Instructor approval. Corequisite(s): GER 4195 (31G:195) or HPE 4768 (410:168) or SOC 3100. (Variable)

**HPE 4125/5125 (410:125g), Aging and Health — 3 hrs.**
Introduction to aging and health concerns of older individuals, and to broader issues of aging, health, and society. Study of aging demographics, biomedical aspects of aging, and selected issues of health and aging. Prerequisite(s): junior standing. (Variable)

**HPE 4155 (410:155g), Stress Management — 2 hrs.**
Introduction to stress and stress management, the relationship between stress and disease. Preference to Health Promotion majors. (Spring)

**HPE 4161/5161 (410:161g), Global Service Mission — 3-6 hrs.**
The Global Service Mission is a blended practicum that provides guided opportunities for students to conduct a short-term volunteer service project in their local community, around the United States, or internationally with underserved populations for academic credit.
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Offered credit/no credit basis only. May be repeated. Prerequisite(s): junior standing. (Variable)

HPE 4162/5162 (410:162g). Introduction to Women's Health — 3 hrs.
Survey of contemporary issues in women's health providing an understanding of women's personal health status, needs, and resources; awareness of women's health issues worldwide and the political, cultural, economic, and psychosocial factors which affect the health of women. Prerequisite(s): junior standing. (Fall)

HPE 4164 (410:164g). Health Care and the Consumer — 2 hrs.
Selection and use of health care products and services, alternative health care, health care insurance systems, consumer protection. (Spring)

HPE 4167/5167 (410:167g). Cultural Competency for the Helping Professions — 3 hrs.
Overview of the changing demographics in the United States, and discussion of how culturally competent health care can improve the wellbeing of underserved populations. Provides in-depth training in working in a culturally appropriate manner with multiple diverse populations in Iowa and the United States. Prerequisite(s): junior standing. (Fall and Spring)

HPE 4247/5247 (410:147g). Minority Health — 3 hrs.
Exploration of public health issues and problems faced by members of minority populations. Includes public health field trips and cultural competency development experiences. Prerequisite(s): junior standing. (Variable)

HPE 4328/5328 (410:128g). Selected Topics in Women's Health — 3 hrs.
In-depth development and exploration of selected themes and topics in women's health. Focus on health issues that disproportionately affect women and examination of health issues, prevention programs, and strategies for health advocacy surrounding adolescent and adult unintended pregnancy, violence, substance abuse, and disordered eating through a feminist developmental perspective. Prerequisite(s): junior standing. (Spring)

Selected learning and behavior change theories and ethical principles that serve as the foundation for effective public health, health promotion, and health education practice; emphasis on the practical application of these theories and principles in public health program delivery. Prerequisite(s): junior standing. (Fall and Spring)

HPE 4373/5373. Planning and Evaluating Health Promotion Programs — 4 hrs.
Investigation of the social, epidemiological, behavioral, educational, and administrative factors related to planning health programs and the procedures and methods for health program evaluation. Prerequisite(s): STAT 1772 (800:072) or equivalent; HPE 4353/5353 (410:153g); junior standing. (Fall and Spring)

HPE 4383/5383. Health Promotion Implementation and Advocacy — 4 hrs.
Methods, techniques, and resources used in advocacy and implementing for health promotion programs. Requires field-based work. Prerequisite(s): HPE 4353/5353 (410:153g); HPE 4373/5373; junior standing. (Fall and Spring)

HPE 4393/5393. Epidemiological Methods, Research Design, and Analysis — 3 hrs.
Instruction in the methods of both descriptive and analytical epidemiology, the quantitative tools used in all areas of epidemiological surveillance and research design, and the development of a nuanced critique of research design and findings. Prerequisite(s): junior standing. (Fall and Spring)

HPE 4431/5431 (410:131g). Worksite Health Promotion — 3 hrs.
Models of delivery of health promotion, disease prevention, and occupational health/safety programs to employee populations. Prerequisite(s): junior standing. (Fall)

HPE 4438/5438 (410:138g). International Health — 3 hrs.
Exploration of widely-different disease patterns found between developed and developing countries, and investigation of the complex factors that contribute to poor community health status. Discussion of wellness strategies for populations in developing countries, as well as for minorities, immigrants, low income persons, and other underserved groups within the United States. Prerequisite(s): junior standing. (Variable)

HPE 4551/5551 (410:151g). Nutrition for Health Promotion — 3 hrs.
For junior, senior, and graduate students in health promotion, as well as pre- and para-medical students to provide basic knowledge of the fundamentals of nutrition, related diseases/conditions, and current nutritional issues encountered by health professionals. Priority given to 410, 420, and 430 majors. Prerequisite(s): junior standing. (Spring)

