

Multi-Skilled Health Technology

Students applying for admission to Lakeland's Multi-Skilled Health Technology degree program need to be aware of the technical standards required of all students in the program. Lakeland is committed to equal access for all qualified program applicants and thus has identified technical standards essential to the delivery of safe, effective health care while enrolled as a student in the program. These standards determine the students' ability to acquire knowledge and develop the clinical skills required by the curriculum. Enrollment in the Multiskilled Health Technologies certificate options is contingent upon the student meeting the following standards throughout the program (with or without appropriate accommodations): Students pursuing Multi-Skilled Health Technologies certificate options must possess visual, auditory, tactile and motor abilities to allow him/her to gather data from written materials, oral presentations by patient and their family, health care personnel, colleagues, by observing a patient and his/her environment, by observing clinical procedures performed by others, by reading digital or analog representations of physiologic phenomena, and by performing a basic examination or performing a medical procedure on a patient.

Multi-Skilled Health Technology Certificates/Areas of Specialization

- Administrative Medical Office Assistant
- Dental Assisting
- Electrocardiography
- Emergency Medical Technology-Basic
- Emergency Medical Technology-Paramedic
- Health and Wellness
- Health Coach
- Medical Assisting
- Medical Coding
- Nursing Assistant
- Personal Trainer
- Phlebotomy

Each of these certificates can also be used as an area of specialization for the Multi-Skilled Health Technology degree program.

- Students must earn a "C" or higher in all prerequisite and technical courses required for the certificate to be eligible for that certificate.
- Students must complete a minimum of one half of the required certificate courses at Lakeland to be eligible for the certificate.

Gainful Employment	Program Name	Program Type	Area of Study
	Multi-Skilled Health Technology (9325) , AAS (https://catalog.lakelandcc.edu/degree-certificate-programs/hlth/9325/)	Degree	HLTH
	Administrative Medical Office Assistant Certificate/Area of Specialization (3549) (https://catalog.lakelandcc.edu/degree-certificate-programs/hlth/3549/)	Certificate	HLTH
	Dental Assisting Certificate/Area of Specialization (3265) (https://catalog.lakelandcc.edu/degree-certificate-programs/hlth/3265/)	Certificate	HLTH
	Electrocardiography Certificate/Area of Specialization (3251) (https://catalog.lakelandcc.edu/degree-certificate-programs/hlth/3251/)	Certificate	HLTH
	Emergency Medical Technology-Basic Certificate/Area of Specialization (3501) (https://catalog.lakelandcc.edu/degree-certificate-programs/hlth/3501/)	Certificate	EMTS
	Emergency Medical Technology-Paramedic Certificate/Area of Specialization (3254) (https://catalog.lakelandcc.edu/degree-certificate-programs/hlth/3254/)	Certificate	EMTS
	Health Coach Certificate/Area of Specialization (3300) (https://catalog.lakelandcc.edu/degree-certificate-programs/hlth/3300/)	Certificate	HLTH
	Health and Wellness Certificate/Area of Specialization (3252) (https://catalog.lakelandcc.edu/degree-certificate-programs/hlth/3252/)	Certificate	HLTH
	Medical Assisting Certificate/Area of Specialization (3550) (https://catalog.lakelandcc.edu/degree-certificate-programs/hlth/3550/)	Certificate	HLTH

Medical Coding Certificate/Area of Specialization (3261) (https://catalog.lakelandcc.edu/degree-certificate-programs/hlth/3261/)	Certificate	HIMT
Nursing Assistant Certificate/Area of Specialization (3310) (https://catalog.lakelandcc.edu/degree-certificate-programs/hlth/3310/)	Certificate	NURS
Personal Trainer Certificate/Area of Specialization (0201) (https://catalog.lakelandcc.edu/degree-certificate-programs/hlth/0201/)	Certificate	PEHR
Phlebotomy Certificate/Area of Specialization (3601) (https://catalog.lakelandcc.edu/degree-certificate-programs/hlth/3601/)	Certificate	HLTH

