

# CHHS-Community Health and Human Services Courses

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## Courses

### **CHHS 140. Taking Action in Emergencies: Preparedness, Management, First Aid, and CPR. 3 Hours.**

This course will prepare students to take action during community emergencies and personal crises. The course will introduce students to the competencies to prevent, protect against, respond to, and recover from emergencies that threaten to overwhelm routine capabilities. Safety and crisis management will be discussed, and students will develop skills in administering first aid. Students also have the opportunity to become certified in cardiopulmonary resuscitation (CPR).

### **CHHS 141. Lifelong Health & Wellness. 3 Hours.**

This course equips students with knowledge and skills that support a healthy lifestyle. Topics include dimensions of wellness; components of fitness; nutrition; weight management; stress and sleep; chronic and infectious diseases; addictions related to alcohol, tobacco, and other drugs; sexual behavior/issues; and environmental health. Students will explore local organizations that promote the dimensions of wellness, engage in experiential health promotion learning in their community, and create a sustainable action plan for lifelong health and wellness that can be a part of their life on campus and in the city. This course satisfies the Blazer Core City as a Classroom requirement.

### **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. Community Problem Solving & Systems-Based Approaches. 3 Hours.**

This course provides a comprehensive overview of the health and human services infrastructure for the United States of America. The course examines the history of community and public health, while also characterizing the community-based organizations that have shaped health and human services policy. The course examines how to leverage institutions within communities to address health and human services challenges using system-based approaches. The course examines how to leverage institutions within communities to address health and human services challenges using data-based decision making and systems-based approaches.

### **CHHS 230. Concepts of Health, Disease, and Prevention. 4 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 incorporates this knowledge into health education and promotion decision-making.

**Prerequisites:** BY 101 [Min Grade: C] and BY 102 [Min Grade: C]

### **CHHS 231. Addressing the Burden of Infectious & Chronic Diseases. 4 Hours.**

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

**Prerequisites:** BY 101 [Min Grade: C] and BY 102 [Min Grade: C]

### **CHHS 300. Ethics, Leadership, & Professionalism in Health & Human Services. 3 Hours.**

This course offers students greater understanding of the ethics and values that guide individuals in the health and human services professions. Students will focus on the knowledge, skills and dispositions 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 & Cultural Competency: Learning to Work with All People. 3 Hours.**

This course promotes the knowledge and skills needed to explore issues of helping and collaborating with people from various backgrounds and experiences in a productive, professional, and ethical manner. Topics span the discipline of community health and human services, integrating materials, concepts, and frameworks from numerous disciplines in the helping professions.

### **CHHS 342. Professional Skills for Health & Wellness Promotion. 3 Hours.**

This course conveys the foundations of the Health Education/Promotion profession and the necessary competencies of the Certified Health Education Specialist (CHES). Topics include the background and history of health education/promotion, ethical decision-making, introduction to theories, and health promotion planning models and tools. Students learn to apply their learning to health promotion efforts within settings and organizations, employing data-based decision making and evidence-based strategies.

### **CHHS 343. Behavior Change to Improve Health & Well-being. 3 Hours.**

This course examines the behavioral and social determinants that impact the health and well-being of humans. Students will learn how to employ theoretical frameworks and evidence-based strategies to change human behavior to improve health and well-being.

### **CHHS 350. Human Services: Making a Difference in People's Lives. 4 Hours.**

The field of human services works to meet human needs through an interdisciplinary knowledge base, focusing on prevention as well as remediation of problems encountered by individuals and families. This course introduces the evolving field of human services. Students will have the opportunity to learn about the history of the human services profession and the competencies of human services providers. Course content will discuss the broad range of services, jobs, functions, and roles of human service professionals. It will emphasize the values, concepts, and theories within the profession.

### **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.**

This course explores the impact of commonly abused substances—such as alcohol, cannabis, opioids, and stimulants—on individuals and communities. Students will learn evidence-based strategies for prevention, harm reduction, and education aimed at reducing drug misuse and promoting healthy behaviors. Through interactive discussions and real-world case studies, the course equips students with practical skills to advocate for informed decision-making regarding alcohol and other substances.

**CHHS 415. Case Management: Intake, Assessment, & Referral. 3 Hours.**

This course introduces students to the core functions of case management within health and human services settings with a focus on intake, comprehensive assessment, and effective referral processes. Students will learn to apply person-centered approaches, utilize standardized assessment tools, and coordinate care across multidisciplinary systems. Emphasis is placed on ethical practice, cultural competence, and evidence-based strategies to support client engagement and continuity of care.

