

CHHS-Community Health and Human Services Courses

Courses

CHHS 140. First Aid. 3 Hours.

This course provides students with knowledge and skills necessary to perform basic first aid and CPR procedures.

CHHS 141. Personal Health & Wellness. 3 Hours.

This course provides students with knowledge and skills that support a healthy lifestyle. Topics include dimensions of wellness, psychological health, spiritual health, stress, social health, nutrition, weight management, fitness, sexual behavior/issues, addictions related to alcohol, tobacco, and other drugs, preventable diseases and infectious illnesses, consumer health, injury and violence prevention, and environmental health.

CHHS 200. Quality of Life. 2 Hours.

Total health; effects of lifestyle on total health. Decision-making skills to enable health enhancing choices and engage in health enhancing activities to improve and maintain health status. For education majors only.

CHHS 223. Introduction to Disease Prevention in Community Health and Human Services. 3 Hours.

This course examines the determinants of health and well-being including disease etiology, prevalence, prevention, control and treatment techniques. The course will differentiate between local, state, federal, and international health organizations.

Prerequisites: [CHHS 141](#) [Min Grade: C](Can be taken Concurrently) or HE 141 [Min Grade: C] and [KIN 222](#) [Min Grade: C](Can be taken Concurrently) or PE 222 [Min Grade: C] or (HPE 200 [Min Grade: C] or [CHHS 200](#) [Min Grade: C])

CHHS 230. Concepts of Disease, Health, & Behavior Change for Health Education/Promotion. 3 Hours.

This course supports the understanding of how and why manifestations of a disease occur; the burden of disease on the body and within society; and incorporating this knowledge into health education and promotion decision-making.

Prerequisites: [BY 101](#) [Min Grade: C] and [BY 102](#) [Min Grade: C] and [CHHS 141](#) [Min Grade: C]

CHHS 231. Concepts of Disease Burden & Prevention through Health Education/Promotion. 3 Hours.

This course supports the understanding of how and why manifestations of infectious and chronic disease burden occur within society and addressing individual and social determinant of health factors through health education and promotion practices.

Prerequisites: [BY 101](#) [Min Grade: C] and [BY 102](#) [Min Grade: C] and [CHHS 141](#) [Min Grade: C] and [CHHS 230](#) [Min Grade: C]

CHHS 300. Ethics and Policy in Human Services. 3 Hours.

This course introduces students to the role of professional ethics and policy implication in the helping professions. Students will focus on the knowledge, skills and values essential for ethical decision-making in responsible practice. Case studies through integrated learning will be utilized for discussion, self-exploration, and skill building for problem solving of ethical issues and dilemmas.

CHHS 305. Social and Cultural Diversity in Human Services. 3 Hours.

This course promotes the knowledge and skills needed to explore issues of diversity in a productive, professional and ethical manner. Topics span the discipline of public health and integrate materials, concepts, and frameworks from numerous fields in public health, health promotion, environmental health and health policy.

CHHS 342. The Health Education/Promotion Specialist. 3 Hours.

This course conveys the foundations of the Health Education/Promotion profession and the necessary competencies of the Health Education Specialist. Topics include background and history of health education/promotion, philosophical foundations, introduction to theories and planning models, professional ethics, settings and organizations for health education/promotion, application of data, current literature, future trends, and discipline specific careers paths.

Prerequisites: (HE 141 [Min Grade: C] or [CHHS 141](#) [Min Grade: C])(Can be taken Concurrently)

CHHS 343. Behavioral Theory in Health Education/Promotion. 3 Hours.

This designated service learning course goes into depth regarding theories for health behavior change with an introduction to basic planning models. Interactive assignments related to theories and community service learning activities are significant aspects of this course.

Prerequisites: [CHHS 141](#) [Min Grade: C] and [CHHS 342](#) [Min Grade: C] (Can be taken Concurrently)

CHHS 350. The Human Services Professional. 4 Hours.

This course introduces the evolving field of human services. Content will include learning about what "human services" is, the helping process, and the roles and duties of those calling themselves "human service" providers. Coverage will also include learning about a broad range of services, jobs, functions, and roles human service professionals provide. Basic principles, concepts, and theory in the helping field will be covered.

CHHS 402. Mental Health, Stress Management & Wellness Promotion. 3 Hours.

