

Minor in Health Studies

The minor in Health Studies affords students in varied disciplines additional avenues for career preparation in that they may be able to obtain knowledge about health and health care delivery issues. Analysis of contemporary problems of health care including health behavior and health care delivery are included within this minor. This minor strengthens future career possibilities within health care for students with majors such as: psychology, social work, biomedical engineering, business administration, communications studies, computer science, journalism, philosophy, political science and advertising/public relations.

Students should indicate their intention to work toward a minor as early as possible in their academic studies. Students must declare the minor by filling out the minor request/update form (<http://mu.edu/mucentral/registrar/documents/Form-UndergraduateMinorRequestUpdate.pdf>) via the Marquette Central website and turn the form into their college office.

Health Studies Minor

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The minor requires 18 credit hours. At least six credits must be selected from each of the following groups:

Group 1: Health Topics for Individuals, Families, Communities and Populations

BISC 3110	Nutritional Aspects of Health	3
HEAL 1001	Personal Health and Fitness	3
HEAL 1025	Culture and Health	3
HEAL 1200	Women's Health	3
HEAL 1300	Substance Abuse	3
HEAL 1400	Veteran Health and Culture	3
HEAL 1931	Topics in Health Care	2-3
HEAL 2045	Normal and Therapeutic Nutrition	3
HEAL 4931	Topics in Health	3
SOCI 3570	Men, Masculinities and Health	3

Group 2: Interdisciplinary Topics for health of Individuals, Families, Communities and Populations

BISC 4931	Topics in Biomedical Sciences (Prior Nursing approval required)	1-3
CLLS 2060	Public Health	3
CMST 4500	Health Communication	3
or CMST 5500	Health Communication	
COMM 4330	Health, Science and Environmental Communication	3
HEAL 2100	Primary Health Care Concepts	3
HEAL 4901	Interdisciplinary Palliative Care	3
SOCI 3500	Culture, Health and Illness	3
SOCI 3550	Race, Gender and Medicine	3
SOCI 4300	Sociology of Aging	3

Note: This minor is not open to Nursing students.

Courses

HEAL 1001. Personal Health and Fitness. 3 cr. hrs.

Introduces models of health behavior to initiate and maintain health behavior changes. Identifies components of physical activity and nutritional intake and describes their health consequences. Prepares students to pursue a healthier lifestyle equipped with the knowledge gained from the course.

HEAL 1025. Culture and Health. 3 cr. hrs.

Cultural perspective of concepts of health and illness including the relationship of health care behaviors and beliefs to culture and social structure. Foster an appreciation for human diversity related to culture and health.

HEAL 1200. Women's Health. 3 cr. hrs.

A self-care approach to health maintenance, the physical and psychosocial changes during the life cycle, and the health care system as these pertain to women in our society.

HEAL 1300. Substance Abuse. 3 cr. hrs.

A comprehensive overview of substance abuse throughout the life span. Addresses the physiological, psychological, sociological and spiritual perspectives.

HEAL 1400. Veteran Health and Culture. 3 cr. hrs.

Prepares the learner to better understand the unique needs of the Veteran through exposure to elements of sociopolitical, health and culture. Does not focus on the active military perspective.

HEAL 1931. Topics in Health Care. 2-3 cr. hrs.

Various topics in health care as identified in the Schedule of Classes.

HEAL 2045. Normal and Therapeutic Nutrition. 3 cr. hrs.

Nutritional aspects of health promotion. Therapeutic dietary needs of clients with various health status deviations. Prereq: Soph. stndg. and BISC 1060 and BISC 2070 and BISC 1015; not open for credit to students who have completed BISC 3110.

HEAL 2100. Primary Health Care Concepts. 3 cr. hrs.

Exploration of primary health care principles and models. Focus is on multidisciplinary approaches to the examination of interacting factors contributing to the health of populations. Prereq: Soph. stndg.

HEAL 3100. International Health. 3 cr. hrs.

Overview of international health goals, issues, problems and programs. Includes factors influencing health, comparisons of health indicators and health systems, and global health interventions. Prereq: Jr. stndg.

HEAL 3150. Alternative and Complementary Therapies. 3 cr. hrs.

Exploration of alternative approaches to health beyond usual therapies of Western medicine. Emphasis on body-mind-spirit interconnections and multicultural perspectives. Prereq: Jr. stndg.

HEAL 3200. Bioethics for Healthcare: Foundations, Dilemmas and Decision-Making. 3 cr. hrs.

Engages in a debate of the main ethical issues of clinical practices in health care institutions and health care actions in public and global health. Provides future health care professionals, especially nurses in their daily accompaniment of their patients, with theoretical foundations and practical skills to handle ethical and bioethical dilemmas and lead decision-making processes. Prereq: Jr. stndg.; NURS or HESC major.

HEAL 4000. Epidemiology. 3 cr. hrs.

Analysis of occurrence and patterns of disease in populations including prevention and control strategies.

HEAL 4200. Natural Family Planning. 3 cr. hrs.

Physiological, behavioral, and spiritual aspects important to teaching and using natural family planning. Prereq: Jr. stndg.

HEAL 4201. Natural Family Planning Practicum. 3 cr. hrs.

Practical application of theory and skills for teaching natural family planning. Prereq: Jr. stndg.

HEAL 4901. Interdisciplinary Palliative Care. 3 cr. hrs.

Provides an understanding of the breadth and depth of palliative care practices and services available to caregivers, patients and their families. Prereq: Nursing major and Sr. stndg.; or non-nursing major; or cons. of instr.

HEAL 4931. Topics in Health. 3 cr. hrs.

Selected topics in Health. The topics will be designated in the Schedule of Classes.

HEAL 4951. Marquette Led Travel and Study Abroad in Health. 3 cr. hrs.

Course taught in an international setting by Marquette professors and where students earn Marquette credit. Prereq: Cons. of dept. ch.

HEAL 4995. Independent Study in Health. 1-3 cr. hrs.

Intensive library search or a research project relative to a specific area of interest. Arrangements for faculty direction must be made prior to registration. May be taken twice.