

## Health (HTH)

### **HTH 100 Human Nutrition**

3 hours

Prerequisite: None

3 hours weekly (3-0)

This course is an introductory course in human nutrition. It will focus on the basic understanding of nutrition and its impact on health. Students will be introduced to the basic nutrients, their uses and functions in the body, and their sources. Nutrition throughout the lifespan will be discussed. Current topics and trends in nutrition will be discussed, including strategies to promote healthy eating choices.

### **HTH 110 Health Education**

2 Hours

Prerequisites: None

2 hours weekly (2-0)

Designed to provide a sound knowledge of health in order to favorably influence the student's attitudes, habits, and practices pertaining to the physical, mental, social, and emotional environments. This is a course in critical decision making for personal health and lifestyle choices.

### **HTH 120 Human Sexuality**

3 Hours

Prerequisites: None

3 hours weekly (3-0)

The course provides a comprehensive introduction to the biological, psychological, social, historical, and cultural aspects of human sexuality. Course design encourages students to better understand their own sexuality, to increase students' awareness of sexuality throughout the life cycle, to describe human

sexuality in precise and objective language, to learn to make responsible sexual decisions, to become aware of issues in the area of sexual health, and to enhance students' understanding of sexual intimacy.

### **HTH 250 Wellness for Women**

3 Hours

Prerequisites: None

3 hours weekly (3-0)

Over the last 25 years, there has been a growing interest in the unique health issues of women. The feminine life cycle is a new field of study. The course is intended to provide a comprehensive study of the physical, emotional, spiritual, and social wellness areas for women. Men as well as women can benefit from the information provided in this course.