

Community and Public Health (CPH)

Courses

CPH 1100 Foundations for Community Health Workers: 3 semester hours.

The course is designed to provide core competencies for Community Health Workers (CHWs). It includes key concepts of public health, outreach, advocacy, community and individual assessment, social determinants of health, health education, navigating insurance, stages of change, service coordination and more. F, S

CPH 1160 Women's Rape Aggression Defense: 1 semester hour.

Realistic self-defense tactics and techniques designed for women. Awareness, prevention, risk reduction, risk avoidance, and basic hands-on defense training. R.A.D. is not a Martial Arts program. Equivalent to PE 1160. PREREQ: Permission of Public Safety Office or sponsoring program. F, S

CPH 1190 Alcohol and Drug Awareness I: 1 semester hour.

Essential elements of identification and recognition of behaviors relating to substance abuse; discussion of laws pertaining to illegal substance use; costs and programs that deal primarily with the intervention and treatment of drug and alcohol abuse. F, S, Su

CPH 2200 Promoting Wellness: 3 semester hours.

A survey of the issues and topics that most affect health and wellness. Particular emphasis is placed on the intelligent self-direction of health behaviors. Topics address individual health assessments and decision-making skills. F, S, Su

CPH 2201 Selected Topics in Health Education: 1 semester hour.

Topical courses emphasizing the effects of individual lifestyle choices on health. Topics may include stress and emotional health, consumer health, and trust and self-esteem. May be repeated for up to 3 credits. F, S

CPH 2210 Medical Terminology and Communication: 2 semester hours.

Terminology and vocabulary basic to all areas of medical science, hospital services, and allied health specialties. Develops skills in correct written and oral usage of medical terms. Equivalent to HCA 2210. F, S

CPH 2211 Health Education Methods Elementary: 1 semester hour.

A study of subject content of the health education program with emphasis on methods and materials to be used by the elementary classroom teacher. F, D

CPH 2221 Introduction to Community and Public Health: 3 semester hours.

Concepts essential to understanding the discipline: competencies, ethics, health education theories and philosophies, and career opportunities for professional health educators in school and community settings. F, S

CPH 2290 Alcohol and Drug Awareness II: 1 semester hour.

Case studies of active drug users and recovering addicts; in-depth discussion of the family dynamics of drug/alcohol abusers; medical aspects of chemical dependency. F, S, Su

CPH 2299 Experimental Course: 1-6 semester hours.

The content of this course is not described in the catalog. Title and number of credits are announced in the Class Schedule. Experimental courses may be offered no more than three times with the same title and content. May be repeated.

CPH 3340 Fitness and Wellness Programs: 3 semester hours.

A study of the theory, development, and application of components necessary for providing fitness and wellness programs in a variety of settings. PREREQ: CPH 2200 and CPH 2221. S, D

CPH 3340L Fitness and Wellness Programs Laboratory: 0 semester hours.

Assignments to apply principles from CPH 3340. COREQ: CPH 3340. S

CPH 3342 Stress Management: 3 semester hours.

The study of stress, stress response, causes of stress, and stress management techniques/strategies. Effect of the mind on the body relative to various disease states. Includes the connection between spirituality and health; and emotional health-related topics such as anger, depression and stress, and sleep deprivation. F

CPH 4401 Issues in Health and Wellness: 1-3 semester hours.

Contemporary health and wellness issues emphasizing education interventions and application. Topics may include: death and dying, computer technology in health, healthy aging, motivation, emergency preparedness, alternative and complementary medicine, international health. May be repeated for up to 6 credits with different content. F, S, Su

CPH 4405 Leadership and Policy: 3 semester hours.

Course will introduce and apply public health leadership concepts including: principles of leadership and management, policy, team building, ethics and professionalism, strategic planning, networking, budgeting and finance, and continued professional development. S

CPH 4406 Epidemiology: 3 semester hours.

The study of the distribution, frequency and determinants of diseases and injuries in human populations with the overall goal of implementing prevention and control programs. PREREQ: MATH 1153 or MGT 2216. F

CPH 4410 Health Behavior Change Theory and Application: 3 semester hours.

Provides a basic understanding of the social, emotional, and lifestyle factors related to health behavior. Strategies designed to identify barriers to behavior change to enhance the health of selected populations are examined. PREREQ: CPH 2200. F

CPH 4415 Research Methods in Public Health: 3 semester hours.

The application of research and evaluation models for decision-making program and policy development of community health education interventions. Focus on the individual, family, and social network levels of practice. PREREQ: CPH 2200. S, D

CPH 4420 Program Planning: 3 semester hours.

Provides both a theoretical framework for and skill development in organizing, planning, implementing and evaluating community health interventions. Key topics include: planning models, assessing community needs, presentation strategies, and budgeting. PREREQ: CPH 2200, CPH 2221. F

CPH 4425 Patient Education Skills: 2 semester hours.

Foundations and application of organizational and communication skills which promote a positive atmosphere for patient education in clinical and worksite settings. S, Su, D

CPH 4430 Curriculum and Methods in Health Education: 3 semester hours.

