

HEALTH (HLT)

HLT 100. First Aid and Cardiopulmonary Resuscitation. (2 Credits)

Focuses on the principles and techniques of safety, first aid, and cardiopulmonary resuscitation. Lecture 2 hours per week. Total 2 hours per week.

HLT 110. Personal and Community Health. (3 Credits)

Introduces students to the basic concepts of health and dimensions of wellness through exploration of a variety of personal health topics. Identifies factors that affect the health status of individuals in addition to health promotion and disease prevention at the personal and community level. Lecture 3 hours per week. Total 3 hours per week.

HLT 116. Introduction to Personal Wellness Concepts. (3 Credits)

Introduces students to the dimensions of wellness including the physical, emotional, environmental, spiritual, occupational, and social components. Lecture 3 hours per week. Total 3 hours per week.

HLT 121. Substance Abuse: Prevention and Treatment. (3 Credits)

Explores the use and abuse of drugs in contemporary society with emphasis upon sociological, physiological, and psychological effects of drugs. Lecture 3 hours per week. Total 3 hours per week.

HLT 143. Medical Terminology. (3 Credits)

Provides an understanding of medical abbreviations and terms. Includes the study of prefixes, suffixes, word stems and technical terms with emphasis on proper spelling, pronunciation and usage. Lecture 3 hours per week. Total 3 hours per week.

HLT 144. Medical Terminology II. (3 Credits)

Provides an understanding of medical abbreviations and terms. Includes the study of prefixes, suffixes, word stems, and technical terms with emphasis on proper spelling, pronunciation, and usage. Emphasizes more complex skills and techniques in understanding medical terminology. This course applies to career/technical education (CTE) programs. HLT 143 serves both transfer and CTE programs. Lecture 3 hours per week. Total 3 hours per week. Recommended Prerequisite: HLT 143.

HLT 230. Principles of Nutrition. (3 Credits)

Introduces students to the basic concepts of nutrition and its impact on personal wellness. Emphasizes an evidence-based approach to various topics, such as the nutrient components of food, the components of a healthy eating pattern, and the relationship between diet and health. Provides a behavioral approach to nutrient guidelines for the development and maintenance of optimum wellness. The assignments in the course require college-level reading fluency and coherent communication through documented written reports. Lecture 3 hours per week. Total 3 hours per week.

HLT 250. General Pharmacology. (3 Credits)

Emphasizes general pharmacology for the health related professions covering general principles of drug actions/reactions, major drug classes, specific agent within each class, and routine mathematical calculations needed to determine desired dosages. Lecture 3 hours per week.