DAST 1100 Introduction to Dental Assisting**(CTAG) 2 Credits***Prerequisite: admission to the Dental Assisting certificate program.*

This course introduces the students to the scope, role and responsibilities of the dental assistant with basic concepts of preventive dentistry and associated specialties. The history of dentistry, importance of oral health, dental assistant's role in a medical emergency, assisting with special needs patients, nutrition, legal/ethics aspects of dentistry, and pharmacology will be discussed.
(2 contact hours)

DAST 1120 Dental Science and Oral Pathology**3 Credits***Prerequisite: DAST 1100.*

This course specializes in the study of embryology and histology of the head and neck, including muscular and anatomical structures. It includes the study of the tooth, tooth morphology, and oral pathology.
(5 contact hours: 2 lecture, 3 lab)

DAST 1130 Chairside I**3 Credits***Prerequisite: DAST 1100, DAST 1120 (must be taken concurrently).*

This course includes a study of dental instruments, their care, function, tray set up and transfer. Also included is the study of different dental procedures and restorative techniques including practice of ergonomics with each procedure, proper chairside procedures, and correct dental charting.
(5 contact hours: 2 lecture, 3 lab)

DAST 1150 Infection Control**2 Credits***Prerequisite: DAST 1100, DAST 1120 (must be taken concurrently), DAST 1130 (must be taken concurrently), DAST 1160 (must be taken concurrently).*

This course will emphasize the importance of infection control in dentistry. Standard precautions will be reviewed and practiced using national standards and protocols.
(4 contact hours: 1 lecture, 3 lab)

DAST 1200 Radiography**(CTAG) 3 Credits***Prerequisite: DAST 1100, DAST 1120 (must be taken concurrently), DAST 1130 (must be taken concurrently), DAST 1150 (must be taken concurrently), DAST 1160 (must be taken concurrently).*

This course will focus on the principles and history of radiography, physics of radiation, infection control, and radiation safety. The mounting of radiographs and darkroom procedures are also covered in this course. The students will be exposing intraoral and extraoral radiographs on manikins.
(5 contact hours: 2 lecture, 3 lab)

DAST 1210 Practice Management**2 Credits***Prerequisite: DAST 1100, DAST 1120, DAST 1130, DAST 1150, DAST 1160, DAST 1200.*

This course introduces the student to the concepts of the business of dentistry as a service profession, the dental team, patient management, and design and equipment placement in the office. In addition, the student will learn effective communication, document management and storage, and written communication and telecommunication. The course also includes introduction to business office systems, such as appointment management, recall, inventory, dental insurance, accounts receivable, and accounts payable.
(2 contact hours)

DAST 1230 Chairside II**2 Credits***Prerequisite: DAST 1100, DAST 1120, DAST 1130, DAST 1150, DAST 1160.*

This course will emphasize dental specialties and the dental assistant's role. The laboratory experience includes an overview of the various dental specialties and the different instruments, procedures, and materials used.
(4 contact hours: 1 lecture, 3 lab)

DAST 1310 Dental Assisting Seminar**1 Credit**

Prerequisite: DAST 1100, DAST 1120, DAST 1130, DAST 1150, DAST 1160, DAST 1200, DAST 1210, DAST 1230.

This course provides a forum to review and integrate all coursework with the clinical experience. Students will meet to discuss program content in preparation for the State Dental Assisting Examination. Further emphasis is placed on development of professional success skills, such as preparation of personal resume, interviewing techniques, and job applications.
(1 contact hour)

DAST 1320 Dental Assisting Practicum**1 Credit**

Prerequisite: DAST 1100, DAST 1130, DAST 1150, DAST 1160, DAST 1200, DAST 1210, DAST 1230.

This course is designed to provide the student with the opportunity for practical application of the skills gained through the dental assisting program. The student is assigned a dental office for supervised practical experience.
(6 contact hours: 6 clinical)

EMTS 1010 Emergency Medical Technician-Basic**8 Credits**

Prerequisite: American Heart Association CPR.

