COMMUNITY HEALTH (CHL)

CHL 101: Introduction to Community Health (3 credits)
This course is designed to introduce basic concepts of community health, including education, demography, and epidemiology as they apply to members within a community over the lifespan. Community health organizations, professionals in the field, an overview of the nation's health, populations, settings and environmental health topics will be explored. Emphasis is placed upon the student gaining knowledge related to learning responsibilities, competencies and skills required for the community health professional. Students will learn how to navigate in health-care systems and advocate for community health initiatives.

CHL 150: Personal Health (3 credits)
This course is an introductory course to the concepts, strategies and trends related to understanding personal and community health issues. Health issues will be considered from both individual and societal perspectives. Topics include fitness, nutrition, mental health, stress management, drug usage, heart disease, diabetes, and cancer. Theories/models for changing unhealthy behaviors will be explored. Emphasis is placed upon empowering the individual /or community members to make personal decisions in developing healthy behaviors that promote a healthy lifestyle, enhance overall well-being, and result in a better quality of life across the lifespan.

CHL 250: Nutrition and Fitness Across the Lifespan (3 credits)
This course examines the basic principles of healthy nutrition and regular fitness routines across the lifespan and the impact healthy nutrition and regular fitness has on health outcomes resulting in promotion of health and quality of life. Cultural, ethical and religious influences are explored with regard to food intake along with the role money plays in obtaining healthy foods. Creative strategies to good cost-effective nutrition and exercise will be explored. The student will design a cost-effective nutritious plan for one week along with a fitness plan.