**CHHS 418. 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 aging, fitness management and stress management.

**CHHS 420. Interpersonal Skills & Coaching to Improve Health & Well-being. 4 Hours.**

This course equips students with skills appropriate for addressing selected individual and small group health and human services problems. The course emphasizes learning to support clients through goal setting, problem solving, and strength-based processes to improve health and well-being.

**CHHS 421. Health Communication, Advocacy, & Well-being Promotion. 3 Hours.**

This course prepares students to design and deliver effective health communication strategies that promote well-being and empower individuals and communities. Emphasizing advocacy, cultural competence, and health literacy, students learn to apply evidence-based marketing strategies and communication skills to influence positive health behaviors. Through practical projects and case studies, the course develops competencies in message framing, stakeholder engagement, and policy advocacy.

**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. Assessing Needs, Capacity, & Mobilizing for Change. 3 Hours.**

This course equips students with the skills to conduct individual, and community needs assessments, analyze capacity, examine abilities, and design strategies for mobilizing stakeholders toward sustainable change. Emphasizing participatory approaches, cultural competence, and evidence-based planning, students will learn to apply health and human services frameworks to address individual and social determinants that influence health and well-being. Through projects and case studies, the course develops competencies in data collection, empowerment, coalition building, and advocacy for community well-being.

**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 actively engages students 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 Interventions & Services Delivery. 3 Hours.**

This course focuses on the systematic planning, implementation, and coordination of health education programs and human services interventions to improve population well-being. Students will learn to apply evidence-based models, logic frameworks, and resource management strategies to design effective interventions and service delivery systems.

**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. Leading for Social Impact: Project Management in Health & Human Services Organizations. 3 Hours.**

This course prepares students to lead health and human services initiatives by applying project management principles to drive social impact and organizational effectiveness. Students will develop skills in strategic planning, resource allocation, team leadership, and stakeholder engagement using evidence-based frameworks. Emphasis is placed on cultural competence, ethical leadership, and outcome evaluation to ensure sustainable change within diverse communities and service systems.

**CHHS 452. Program Evaluation & Intervention Effectiveness. 3 Hours.**

This course provides students with the knowledge and skills to evaluate health promotion and human services programs and measure intervention effectiveness using evidence-based methodologies. Students will learn to apply logic models, performance indicators, and data analysis techniques to assess outcomes and improve program quality. Emphasis is placed on cultural competence, ethical evaluation practices, and the use of research findings to inform decision-making in health and human services settings.

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

**CHHS 455. Fundraising, Grantmanship, & Philanthropy for Social Impact. 3 Hours.**

This course introduces students to the principles and practices of fundraising, grant writing, and philanthropic engagement within health and human services organizations. Students will learn to develop compelling proposals, cultivate donor relationships, and leverage funding strategies to support evidence-based programs and community initiatives. Emphasis is placed on ethical standards, sustainability planning, and advocacy to maximize social impact and promote health equity.

**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.**

This course emphasizes the selection of evidence-based intervention strategies to promote behavior change within diverse communities. Students will learn to select and apply appropriate teaching methods, communication techniques, and culturally responsive materials to strengthen intervention efforts and improve program outcomes. Emphasis is placed on ethical practice, theoretical foundations, and practical skills in curriculum development, facilitation, and organizational strategies aligned with health education and human services competencies.

**Prerequisites:** CHHS 223 [Min Grade: C] and CHHS 343 [Min Grade: C]

**CHHS 490. Special Projects in Community Health & Human Services. 1-6 Hour.**

This course provides students with the opportunity to explore a specialized health and human services topic through a professional literature review or an applied research project. Emphasis is placed on integrating health education and human services competencies, including data analysis, evidence-based practice, and ethical standards. Students will develop skills in project design, critical evaluation, and dissemination of findings to address community health needs and promote well-being.

**CHHS 491. Addressing Problems in Community Health & Human Services. 1-6 Hour.**

This course explores complex and controversial issues in community health and human services, including state and national priority topics such as health equity, access to care, and social determinants of health. Students will critically analyze emerging challenges, review evidence-based solutions, and engage in discussions on policy, ethics, and advocacy. Emphasis is placed on applying health education and human services competencies to develop informed strategies for addressing these pressing problems.

**CHHS 497. Human Services Internship. 1-9 Hour.**

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 499. Community Health & Human Services Capstone Experience. 1-9 Hour.**

Through completion of an individually designed service-learning project, this course provides students with the opportunity to apply community health and human services competencies through engagement, study, and reflection. Students will apply their knowledge and skills in a supervised work experience within a pre-approved health and human services agency/organization. This course should be taken within the last two semesters of graduation.