This introductory course provides basic knowledge and skills used in the treatment and transport of the sick or injured until they reach the hospital. The course places emphasis on anatomy and physiology related to the EMT's role in lifting and moving patients, trauma and medical patient management, and airway and cardiac management. Students will apply knowledge and skills in the EMS Learning Lab and clinical setting. Successful completion of this course qualifies students to take the National Registry Certification Exam for Basic EMT.
(12.5 contact hours: 6 lecture, 5.25 lab, 1.25 clinical)

EMTS 2011 Paramedic Beginner**13 Credits**

Prerequisite: HLTH 1238 or both BIOL 2210 and BIOL 2220, admission to the Paramedic program, current Ohio EMT certification, current American Heart Association: Health Care Provider.

This is an introductory course for Emergency Medical Technician Paramedic (EMT-P) which provides the basic knowledge and skill for general patient assessment, general pharmacology, pathophysiology of shock, burn management, communicable disease prevention, respiratory management, and trauma care in the pre-hospital setting. Classroom, laboratory, and clinical experiences provide refinement of skills learned. This is the first of a series of four courses required for state certification.
(31 contact hours: 7 lecture, 9 lab, 15 clinical)

EMTS 2021 Paramedic Intermediate A**5 Credits**

Prerequisite: EMTS 2011 or permission of instructor.

This course provides students with the concepts, principles, and skills needed to care for respiratory and cardiac emergencies. Classroom, laboratory, and clinical experiences provide refinement of skills learned. This is the second of four courses needed for paramedic certification.
(15 contact hours: 1 lecture, 9 lab, 5 clinical)

EMTS 2031 Paramedic Intermediate B**5 Credits**

Prerequisite: EMTS 2021 or permission of instructor.

This course provides students with knowledge and skills needed to care for neurological, obstetrical, gynecology, and neonatology emergencies. Classroom, laboratory, and clinical experiences provide refinement of skills learned. This is the third course in a series of four needed for state certification.
(15 contact hours: 1 lecture, 9 lab, 5 clinical)

HIMT 1225 Outpatient Procedure Coding**2 Credits**

Prerequisite: HLTH 1215, BIOL 2210 or HLTH 1238.

In this introductory Health Care Common Procedure Coding (HCPCS) coding class, which includes Current Procedural Terminology (CPT), students will learn the history and structure of the HCPCS medical classification system that is used to describe and report procedures for physician and outpatient claims. Students will attain basic HCPCS coding skills in order to apply this coding system in a variety of provider settings.
(4 contact hours: 1 lecture, 3 lab)

HIMT 2070 Inpatient and Outpatient Diagnostic Coding**3 Credits**

Prerequisite: HLTH 1215, and HLTH 2100 or HLTH 1238.

In this introductory ICD-10-CM coding class, students will learn the history and structure of the ICD-10-CM medical classification system that is used to describe and report diagnoses. Students will attain basic ICD-10-CM coding skills in order to apply this coding system in a variety of provider settings and develop an understanding of the impact these codes have on provider reimbursement, internal reporting, and statistical and quality reporting needs within the healthcare industry.
(5 contact hours: 2 lecture, 3 lab)

HIMT 2080 Inpatient Procedure Coding**2 Credits***Prerequisite: HLTH 1215, and HLTH 2100 or HLTH 1238.*

In this introductory inpatient procedural coding class, which includes International Classification of Diseases, tenth revision, Procedure Coding System (ICD-10-PCS) students will learn the history and structure of the inpatient procedure classification system that is used to describe and report procedures for hospital inpatient claims. Students will attain basic ICD-10-PCS coding skills in order to apply this coding system and develop an understanding of the impact these codes have on provider reimbursement, internal reporting, and statistical and quality reporting needs within the healthcare industry.

(4 contact hours: 1 lecture, 3 lab)

HIMT 2535 Reimbursement Methodologies**3 Credits***Prerequisite: HIMT 1225, HIMT 2070, HIMT 2080.*

Students will explore how the U.S. healthcare reimbursement system functions from the perspective of the patient, the payer, and the provider. They will learn how the government and other third-party payers reimburse hospitals, ambulatory surgical centers, physicians, and other healthcare providers through a prospective payment system.

