

Department of Health Sciences

Below is a list of courses taught within the department of Health Sciences. This list is provided only as a reference and to provide context for what we offer. Please go to the link below to access the NAU academic catalog to see specific program and course requirements for each of our degree programs and minors. *Note: Not all classes are offered every semester. Please contact your advisor for more details.*

NAU Academic Catalog: <http://catalog.nau.edu/Catalog/index>

Health Sciences Undergraduate Courses

HS 200: HEALTHY LIFESTYLES

Physical, mental, and social health as it relates to the individual. Letter grade only.

HS 205: FOUNDATIONS OF PUBLIC HEALTH

A knowledge-based approach to the various concepts, health topics, principles, and practices in the field of public health. Letter grade only.

HS 250: PREVENTION CONCEPTS FOR RISKY HEALTH BEHAVIORS

Explores prevention concepts related to alcohol, tobacco, and other drugs; injury; risky sexual behaviors. Letter grade only.

HS 300: HUMAN DISEASES

Overview of acute and chronic diseases, how these diseases affect the human body, and actions one might take to reduce the risk. Letter grade only.

HS 301: SPECIAL TOPICS IN HEALTH PROMOTION

Studies selected health promotion-related issues that are of current interest in community and school health. Letter grade only. May be repeated for up to 9 units of credit with different content.

HS 305: THEORIES OF HEALTH BEHAVIORS

Study of behavioral change theories and their applications to health-education intervention strategies and practices. Letter grade only.

HS 306: METHODS FOR COMMUNITY HEALTH PROMOTION

A skills-based approach to the various methods and strategies required to conduct comprehensive health promotion programs. Letter grade only. Course fee required.

HS 313: ENVIRONMENTAL HEALTH

Studies environmental health issues and interventions to modify the environment to improve human health. Letter grade only.

HS 317: MATERNAL, CHILD, AND SEXUAL HEALTH

Introduces major issues and trends that affect the health and well-being of women, infants, children, and adolescents in domestic and international settings. Examines healthy relationships, contraception, and STI prevention. Letter grade only.

HS 340: OFFICIATING FALL SPORTS

Rules and officiating procedures in sports: football, basketball, wrestling. Letter grade only. May be repeated for up to 3 units of credit if content varies.

HS 341: OFFICIATING SPRING SPORTS

Rules and officiating procedures in sports: track and field, volleyball, baseball and softball. Letter grade only. May be repeated for up to 4 units of credit if content varies.

HS 390W: CURRENT HEALTH ISSUES

In-depth study of selected contemporary health problems; examines contributing social, psychological, physical, legal, and cultural factors. This course fulfills NAU's junior-level writing requirement. Letter grade only. Course fee required.

HS 402: ORGANIZATION OF COORDINATED SCHOOL HEALTH

Organization and administration of components of a coordinated school health program in K-12 schools. Letter grade only.

HS 403: PLANNING, IMPLEMENTING AND EVALUATING HEALTH PROMOTION PROGRAMS

Concepts of community health promotion program planning, implementing, and evaluating. Letter grade only.

HS 404: PRINCIPLES OF EPIDEMIOLOGY

Concepts and methods for analyzing the spread and control of disease: trends in solving community health problems. Letter grade only.

HS 408C: FIELD WORK EXPERIENCE

Supervised fieldwork experience in a professional health setting. Instructor consent required. Pass-fail only. May be repeated for a maximum of 9 units. Course fee required.

HS 410: ORGANIZATION & ADMINISTRATION OF HEALTH SERVICES

Studies the organization and administration of health services; roles of international, federal, state, and local health organizations; barriers to health services delivery. Letter grade only.

HS 460C: LEADERSHIP and INTERPROFESSIONAL TEAM WORK FOR HEALTH PROFESSIONALS

Leadership and interprofessional teamwork concepts and applications for health professionals. Instructor consent required. Letter grade only.

HS 471: HEALTH ISSUES OF THE SOUTHWEST

Provides an overview of health care issues in the southwestern United States, with a particular focus on primary care and public health services to American Indian and Hispanic/Latino populations. Letter grade only.

HS 497: INDEPENDENT STUDY

Individualized approach to selected topics by guided reading and critical evaluation under the guidance of a faculty adviser. Instructor consent required. Pass-fail or letter grade. May be repeated for credit.

Physical Education Courses

PE 315: EFFECTIVE TEACHING IN PHYSICAL EDUCATION

Provides a foundation of appropriate teaching methods and pedagogical content in K-12 physical education. Letter grade only. Course fee required.

PE 316: CONTENT PROGRESSIONS IN PHYSICAL EDUCATION

Introduces strategies for developing content progressions for developmentally appropriate physical education. Candidates will develop content progressions for a variety of physical activity topics. The content progression assignment is a key assessment for this program and must satisfactorily be completed to be eligible to enter student teaching or internship placements. Letter grade only.

PE 325: APPLIED MOVEMENT ANALYSIS AND MOTOR LEARNING

Foundational components of movement analysis and motor learning specific to the improvement of teaching and learning in the physical education domain. Letter grade only.