This course explains how an individual can manage their internal and external stressors to optimize their mental and emotional well-being. Topics span the discipline of health promotion and wellness, including theoretical models, discussions on the importance of relationships and social support, personality differences and risk of disease, how attitudes and emotions can change body chemistry, heart rates, hormone levels, and immunity against disease.

CHHS 404. Global Trends in Health Education/Promotion. 3 Hours.

This course will introduce students to past and current global health issues and health education/promotion priorities around the world. Health education and promotion practices in different countries within various region of the world will be explored.

CHHS 408. Substance Abuse Prevention and Education. 3 Hours.

Concept, manifestation, and causes of addiction. Major drug classifications and their effects. Potential of drug education as preventative mechanism.

CHHS 415. Case Management in Human Services. 3 Hours.

This course is an introductory course in studying the field of human services. Content will include learning about what "human services" is, the helping process, and the roles and duties of those calling themselves "human service" providers. Coverage will also include learning about a broad range of services, jobs, functions, and roles human service professionals provide in everyday life. Basic principles, concepts, and theory in the helping field will be covered.

Prerequisites: [EPR 350](#) [Min Grade: C] or [CHHS 350](#) [Min Grade: C]

CHHS 420. Microskills & Coaching in Community Health and Human Services. 3-4 Hours.

This course promotes skills appropriate for selected health problems, problem solving, and referrals. It also promotes skills to enhance communication with clients, peers, and community members at large.

CHHS 421. Health Communications & Health Coaching. 3 Hours.

Skills appropriate for selected health problems, problem solving, and referrals. Skills to enhance communication with clients, peers, and community members at large. Health-related theories, communication theories, and marketing strategies.

Prerequisites: (CHHS 141 [Min Grade: C] or HE 141 [Min Grade: C] or HPE 200 [Min Grade: C] or HE 222 [Min Grade: C] or KIN 222 [Min Grade: C]) and (CHHS 342 [Min Grade: C] or HE 342 [Min Grade: C])

CHHS 423. Human Sexuality. 3 Hours.

This course provides an overview of biological, sociological, psychological, and ethical aspects of human sexuality as encountered by health education specialists and human services practitioners. Content related to an anatomical overview, sexual decision making process, harm reduction approaches, social norms, societal issues, gender stereotypes, sexual complications, and the sexuality of special populations are emphasized.

CHHS 425. Community Mobilization in Human Services. 3 Hours.

This course provides an overview of the need for community change, explores how community change activities relate to the change agent's professional goals, and provides a theoretical framework to deepen the understanding of community mobilization. The focus on successful models of community change, settings and services in which change takes place, and inclusion of diverse community resources provides a strong foundation for community advocacy.

CHHS 426. Wellness Promotion Peer Educators Part 1. 3 Hours.

The intent of this course is to provide students with the skills to facilitate group presentations on health-related content to their peers. Students will complete the Certified Peer Education Training a comprehensive, interactive, and skills-based training. Students will learn about the programs and services offered at the UAB Student Health and Wellness Center and will be able to articulate this to new student users. Students will learn basic alcohol and other drug information in preparation for presentation to their peers.

CHHS 427. SHAPE Peer Education. 3 Hours.

This course is designed to provide students with the knowledge and skills needed to effectively communicate accurate information related to sexual health and decision-making. The concept of total health and the effects of lifestyle and decision-making on the quality of life will be emphasized. Students will learn decision-making and other skills that will enable them to make healthy choices and engage in healthy activities to improve and maintain an ideal level of quality of life. By the end of this course the student will be able to facilitate workshops on Sexual Decision Making, HIV Awareness, and Healthy Relationships.

CHHS 428. Wellness Promotion Peer Education Part 2. 3 Hours.

This course involves students active engagement in the delivery of peer education programs and services to the UAB campus community. The purpose of the Wellness Promotion Peer Education Part 2 course is to provide candidates with a supervised, field-based, work experience in a wellness promotion setting.

Prerequisites: CHHS 426 [Min Grade: C]

CHHS 431. Planning and Implementing Health Education/Promotion Programs. 3 Hours.