(5 contact hours: 2 lecture, 3 lab)

HIMT 2540 Advanced Coding**3 Credits***Prerequisite: HIMT 1225, HIMT 2070, HIMT 2080.*

Having already attained their basic coding skill, students will focus on case studies to determine diagnoses and procedure coding utilizing both ICD-9-CM and CPT-4. They will examine medical records and learn how to interpret actual charts, adhere to coding regulations and guidelines in code assignments, and ensure accuracy of diagnoses/procedure groupings such as DRG, APC, etc.

(5 contact hours: 2 lecture, 3 lab)

HIMT 2547 Medical Coding Capstone**1 Credit***Prerequisite: HIMT 2535 (can be taken concurrently), HIMT 2540 (can be taken concurrently).*

This course provides a forum for preparation for certification exams. The course also specializes in issues and trends in medical coding, healthcare reimbursement, employment opportunities, interviewing techniques, resume writing, and job-seeking skills.

(1 contact hour)

HLTH 1160 Health Coach I**2 Credits**

This course introduces pre-health career students to the concept of a health coach to assist case managers with home visits after discharge from a care facility. The course will introduce learners to health coach concepts, role, and issues. It places emphasis on healthcare, coaching skills, communication skills, motivational interviewing, ethical and legal considerations, health, nutrition and wellness, disease and mental health, and accessing community resources.

(4 contact hours: 1 lecture, 3 lab)

HLTH 1170 Health Coach Externship**1 Credit***Prerequisite: CPR-American Heart Association: Healthcare Provider, HLTH 1160.*

This course specializes in the application of skills acquired in HLTH 1160 Health Coach I. Students will gain experience in performing Health Coach skills with a supervising registered nurse (RN).

(13 contact hours: 13 clinical)

HLTH 1238 Structure, Function, Disease, and Therapeutics of the Human Body**4 Credits**

This course explores human anatomy and physiology, focusing on the interrelationships between major body systems. Students will learn to identify anatomical structures, understand their functions, and explore organ associations to gain a comprehensive view of the human body. The course integrates discussions on common diseases, diagnostic tests, and treatments, offering students a well-rounded perspective essential for healthcare professionals. As a required component for certificate programs, this course meets accreditation standards and lays the foundational knowledge necessary for success in the healthcare field.

(4 contact hours)

HLTH 1240 Phlebotomy**3 Credits***Prerequisite: HLTH 1215, admission to the Phlebotomy program or admission to the Medical Assisting program or permission of the Phlebotomy program coordinator.*

This course introduces and reinforces the theory and practice of phlebotomy. Students will become familiar with the evacuated tube, syringe, butterfly, and capillary methods of blood collection. The course also introduces point-of-care testing and CLIA waived laboratory test procedures along with collection, processing, and handling of nonblood and blood samples. It explores errors in the pre-analytical process and their effect on laboratory results. Laboratory procedures include venipuncture, capillary puncture, and point-of-care testing.

(5 contact hours: 2 lecture, 3 lab)

HLTH 1260 Phlebotomy Clinical Practicum**2 Credits***Prerequisite: HLTH 1240, HLTH 1265 (must be taken concurrently).*

This course specializes in the practice of phlebotomy procedures as performed by students in the clinical laboratory or associated facilities, with practical application of phlebotomy techniques learned in HLTH 1240 Phlebotomy.

(12 contact hours: 12 clinical)

HLTH 1265 Phlebotomy Seminar**1 Credit***Prerequisite: HLTH 1260 (must be taken concurrently).*

This course specializes in the issues and trends in healthcare, including ethics and law, government regulations, professional development, employment opportunities, interviewing techniques, resume writing and job seeking skills. The course includes discussion of practicum experiences.

