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 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 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 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 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.