Public Health Courses (PH)

Courses

PH 1101. Introduction to Public Health — 3 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; and exploration of ethical issues related to public health. (Fall)

PH 1410. Basic Nutrition — 3 hrs.
This course introduces the basic concepts of nutrition. The content includes the functions of the major nutrients and food sources of each, the principles of healthy eating, dietary intake evaluation, energy balance, weight control, nutrition and fitness, food safety, and how food choices can enhance health, performance, and reduce the risk of chronic disease will also be covered. (Fall and Spring)

Exploring Careers in Public Health is a class designed to give students a better understanding of the various career paths in the field of Public Health. The focus will be hands-on experiences obtained through field trips, site visits, tours, volunteering, shadowing, observation hours, informational and networking interviews, and guest speakers. (Variable)

PH 2120. Epidemiology of Human Diseases — 3 hrs.
Systemic approach to study of human diseases emphasizing common physical disorders afflicting humans and the methods of both descriptive and analytical epidemiology to measure their presence and impact on the human population. (Spring)

PH 2160. Medical Terminology, Short Course — 2 hrs.
Basic terminology and abbreviations used in the medical field; including terms related to procedures, diagnoses, instrumentation, and medical specialties. Students needing NCTRC certification must take PH 2180. PH 2160 cannot be taken after earning credit in PH 2180. (Variable)

PH 2180. Medical Terminology — 3 hrs.
Comprehensive coverage of terminology and abbreviations used in the medical field; including terms related to procedures, diagnoses, instrumentation, and medical specialties. Course Includes pronunciation of terms and identification of spoken terms. (Variable)

PH 2420. Nutrition for Health Promotion — 3 hrs.
Good nutrition is imperative for lifelong health. The focus of this course is building and applying nutritional knowledge to enhance skills, and abilities to educate, program, and promote individual and community level healthy eating. Prerequisite(s): PH 1410. (Odd Springs)

PH 2430. Food and Nutrition Practicum — 2 hrs.
Understanding and applying nutritional knowledge is imperative for lifelong health and wellbeing. This course is designed to provide applied knowledge in building nutrition education skills and focuses on exposure and experiences related to food, nutrition, and health in a variety of individual, community-based and institutional settings. Prerequisite(s): PH 1410. (Even Springs)

PH 2520. 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)

PH 2530. 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. (Fall)

PH 2540. 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. (Variable)

PH 2620. Stress and Coping — 3 hrs.
Introduction to stress, the relationship between stress and disease, and strategies for coping with stress. Preference to Public Health majors. (Even Springs)

PH 2630. 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)

PH 3030. Applied Food, Nutrition, and Health — 3 hrs.
Understanding and applying nutritional knowledge is imperative for lifelong health. This course involves critical and collaborative study of current and emerging issues in food and nutrition research as it impacts human health and disease. Evaluating, synthesizing, and interpreting nutrition research as it applies to public health through student collaboration is emphasized in the course. (Variable)

PH 3140/5140. Planning and Evaluating Public Health 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): junior standing. (Spring)

PH 3150/5150. Implementation and Advocacy in Public Health Programs — 4 hrs.
Methods, techniques, and resources used in advocacy and implementing in public health programs. Requires field-based work. Prerequisite(s): PH 3140/5140; junior standing. (Fall)

PH 3160. 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) (Variable)

PH 3170. Internship Seminar — 3 hrs.
The Public Health 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 PH 4180 Internship. Prerequisite(s): consent of instructor. (Variable)
PH 3230. Drug Prevention Education for School Health Educators — 3 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)

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). (Variable)

PH 3245. Secondary School Health Education Methods and Curriculum — 3 hrs.
Focus on the skills and knowledge needed to plan, organize, manage, implement, and evaluate appropriate health education instruction in the secondary classroom (grades 5-12). Field experiences in secondary school health education classrooms. Prerequisite(s) or corequisite(s): completion of Level II Sequence or corequisite (TEACHING 3128; EDPSYCH 3148). (Fall)

Methods of delivering instruction for Community and Public Health in the secondary classroom. Designed for in-service teachers seeking a health education endorsement. (Variable)

PH 3260. Substance Abuse Prevention for School Health Educators — 3 hrs.
The course is designed to provide school health educators with basic information, skills, and coursework relevant to drug prevention education in the school setting. Coursework is relevant to the needs of a school health educator and can be implemented into the school health education setting. (Variable)

PH 3270. Mental and Emotional Health for School Health Educators — 3 hrs.
Methods of delivering instruction for Mental and Emotional Health in the secondary classroom. Designed for in-service teachers seeking a health education endorsement. (Variable)

PH 3280. Sexuality Education for School Health Educators — 3 hrs.
Methods of delivering instruction for Sexuality Education in the secondary classroom. Designed for in-service teachers seeking a health education endorsement. (Variable)

PH 3290. Consumer Health for School Health Educators — 2 hrs.
Methods of delivering instruction for Consumer Health in the secondary classroom. Designed for in-service teachers seeking a health education endorsement. (Variable)

PH 3310/5310. 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)

PH 3320/5320. Global Service Mission — 3-6 hrs.
The Global Service Mission is a hybrid 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. Offered credit/no credit basis only. May be repeated. Prerequisite(s): junior standing. (Variable)

PH 3330/5330. 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)

PH 3340/5340. 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)

PH 3640/5640. 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. (Spring)

PH 3650. 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) (Variable)

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. (Variable)

PH 3670. 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. (Variable)

PH 3686. Readings — 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)

PH 3689. Seminar — 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)

PH 3710/5710. 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. (Fall)
PH 3720/5720. 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. (Odd Springs)

PH 3730/5730. Toxins and Health — 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. Detailed case studies of key toxins are used to examine the full absorption, distribution, metabolism and elimination (ADME) cycle including discussions of limiting exposures and cutting edge topics in toxicology. Prerequisite(s): junior standing. (Variable)

PH 3740/5740. 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): junior standing. (Variable)

PH 4100. Senior Project — 3 hrs.
Senior Project compliments the internship requirement preparing students for future employment in public health organizations. Written report and oral presentation required after the completion of internship. Prerequisite(s): Senior standing; consent of Internship Coordinator. Corequisite(s): PH 4180. (Spring and Summer)

PH 4180. Internship — 1-12 hrs.
1 - 12 hrs. Experience in area of student's career objectives. Offered on credit/no credit basis only. Prerequisite(s): PH 3170 or HRCS 4000; senior standing; consent of Internship Coordinator. CPR, First Aid, OSHA and Mandatory Reporting certificates required. Corequisite(s): PH 4170. (Spring and Summer)

PH 4663/5663. 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. (Variable)

PH 6285. Readings — 1-4 hrs.
May be repeated for maximum of 6 hours. (Fall, Spring, Summer)

PH 6289. Seminar — 1 hr.
May be repeated for maximum of 6 hours. (Variable)

PH 6297. Practicum — 2-3 hrs.
May be repeated for credit. (Fall, Spring, Summer)

PH 6390. Philosophy and Ethics of Public Health and Health Promotion — 3 hrs.
Analysis of philosophical foundations and ethical principles related to public health, health promotion, and health education practice. (Variable)