(1 contact hour)

HLTH 1300 Nutrition and Family Health**(TAG) 2 Credits**

This course provides non-nursing majors with an overview of basic nutrition principles. Students will investigate nutrition goals, requirements, and problems of young adults, older adults, pregnant women, infants, preschoolers, children, and adolescents. Students will learn to evaluate food products for their nutritional value, using reliable nutrition information, food guides, and food labels. The course places emphasis on energy balance and maintaining good health by making good nutrition choices.

(2 contact hours)

HLTH 1310 Nutrition and Diet Therapy**2 Credits**

This course, designed for nursing students, provides fundamental theoretical knowledge related to the basic principles of nutrition. It places emphasis on the practical application of these principles to diet therapy requirements for maintenance of wellness in all age groups. Although it is not a prerequisite for this course, students will benefit from having taken BIOL 1200 Fundamentals of Biology for the Health Technologies prior to taking this course.

(2 contact hours)

HLTH 1350 Nursing Assistant**4 Credits**

This course introduces basic knowledge and skills for care of the clients in a nursing home or long-term care facility. Successful completion of this course qualifies students to take the Ohio Department of Health's Training Competency Evaluation Test to become a State-Tested Nursing Assistant.

(7.25 contact hours: 3 lecture, 2.25 lab, 2 clinical)

HLTH 1400 Customer Service and Healthcare**2 Credits**

This course explores the definition and characteristics of healthcare customers and the importance of customer service in today's competitive healthcare market. It emphasizes patient rights and responsibilities, complaint resolution, verbal and non-verbal communication, telephone etiquette and interviewing skills, and laws and regulations as they apply to customer service.

(2 contact hours)

HLTH 1600 Basic Pharmacology**2 Credits***Prerequisite: HLTH 1215 (can be taken concurrently), MATH 0745 or placement into MATH 0850.*

This course introduces basic principles and concepts of pharmacology, including dosage calculations, drug classifications and uses, sources of drugs, storage and handling of medications, prescribing and dispensing drugs, drug abuse and the role of the healthcare provider concerning medications. The course includes record keeping, documentation and legal concerns.

(2 contact hours)

HLTH 1700 Basic Electrocardiography**2 Credits***Prerequisite: HLTH 1215.*

This course provides fundamental knowledge of electrocardiography testing, including the anatomy and physiology of the heart and circulatory system, electrophysiology, electrocardiography techniques, and common arrhythmia.

(3 contact hours: 1 lecture, 2 lab)

MDAS 1110 Administrative Procedures for the Medical Office**3 Credits***Prerequisite: admission to the Medical Assisting and/or the Administrative Medical Office Assistant program, HLTH 1215 (can be taken concurrently).*

This course will prepare students to perform administrative functions in a medical office setting. It will develop the students to perform basic office management skills including managing a medical office safely and efficiently. Emphasis is placed on electronic technology used in today's medical practices to handle front office operations including scheduling and monitoring appointments. The professional societies and scope of practice for a Certified Medical Assistant will also be addressed in this course.

(5 contact hours: 2 lecture, 3 lab)

MDAS 1150 Medical Office Insurance and Reimbursements**3 Credits***Prerequisite: Admission to medical assisting and/or administrative medical office assistant programs, HLTH 1215 (may be taken concurrently).*

This course will introduce students to basic finance practices, third party reimbursements, and procedural and diagnostic coding used in an ambulatory care setting. Students will have the opportunity to apply terminology, complete insurance forms, and apply coding methodologies using simulated medical billing software. Principles of bookkeeping, automated and manual patient financial accounting, collection techniques, employee payroll and banking procedures will also be introduced.

(4 contact hours: 2 lecture, 2 lab)

MDAS 1210 Basic Patient Skills**2 Credits***Prerequisite: HLTH 1215, HLTH 1238 may be taken concurrently.*

This course applies theory and practice of medical assisting skills used in a physician's office, clinic or other ambulatory office related to pharmacology, patient examinations, nutrition, and wellness. Students will discuss the medical assistant's role in identifying common pathology related to body systems, diagnostic measurements, treatment modalities, patient education and administration of medication under the direction of a physician. Students will also learn to perform patient screening using established office protocols, perform and document vital signs, document in the medication record, and identify instruments commonly used in a medical office.