Curriculum planning, implementation, methodology, and evaluative procedures utilized in the school health education setting. Emphasis will be placed on the integration of content and practical experiences. PREREQ: CPH 2200. S

CPH 4432 Community and Public Health: 3 semester hours.

Aspects of the community that relate to health; identification and analysis of community and public health programs; organizational pattern and functions of voluntary and governmental health agencies; organizing the community for health action; and coordination of community and public health programs. PREREQ: CPH 2200, CPH 2221. S, D

CPH 4442 Environmental Health in Community and Public Health: 3 semester hours.

Study of a variety of issues related to protecting and preserving the environment with an emphasis on school and community educational programs. S, D

CPH 4443 Substance Use and Misuse in Community and Public Health: 3 semester hours.

Study of the physical, psychological, sociological, and environmental factors related to drug use with emphasis on school and community prevention programs. F, D

CPH 4444 Human Diseases in Community and Public Health: 3 semester hours.

Address the underlying science of human health and disease including opportunities for promoting and protecting community health across the life course, through individual and community-level interventions and campaigns. F

CPH 4445 Human Sexuality in Community and Public Health: 3 semester hours.

Study of the multifaceted nature of human sexuality with an emphasis on school and community-level educational programs. S, D

CPH 4446 Communication Strategies in Community and Public Health: 3 semester hours.

Student will gain experience in the strategic use of communication and marketing tools to develop, implement, and evaluate communication programs that help people make sound health decisions and effectively manage health behaviors. Students will gain experience using all communication strategies including written and digital tools such as social media, mobile and mass media applications. F

CPH 4450 Introduction to Addictions: 3 semester hours.

Four primary aspects of addiction: the physiology of drugs of abuse and chemical addiction, the assessment and diagnosis of chemical dependency, the treatment of addictive disorders, and topics focused on special populations. D

CPH 4451 Basic Addiction Treatment Skills: 3 semester hours.

Provides an introduction to the essential components and techniques of addiction counseling. Students will learn the basic facilitation model, group techniques, counseling theories, issues faced by beginning counselors, and characteristics of the effective counselor. D

CPH 4452 Harmful and Illicit Substances: 3 semester hours.

This course is designed to introduce students to drug classification systems and specific drugs within each classification. The psychological and physical effects, signs and symptoms of use, abuse, dependency, overdose, and withdrawal. D

CPH 4453 Blood Borne Illness: 1 semester hour.

Provides a basic understanding of blood borne pathogens/infectious diseases within an addictions framework. Promotes competency and ethical responsibility in assessing client needs in regard to blood borne pathogens/infectious diseases. D

CPH 4454 Addiction within Family Systems: 3 semester hours.

Provides an overview of functional and dysfunctional families, the impact of chemical dependency on individual and family systems; and treatment modalities and appropriate referral resources. D

CPH 4455 Screening and Assessment of Substance Abuse: 3 semester hours.

Provides a basic understanding of appraisal techniques within an addictions framework. Promotes competency and ethical responsibility in assessing clients. Enhances the ability to assess client's needs based on clinical knowledge and instrumentation. D

CPH 4456 Case Management of Substance Abuse: 3 semester hours.

Provides a basic understanding of case management philosophy and basic case management skills within an addictions framework. Promotes competency and ethical responsibilities. PREREQ: Permission of instructor. D

CPH 4457 Ethics for Addiction Counselors: 3 semester hours.

Provides information regarding ethical and legal issues in the field of chemical dependency counseling. Topics include values and helping relationships, client's rights and counselor responsibilities. D

CPH 4458 Group Skills for Addiction Counselors: 3 semester hours.

Introduces students to group theory and practice as a treatment modality in counseling clients with chemical dependency issues. D

CPH 4459 Practicum for the Chemical Dependency Counselor: 3 semester hours.

Practical experience in a field based setting congruent with the core functions of a chemical dependency counselor including: assessment, counseling, groups, education, and professional responsibility. D

CPH 4485 Independent Problems in Community and Public Health: 1-3 semester hours.

Individual work under staff guidance. Field and/or library research on specific health education problems of interest to majors and minors. PREREQ: Permission of instructor. May be repeated for up to 6 credits. F, S, Su

CPH 4490 Practicum in Community and Public Health: 4 semester hours.

Practical experience in a field based setting, congruent with student's employment goals. Required for community/worksite health option students. Graded S/U. PREREQ: Senior standing in Community and Public Health and permission of instructor. F, S, Su

CPH 4491 Health Education Workshop: 1-3 semester hours.

A critical analysis of one or more areas of health education. Limited enrollment. PREREQ: Permission of instructor. F, S, Su

CPH 4498 Professional Education Development: 1-3 semester hours.

A course for the practicing health educator aimed at the development and improvement of educational skills. Various sections will have different subtitles. Graded S/U. D

CPH 4498P Professional Education Development: 3 semester hours.

New methods and opportunities to enhance and supplement skills. Subject to the approval of the Dean of the student's college, a maximum of eight credits earned in workshops may be applied toward a degree; students taking the courses only for personal development may choose the 0-credit option; those seeking professional development must choose a for-credit option.

CPH 4499 Experimental Course: 1-6 semester hours.

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