

Health Courses

Health 1001 – Medical Terminology

This course includes a study of the structure of medical words/terms including the spelling, definition, pronunciation, common prefixes, suffixes, word roots, and how to combine them to form medical words. Learning strategies for dealing with new terminology as students progresses in the health care field are included.

Health 1003 – Worker Right to Know: Health and Safety in the Workplace

Worker Right to Know is designed to provide students with an understanding of the development and application of health and safety regulations in the workplace. Topics addressed include the Hazard Communication Standard, Minnesota Right to Know, properties of hazardous substances, labeling of hazardous materials, safety practices and equipment, and the storage and disposal of hazardous wastes.

Health 1005 – Basic CPR, Red Cross

A study of citizen responder principles in areas of choking, and respiratory and cardiac arrests. This is a lab course involving adult, child, and infant situations. Upon successful completion, students will receive American Red Cross certification in Standard First Aid and Adult CPR plus Infant and Child CPR.

Health 1010 – Standard First Aid and Safety

A study of first aid principles and CPR. This is a lecture-lab course that includes victim evaluation, adult, child, and infant CPR and basic first aid care. Upon completion, student will receive American Red Cross certification in "Community First Aid CPR" with adult 2-person endorsement.

Health 1020 – Personal and Community Health

A study of health concepts and practices as applied to wellness. This is a lecture-discussion course of general health topics designed to stimulate critical thinking and awareness of where responsibility lies in the promotion of health in the home and community.

Health 1035 – Women's Health

This course examines health issues affecting women throughout their life span. Current guidelines for maintaining health and promoting wellness will be included. The course will examine the impact of factors such as race, class, gender, and sexuality on women's health. Prerequisite: RDNG 0090 or higher with a grade of "C" or higher or assessment score placement in RDNG 1000.

Health 1040 – Stress Management

Modern concept of stress management for everyday living. Review subjects are: theories and concepts, disease connection, mind/body connection, and stress management skills.

Health 1050 – Human Sexuality

An inter-disciplinary study which will introduce the student to the many facets of human sexuality in a diverse society. This course provides a basis for understanding the dynamics of human sexuality from many perspectives; physical, psychological, socio-cultural, theological, and legal.

Health 1060 – Drug Education

Explores the fundamental psychological and social aspects of use and abuse of mood altering chemicals. Subjects reviewed are: history of use, classification of drugs, and the effects on the family and social concerns. Special emphasis is on the role alcohol and drugs have in our society and the responsibility we have in focusing on communication, preventing abuse and improving these health-related issues.

Health 1070 – Nutrition

Study of basic principles of nutrition throughout the lifecycle. Personal dietary analysis is included in course.