

HLTH - HEALTHCARE

HLTH 1000 Online Learning, Career & Academic Success (3 Credit Hours)

This course will help students build the skills needed for success in an online learning environment. Students will focus on key strategies for academic engagement, time management, goal setting, and self-directed learning. They will also learn how to navigate online technologies, connect with peers, and explore scholarly and campus resources. By the end of the course, students will develop a personalized academic plan and identify resources and strategies to stay on track.

Academic Level: Undergraduate

Enrollment is limited to students with a program in Health Sciences or Cont Ed Post Bacc Pre-Health.

HLTH 1010 Introduction to Healthcare Systems (3 Credit Hours)

This course provides a comprehensive introduction to the U.S. healthcare system, covering its historical evolution, economic foundations, and the legal, regulatory, political, and ethical forces shaping healthcare today. Through case studies, debates, and interactive activities, students will critically examine the complexities of healthcare delivery, with a focus on policy, finance, managed care, and quality measures. The course will also explore the perspectives of key stakeholders and the impact of legal and ethical decisions on current practices. By the end of the course, students will be equipped to analyze contemporary healthcare challenges and engage with the future of healthcare delivery from an informed and critical perspective.

Academic Level: Undergraduate

Enrollment is limited to students with a program in Health Sciences or Cont Ed Post Bacc Pre-Health.

HLTH 1015 Personal Health and Wellness (3 Credit Hours)

This course explores the foundational concepts of personal health and wellness with a focus on lifelong vitality and well-being. Students will examine and apply key dimensions of wellness - emotional, social, spiritual, mental, and physical - in ways that promote sustainable, real-world habits. Through interactive discussions, self-assessments, and practical strategies, learners will develop an individualized personal wellness program designed to support long-term health. Core topics include cardiovascular health and disease prevention, nutrition and weight management, physical activity and fitness, sexual health, substance use and abuse, and the behavioral factors that influence wellness and lifestyle choices.

Academic Level: Undergraduate

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HLTH 1030 Stress Management (3 Credit Hours)

This course provides an overview of the principles and practices within the domain of stress management. The concept of stress, the psychobiology of stress, and physiological implications are examined. Determinants and measurements of stress are considered, along with the relationship of stress to physical/mental health and performance, primary prevention and intervention in stress management. Alternative and complementary modalities to address stress are explored. Students will assess stress, as well as learn and practice facilitate a variety of stress management and relaxation interventions.

Academic Level: Undergraduate

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HLTH 1035 Substance Misuse and Prevention (3 Credit Hours)

This course examines the history of drug use in the U.S., trends in substance misuse treatment, and models of addiction. Topics include addiction approaches, socio-cultural perspectives, treatment interventions, and gender differences in recovery. The course also explores environmental influences on substance abuse, recovery expectations, and critiques current addiction policies and services.

Academic Level: Undergraduate

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HLTH 1040 Ethical Foundations in Healthcare (3 Credit Hours)

This course explores ethical theories and their application in healthcare, covering key topics such as patient autonomy, professional ethics, and best practices. Designed for students in healthcare-related fields, it prepares them for moral decision-making and ethical dilemmas they may face professionally, fostering integrity and empathy in medical and public health settings.

Academic Level: Undergraduate

Enrollment is limited to students with a program in Health Sciences or Cont Ed Post Bacc Pre-Health.

HLTH 1050 Introduction to Research Methods (3 Credit Hours)

This course provides an introduction to methods commonly used in social science research. Students will engage with real-world health issues in order to explore concepts regarding study design, data collection, and ethics of research involving human individuals and populations. Topics include quantitative and qualitative research approaches, epidemiological methods, clinical trials, program evaluation, and appraisal of published research literature. By the end of the course, students will be equipped with the skills needed to use and interpret health research effectively.

Academic Level: Undergraduate

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HLTH 4000 Writing for Credit for Prior Learning (3 Credit Hours)

This writing intensive course is designed for adults who identify prior experiential learning which may be equivalent to collegiate level coursework. Through a formal faculty led process, students systematically reflect on prior experiences, identify tangible learning outcomes, assemble artifacts, and assess the evidence as they create an individualized e-portfolio. Students trace the progression of their professional and personal learning over time, and demonstrate mastery of the identified learning outcomes. This course is graded on a pass/fail basis.

Academic Level: Undergraduate

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