HPE 4580/5580 (410:180g). Environmental Health, Field Methods, Technology, and Laboratory Applications — 3 hrs.
Strives to develop understanding and working knowledge of the basic tools of environmental health research and field methods. Students will develop skills and competencies related to basic laboratory methods and safety protocols, sampling, types of environmental epidemiology/health research study designs, and the types of mathematical tools employed by researchers practicing and working in this area. Prerequisite(s): STAT 1772 (800:072); junior standing. (Variable)

HPE 4663/5663 (410:163g). Human Diseases — 3 hrs.
Systemic approach to study of human diseases emphasizing common physical disorders afflicting humans while contrasting normal physiology with the pathophysiology of the conditions. Current trends in diagnosis and treatment, along with preventive and wellness measures, are stressed. Prerequisite(s): junior standing. (Fall and Spring)

HPE 4665/5665 (410:165g). Environmental Health Science — 3 hrs.
Comprehensive survey of the interaction between human health and the quality and state of the natural environment. Prerequisite(s): junior standing. (Same as ENV SCI 4665/5665 (830:165g)) (Fall)

HPE 4666/5666 (410:166g). Environmental and Occupational Health Regulations — 3 hrs.
Overview of environmental and occupational safety laws applied to the practice of environmental science. Emphasis on application of the legislation with a focus on regulations. Includes major environmental laws such as the National Environmental Policy Act, Clean Air Act, Clean Water Act, and the Occupational Safety and Health Act. Prerequisite(s): junior standing. (Same as ENV SCI 4666/5666 (830:166g)) (Odd Springs)

HPE 4667/5667. Human Toxicology for Environmental and Occupational Health: Principles and Applications — 3 hrs.
This course introduces the basic principles of human toxicology for the environmental health sciences, including exposure assessment concepts, biomolecular and human biosystems impacts of toxicants with detailed studies of key toxins. The review includes discussions of limiting exposures and cutting edge topics in toxicology.
Prerequisite(s): BIOL 2051 (840:051); BIOL 2052 (840:052); CHEM 1110 (860:044); CHEM 1120 (860:048); junior standing. (Fall)

HPE 4768 (410:168). Field Experience in Health Promotion — 3-12 hrs.
3, 6, 9, or 12 hrs. Experience in area of student's career objectives. Offered on credit/no credit basis only. Prerequisite(s): HPE 3693 (410:193); senior standing; 2.50 cumulative GPA; consent of Division of Health Promotion and Education Coordinator of Student Field Experiences. CPR, First Aid, OSHA and Mandatory Reporting certificates required. (Fall, Spring, Summer)

Students will integrate current research, theory, and empirical evidence to develop a better understanding of the determinants of health. Examines social, environmental, and individual determinants of health, and explores the linkages and pathways through which these factors operate. Prerequisite(s): graduate standing in Health Education or Public Health, or consent of instructor. (Variable)

Health program experience with agencies other than the college or university. May be repeated once for credit. Prerequisite(s): consent of Division of Health Promotion and Education Graduate Coordinator. (Fall, Spring, Summer)

In-depth study of the functioning of the cardiovascular and respiratory systems in the diseased and non-diseased state. Major topics include functional anatomy, cardiorespiratory control, arterial pressure, responses to exercise, electrical activity, and the effects of disease processes. (Same as PEMES 6271 (420:271)) (Variable)

May be repeated for maximum of 6 hours. (Fall, Spring, Summer)

HPE 6289 (410:289). Seminar — 1 hr.
May be repeated for maximum of 6 hours. (Variable)

May be repeated for credit. (Fall, Spring, Summer)

HPE 6299 (410:299). Research.
Fee assessed separately for laboratory materials and/or binding of thesis/research paper. Prerequisite(s): consent of department. (Fall, Spring, Summer)

Analysis of philosophical foundations and ethical principles related to public health, health promotion, and health education practice. (Variable)

Theoretical approaches to behavior change in community and public health research and practice; includes factors influencing health behaviors, ethical issues, behavioral interventions, and consideration for special populations. (Variable)

HPE 7389 (410:389). Health Promotion and Education Seminar — 1 hr.
Explores various aspects of the Health Promotion and Education graduate program, career responsibilities, and the completion of the dissertation. Intent is to increase understanding of the graduate education process and provide a forum for discussing research topics. May be repeated for maximum of 6 hours. Prerequisite(s): doctoral status. (Variable)