

# ALLIED HEALTH - ALH

## ALH 500 Health Care Systems 3 Credits

This course introduces students to the historical development, structure, operation, and current and future directions of the major components of the American health care delivery system. It examines the ways in which health care services are organized and delivered, the influences that impact health care public policy decisions, factors that determine the allocation of health care resources and the establishment of priorities, and the relationship of health care costs to measurable benefits. The course enables students to understand the role of organized efforts to influence health policy formulation, and the contributions of medical technology, research findings, and societal values on the evolving health care delivery system in the United States.

**Offered:** every fall, online only.

## ALH 501 Health Promotion and Disease Prevention 3 Credits

This course is an in-depth examination of health promotion; the science and art of helping people change their lifestyle to move toward a state of optimal health. Lifestyle changes can prevent chronic diseases, such as heart disease, cancer, and diabetes, which are the leading causes of death and disability in the United States. We will review and critically assess current efforts to influence lifestyle change, at both the individual and population levels. Students will have the opportunity to plan, organize, and conduct lifestyle change programs.

**Offered:** summer & fall, occasionally spring; online only.

## ALH 502 Nutrition 3 Credits

This introductory course presents the principles of nutrition including all nutrients, their sources, and their requirements. Carbohydrates, protein, fat, vitamins, minerals, and water are discussed. Additional topics include food labeling and government food-regulatory agencies, energy balance, and food safety and security. The use of dietary guides, nutrient charts, and computerized diet analysis programs for the planning and evaluation of a healthy diet are also presented.

**Offered:** fall, spring, & summer; online only.

## ALH 503 Medical Nutrition Therapy 3 Credits

This course will explore the application of nutrition principles to the treatment and prevention of diseases. This treatment can range from changes in diet to providing specialized therapies such as intravenous or tube feeding. Topics discussed will include lifestyle strategies and therapeutic nutrient intervention to correct nutritional insufficiencies, promote optimal health, and prevent, manage, or correct medical problems.

**Offered:** fall & spring, online only.

## ALH 507 Clinical Health Behavior Change 3 Credits

This course will explore health behavior theories to facilitate the adoption of healthful behaviors to various groups. It will include motivational interviewing, practice of nonverbal, active listening, goal assessment and group counseling. It will also explore the evaluation of nutrition education interventions.

**Offered:** every spring, online only.

## ALH 520 Exercise Prescription 3 Credits

This course presents a comprehensive overview of the human body's responses to acute and chronic exercise. An understanding of the processes involved in prescribing safe and effective therapeutic exercise for healthy individuals as well as geriatric populations, pregnant women, children, and patients with chronic conditions including heart and lung disease, diabetes, and obesity will be reviewed. In the course, environmental and legal considerations in the prescriptive process will be discussed. Consideration will also be given to behavior change principles and the role of motivation in prescribing appropriate exercises for a variety of clients.

**Offered:** every fall, online only.

## ALH 522 Fitness Psychology 3 Credits

This course will cover topics such as eating disorders among athletes, female athlete triad, and weight management. It will provide students with skills to counsel athletes as well as sports teams. The course will also cover performance enhancement, motivation, and stress management of athletes. Students will develop an understanding of behavioral change theory as it relates to sports psychology.

**Offered:** every spring, online only.

## ALH 540 Program Planning in Healthcare 3 Credits

This course is designed to provide students with an overview of models, strategies, interventions and assessment techniques to use in designing, planning, initiating and evaluating public health programs that address the most important health issues affecting our communities at the local, state, national and international levels. As a foundation for exploration and discussion, the socio-ecologic framework (individual/behavioral, environmental/social/community and policy levels) of interventions will all be studied.

**Offered:** every spring, online only.

## ALH 582 Functional Conditioning 3 Credits

This course provides an overview of the physiological responses and adaptations to resistance training. Training theories and methodology for program design for different populations will also be discussed.

**Offered:** every spring.

## ALH 599 Independent Study 1-3 Credits

Independent studies require an application and approval by the associate dean.

**Prerequisite:** permission of the instructor, department chair, & associate dean.

**Offered:** occasionally.

## ALH 602 Cardiopulmonary Pathophysiology 3 Credits

Details the functions of the cardiovascular and respiratory systems emphasizing normal function, pathophysiology, initiation and progression of disease and current treatment. special reference will be made to the role of exercise as a therapeutic modality.

**Prerequisite:** an introductory course in anatomy and physiology.

**Offered:** every fall, online only.

## ALH 621 Cardiopulmonary Pharmacodynamics 3 Credits

This course provides study of the current medications used in the treatment of congestive heart failure, coronary artery disease, arrhythmias, angina and hypertension, asthma and COPD. The effects of these medications during acute and chronic exercise and cardiac emergency medications will also be covered.

**Prerequisite:** ALH 602.

**Offered:** every fall, online only.

**ALH 622 Sports and Fitness Nutrition 3 Credits**

This course will focus on understanding the specific role of energy and nutrients in fitness and athletic performance. Additional topics will include the role of fluid and electrolytes, ergogenic aids, and special diets in physical activity. Tools for assessing body position (body fat, muscle mass), unique dietary concerns across the lifespan and in special population groups (heart disease, diabetes, obesity) and the effect of diet on endurance will be explored.

**Offered:** every fall, online only.

**ALH 631 Research Methods in Allied Health 3 Credits**

An intermediate graduate-level course designed to familiarize students with the elements of research methods with special emphasis on experimental and quasi-experimental research techniques most commonly used in the allied health professions. The course also examines issues that deal with ethical aspects of human experimentation. Special emphasis will be placed on preparing the student to be able to critically analyze and interpret research literature. By the end of the course, the student are expected to complete the majority of a viable research proposal. By the end of the course students will be able to properly read and critique scientific literature.

**Offered:** fall, spring, & summer; online only.

**ALH 632 Data Analysis and Statistics 3 Credits**

An intermediate graduate-level course designed to familiarize students with the elements of data analysis and statistics. Students will learn methods of numerical and graphical summary and interpretation of data such as descriptive statistics, scatterplots, linear and non-linear correlation and regression, t-tests, and analysis of variance/covariance. Students will also be able use statistical software to enter and analyze data using the proper statistical tools.

**Offered:** fall, spring, & summer; online only.

**ALH 645 Teaching Technology for Health Leaders 3 Credits**

This course presents an overview of instructional design tools, teaching techniques and strategies, evaluation of learner competencies, maintenance of training records, and measurement of training program effectiveness.

**Offered:** every spring, online only.

**ALH 689 Master's Project 3 Credits**

The master's project is designed as a rigorous scholarly activity that provides an opportunity to integrate theoretical knowledge with research.

**Prerequisite:** permission of program director.

**Offered:** fall, spring & summer.

**ALH 699 Masters Project II 3 Credits**

Continues ALH 689 with an approved thesis proposal by collecting and analyzing data, and culminates in an approved written thesis.

**Prerequisite:** ALH 689 & permission of program director.

**Offered:** fall, spring & summer.

**ALH 700 Continuing Master's Project/Thesis 1 Credit**

This course is a continuation of ALH 689 or ALH 699, and is ONLY required for students who do not complete their Master's Project/Thesis in the allotted time (16 weeks).