This course emphasizes content and process planning and implementation of health education/promotion programs. Major topics include the foundations and models of the planning process; factors that impact health education/promotion; use and development of basic needs assessment; introduction to measurements; mission statements, goals, and objectives; community organizing/building; resources, and marketing.

Prerequisites: (CHHS 141 [Min Grade: C] or HE 141 [Min Grade: C] or HPE 200 [Min Grade: C] or KIN 222 [Min Grade: C] or HE 222 [Min Grade: C]) and (CHHS 342 [Min Grade: C] or HE 342 [Min Grade: C]) and (CHHS 343 [Min Grade: C] or HE 343 [Min Grade: C])

CHHS 432. Administration of Health Education/Promotion Programs. 3 Hours.

This course is focused on issues that surround the best practices for administration and management of health education/promotion programs in a variety of settings. Topics include leadership and professionalism, theories, needs assessment, quantitative and qualitative data, fiscal and human resources, delivery of health education/promotion, and communication and advocacy.

Prerequisites: (CHHS 141 [Min Grade: C] or HE 141 [Min Grade: C] or HPE 200 [Min Grade: C] or KIN 222 [Min Grade: C] or HE 222 [Min Grade: C]) and (CHHS 342 [Min Grade: C] or HE 342 [Min Grade: C])

CHHS 452. Evaluation and Grantsmanship in Health Education/Promotion Programs. 3 Hours.

This course enhances knowledge, competencies and skills required to obtain funding and to evaluate health education/promotion programs for defined health issues and audiences. The course emphasizes elements of evaluating intervention activities at micro- and macro-levels including determining needs and assets, writing realistic goals and measurable objectives, incorporating quantitative and qualitative data, and evaluating behavior change. The course also focuses on grant preparation, including topics such as engaging funders, establishing grant need, planning grant activities, creating a budget, and program sustainability.

Prerequisites: (CHHS 342 [Min Grade: C] or HE 342 [Min Grade: C])

CHHS 455. Fundraising and Philanthropy in Human Services. 3 Hours.

This course introduces students to the area of fund raising, fund development, special events, annual fund, major gifts, capital campaigns, grant writing, and basic finance in the nonprofit sector. The course provides the foundation and tools necessary to implement fundraising plans.

CHHS 460. Management of Human Services Organizations. 3 Hours.

This course provides the opportunity for development of managerial theory and philosophy of the human services professional. Topics covered in the course include understanding organizations and systems perspectives, use of structure to facilitate the organizational mission, job analysis and job design, human resources planning, recruitment and hiring of human services professionals, and maximizing employee potential. Supervision, performance appraisals, use of data for organizational evaluation, and the role board members are other areas of emphasis.

CHHS 489. Intervention Strategies for Community Health & Human Services. 3 Hours.

The purpose of this course is to present the interrelationship of intervention planning to promote health behavior change and the selection and use of teaching aids, methods and materials to facilitate helping relationships. Special problems associated with health interventions are discussed. Students will learn ethical, theoretical and practical aspects of health education, teaching techniques, curricular development, organization skills and techniques.

Prerequisites: [CHHS 223](#) [Min Grade: C]

CHHS 490. Special Projects in Health Education. 1-6 Hour.

Exploration of health-related topic via professional literature or research project.

CHHS 491. Problems in Health Education. 1-6 Hour.

Controversial topics in health education or topics identified as state or national priority.

CHHS 497. Human Services Internship. 3-9 Hours.

The purpose of the internship is to provide an opportunity for students to apply knowledge and skills they have learned during their course work in human services. The internship offers students the opportunity to gain hands-on experience in a real world setting and under the leadership of an experienced health education or human services professional. This is also the time whereby students are sharpening their skills as a soon-to-be job applicant. Attaining professional development, appropriate credentialing and developing a well-crafted resume and interviewing skills are part of that process.

CHHS 498. Lifespan Dimensions in Women's Health and Nutrition. 3 Hours.

Highlights will include health issues specific to women, chronic diseases, body image and eating disorders, health promotion and disease prevention, pregnancy, childbirth and lactation, weight loss/maintenance, menopause and ageing, fitness management and stress management.

CHHS 499. Community Health Internship. 3-9 Hours.

Supervised work experience in a pre-approved community health agency/ organization.

Prerequisites: [CHHS 431](#) [Min Grade: C] or [HE 431](#) [Min Grade: C]