### HTH HEALTH

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#### HTH.120 Health

This course focuses on the dynamics and relationships of family, community, and personal health issues. The course content includes units on mental health, sexuality, disease, death, and other issues of current concern. The Internet is used extensively as a supplement and assignments using the Internet will be required.

Offered: Fall or Spring or Summer

Applicable toward graduation at Sandburg where program structure permits:

- Degree or Certificate: AA, AS, AFA, AAS, AGS, and Certificates where applicable.
- General Education – Not Applicable Elective Only

#### HTH.130 First Aid

In this course students will be learning how to make appropriate decisions regarding first aid care and how to respond correctly to emergencies. Students will develop first aid skills via practice on mannequins and may be eligible for CPR and/or First Aid certification by the American Red Cross. Other medical emergency situations studied include water safety, substance abuse, poisoning, bleeding, shock, and injuries of various types. Also emphasized is the importance of a person's maintenance of a safe and healthy lifestyle.

Offered: Fall or Spring

Applicable toward graduation at Sandburg where program structure permits:

- Degree or Certificate: AA, AS, AAS, AGS, and Certificates where applicable.
- General Education – Not Applicable Elective Only

#### HTH.140 Wellness

Students will learn the importance of life-long physical fitness and the desirability of adhering to positive lifestyle behaviors. The physical, emotional, vocational, intellectual, and spiritual aspects of wellness will be explored. Internet assignments will be required. Students will be expected to exercise during each week at a CSC facility. Concurrent enrollment in KIN 140, KIN 141, KIN 142, KIN 143 or KIN 145 is prohibited.

Offered: As Needed

Applicable toward graduation at Sandburg where program structure permits:

- Degree or Certificate: AA, AS, AAS, AGS, and Certificates where applicable.
- General Education – Not Applicable Elective Only

#### HTH.150 Drug Use and Abuse

This course is designed to introduce the many-sided problems of drugs in our society including the psychological, sociological, and physiological effects of drug use and abuse. This course encourages students to explore their own decisions on use or abstinence and teaches assertiveness skills to protect and defend this choice with others. Personal motivations and behaviors are identified. The intent of the course is to provide facts, attitudes, and opinions necessary to understand what drugs do, how they do it, who uses them, and why. Also, modes of treatment as well as legal and ethical issues in drug abuse are discussed. Students will also learn how to access online Web resources.

Offered: Fall or Spring or Summer

Applicable toward graduation at Sandburg where program structure permits:

- Degree or Certificate: AA, AS, AAS, AGS, and Certificates where applicable.
- General Education – Not Applicable Elective Only