PE 335: PHYSICAL EDUCATION IN THE ELEMENTARY SCHOOL

Appropriate methods and content of teaching elementary school physical education. Candidates must satisfactorily complete key assessments to be eligible to enter student teaching or internship placements. 2 hrs. lecture, 2 hrs. lab. Letter grade only. Course fee required.

PE 345: PHYSICAL EDUCATION FOR MIDDLE SCHOOL STUDENTS

Teaching of middle-school physical education, targeting a variety of teaching styles, diverse student needs, and social/behavioral development. Candidates must satisfactorily complete key assessments to be eligible to enter student teaching or internship placements. 2 hrs. lecture, 2 hrs. lab. Letter grade only. Course fee required.

PE 355: PHYSICAL EDUCATION FOR HIGH SCHOOL STUDENTS

A review of secondary curriculum models and appropriate teaching methods for promoting lifelong physical activity for high school students. 2 hr. lecture, 2 hrs. lab. Letter grade only. Course fee required.

PE 365: PHYSICAL EDUCATION FOR SPECIAL POPULATIONS

Physical activities and teaching methods adapted to the needs and abilities of exceptional children and adults. Letter grade only. Course fee required.

PE 408: FIELD WORK EXPERIENCE

Instruction and supervised fieldwork experience in a professional physical education setting. 2 hrs. lecture, 2 hrs. lab. Letter grade only. Course fee required.

PE 435: EVALUATION AND ASSESSMENT IN PHYSICAL EDUCATION

Methods of assessment in secondary education and techniques for assessing students' acquisition of the Arizona and National Content Standards in Physical Education. Letter grade only. Course fee required.

PE 495C: SUPERVISED TEACHING: SECONDARY

Directed teaching in secondary schools and secondary school content areas; directed and cooperative preparation, teaching, and evaluation; conferences on the theories, issues, and practices in cooperation with the classroom teacher and university supervisor. Candidates must satisfactorily complete the key assessment in this course to be eligible to complete the program. Pass-fail only. May be repeated for up to 24 units of credit. Course fee required.

Speech-Language Sciences & Technology Courses

SST 191: COMMUNICATION DISORDERS IN LITERATURE AND MEDIA

Explores communication disorders as they are portrayed in literature and media. Each major communication disorder is also explored relative to etiology, diagnosis, and treatment. Letter grade only.

SST 202: PHONETICS

Sounds of the American language, emphasizing acoustic and physiologic aspects of articulation development and assessment. Letter grade only.

SST 251: ANATOMY AND PHYSIOLOGY OF SPEECH AND LANGUAGE

Structure and function of the mechanisms used in speech and language. Letter grade only.

SST 301: SPEECH-LANGUAGE PATHOLOGY ASSISTANT (SLPA) -- CHILDHOOD COMMUNICATION DISORDERS

Addresses the major childhood communication disorders focusing on the role of the speech-language pathology assistant (SLPA) in their diagnosis and treatment. Letter grade only.

SST 302: SPEECH-LANGUAGE PATHOLOGY ASSISTANT (SLPA) -- ADULT COMMUNICATION DISORDERS

Addresses the major adult communication disorders focusing on the role of the speech-language pathology assistant (SLPA) in their diagnosis and treatment. Letter grade only.

SST 303: SPEECH-LANGUAGE PATHOLOGY ASSISTANT (SLPA) -- PRINCIPLES OF SCREENING AND TREATMENT

Addresses principles of screening and treatment of communication disorders focusing on the role of the speech-language pathology assistant (SLPA). Letter grade only.

SST 304: SPEECH-LANGUAGE PATHOLOGY ASSISTANT (SLPA) -- CASE STUDIES

Uses a case studies format to explore the etiology, diagnosis, and treatment of communication disorders focusing on the role of the speech-language pathology assistant (SLPA). Letter grade only.

SST 350: COMMUNICATION DEVELOPMENT IN CHILDREN

Normal development of speech and language, including the relationship of perceptual, cognitive, social-emotional, motor, and communicative factors; emphasis on language and articulatory systems as well as articulation and language acquisition. Letter grade only.

SST 375: SPEECH-LANGUAGE SCIENCES

Addresses the fundamentals of the sciences pertaining to articulation, voice, and language. Letter grade only.

SST 376: HEARING SCIENCE

Introduces the normal hearing process; focusing on the peripheral auditory systems, coding of the basic attributes of sound, and the perception of simple sounds. Letter grade only.

SST 405: NEUROLOGICAL FOUNDATIONS OF SPEECH, LANGUAGE, AND HEARING

Applies the principles of neuroanatomy and neurophysiology to the study of normal human communication. Letter grade only.

SST 455C: SURVEY OF SPEECH PATHOLOGY

Reviews various types of speech, voice, and language problems commonly evaluated and treated by practicing clinicians. Provides basic information about diagnosis and treatment in preparation for entering graduate programs. Letter grade only.

SST 456: SURVEY OF AUDIOLOGY

Anatomy and physiology of the auditory system; acoustics and psychoacoustics of hearing; hearing conservation. Letter grade only.

SST 460: CLINICAL INTERACTION IN SPEECH-LANGUAGE PATHOLOGY AND AUDIOLOGY

Observation of therapy procedures in various clinical settings. Introduces clinic policies and procedures through a variety of clinical activities. 3 hrs. lecture. Pass-fail only.

SST: 497: INDEPENDENT STUDY

Individualized approach to selected topics by guided reading and critical evaluation. Department consent required. Pass-fail only. May be repeated for credit.

Fitness Wellness Courses

FW 311: TRANSFORMATIONAL CHANGE PRACTICES

A conceptual and experiential introduction to established practices found to be useful in the art and science of transformative life change. This course introduces students to basic concepts, current understandings, and new research regarding the use of transformational practices for optimal health. Letter grade only.

FW 321: STRESS MANAGEMENT

Examination of the stress response and the relationship of stress management to health. Analysis and application of stress management strategies using a holistic paradigm. Letter grade only.

FW 330: HEALTH RISK APPRAISAL AND FITNESS ASSESSMENT

This course will prepare students in the skills and knowledge needed to conduct basic pre-participation health screening and risk stratification for apparently healthy individuals and those with health challenges who are able to exercise independently. Students will learn to administer fitness assessments such as sub maximal cardiovascular exercise tests, muscular strength/endurance, flexibility, and body compositions tests for all age groups. Letter grade only. Course fee required.

FW 343: FACILITATING ACTIVE LIVING

A client-centered approach to facilitating healthy lifestyles; this course offers opportunities to gain skills necessary for helping others include physical activity and nutrition into their daily lives. Additionally, students will gain knowledge and skill in motivational interviewing and other techniques for facilitating positive lifestyle change in others. Letter grade only. Course fee required.

FW 405: WORKSITE HEALTH PROMOTION

This course will provide students with the knowledge and skills to develop, manage, and sustain health and wellness programs in the worksite setting. Letter grade only. Course fee required.

FW 406: HEALTH COACHING SKILLS

This course will provide health coaching skills for allied health, health promotion, and public health professionals with emphasis on the practical application of brief intervention and motivational interviewing skills to promote healthy lifestyle changes. Letter grade only.

FW 420: EXERCISE PROGRAM DESIGN AND MODIFICATION

This course will prepare students in the skills and knowledge needed to design and implement exercise programs for apparently healthy individuals and those with health challenges who are able to exercise independently to enhance quality of life, improve health-related physical fitness, performance, and promote lasting health behavior change. Letter grade only. Course fee required.

FW 430: PROFESSIONAL PRACTICE AND RESPONSIBILITIES

This course will prepare students in the skills and knowledge needed to demonstrate professional responsibilities and practice required to work in the fitness/wellness industry. Students will learn to safely and effectively facilitate fitness programs in a variety of recreational, nonprofit, corporate and health club settings. Letter grade only. Course fee required.

Health Sciences Graduate Courses

HS 510 Current Topics in Health Policy

Examines development and implementation of health policy, including organization and administration of health services, the role of organizational and individual actors and current challenges to effective health services delivery. Letter grade only. Prerequisites: graduate status or permission of instructor.

HS 515 Health Services Finance

A course designed to introduce students to the concepts and issues of health services finance, particularly as these affect management of health services and health policy. Letter grade only. Prerequisite: Admission to Master of Administration program

HS 520 Health Disparities

This course is designed to explore health disparities, including geographical, environmental, socio-economic, gender, racial, and cultural disparities, and examine strategies to address those disparities. Letter grade only. Prerequisite: Admission to Master of Administration program

HS 532 Program Planning, Implementation and Evaluation

Theory and processes of planning, implementing, and evaluating health education and promotion programs. Letter grade only.

HS 570 Organization & Administration of Coordinated School Health

Organization, administration, and supervision of programs in health, physical education, and recreation in high schools and colleges.

HS 585 Substance Abuse Prevention for Health Professionals

This interdisciplinary course critically examines prevention strategies for addressing substance abuse in both clinical and community settings, with particular focus on issues of interest in the southwestern U.S. Cross-listed with CHP 585. Prerequisites: Graduate status and/or consent of instructor.

HS 590 Multilevel Approaches to Public Health

Explores multilevel approaches to public health and the impact of various health issues as they affect individuals and communities on regional, national, and global levels. Letter grade only. Prerequisites: graduate status or consent of instructor.

HS 599 Contemporary Developments

Various contemporary topics of interest to the professional exercise scientist or school health promotion specialist. May be offered no more than three times before being submitted for a permanent course number. Instructor's consent required. Letter grade only. May be repeated for credit.

HS 643 Comparative Health Care Systems

Compares the organization, financing, and provision of health care in selected industrialized nations, including an examination of their historical, institutional, political, social, and cultural contexts. In the final project students employ course knowledge or analyze U.S. health care reform options. Letter grade only.