(4 contact hours: 1 lecture, 3 lab)

MDAS 1220 Specialty Medical Assisting**3 Credits***Prerequisite: HLTH1215, HLTH1238 may be taken concurrently, MDAS1110, MDAS1150.*

This course applies the theory and practice of common procedures in a physician's office related to pharmacology and specialty examinations. Students will discuss the medical assistant's role in identifying common pathology related to body systems, diagnostic measurements, treatment modalities, patient instruction and the role of the medical assistant in preparation and administration of medications under the direction of a physician.

(7 contact hours: 1 lecture, 6 lab)

MDAS 1250 Medical Office Surgical Procedures**2 Credits***Prerequisite: HLTH 1215, HLTH 1238 may be taken concurrently.*

This course introduces students to minor office surgeries and procedures commonly performed in an ambulatory care setting. Instruction includes an introduction to infection control, aseptic techniques, and protective practices used in an ambulatory care setting. Students will also learn to assist in small in office surgeries, including recognizing instrumentation commonly used during these procedures and inventory and equipment maintenance.

(3 contact hours: 1 lecture, 2 lab)

MDAS 1300 Physician Office Laboratory**3 Credits***Prerequisite: HLTH 1215, HLTH 1238 may be taken concurrently, MDAS 1110, MDAS 1150.*

This course provides medical assisting students with a foundational overview and practice of clinical and laboratory procedures completed in a physician's office and outpatient health care settings. The course incorporates concepts of critical thinking, safety, and infection control. The course will focus on laboratory testing, associated pathology, collection and processing of specimens that are aligned with Clinical Laboratory Improvement Amendment (CLIA) regulations and the Occupational Health and Safety Administration (OSHA). Laboratory testing will include urinalysis, microbiology and immunology testing, hematology test, chemistry tests. Procedures include venipuncture, capillary puncture and specimen collection for point-of-care testing.

(5 contact hours: 1 lecture, 4 lab)

MDAS 1700 Medical Assisting Practicum**3 Credits***Prerequisite: CPR-American Heart Association: Health Care Provider, successful completion of all other courses required in the Medical Assisting program, MDAS 1800 (must be taken concurrently).*

This course specializes in the application of skills acquired in previous medical assisting coursework. Students will gain experience in both administrative and clinical office procedures.

(15 contact hours: 15 clinical)

MDAS 1800 Medical Assisting Seminar**1 Credit***Prerequisite: successful completion of all other courses required in the Medical Assisting program, MDAS 1700 (must be taken concurrently).*

This course introduces issues and trends in medical assisting, government regulations, professional development, employment opportunities, interviewing techniques, resume writing, job seeking skills, and discussion of practicum experiences.

(1 contact hour)

MDLT 2151 Blood Collection Techniques**1 Credit***Prerequisite: MDLT 2150 (can be taken concurrently) or admission to the Medical Assisting program or permission of the MDLT program director.*

This course introduces students to theory and practice of blood collection. It focuses on the phlebotomy process and the role of the laboratorian in the pre-analytical process. Laboratory experience includes phlebotomy techniques. Students will learn how to correlate laboratory results with errors in the pre-analytical process.

(1.6 contact hours: 0.7 lecture, 0.9 lab)

PEHR 1250 First Aid**2 Credits**

This course introduces students to accident or sudden illness recognition and the analysis and correct application of first aid procedures when immediate or temporary care is needed. Laboratory experience includes practice on both mannequins and classmates. Successful completion of lab experience and standardized exam will enable students to achieve American Red Cross certification in Adult CPR and Responding to Emergencies.

(2 contact hours)

PEHR 1500 Health and Wellness**1 Credit**

This course introduces students to topical health information emphasizing the six dimensions of health: physical, emotional, environmental, intellectual, social, and spiritual. It also includes the health and skill-related components of fitness, stress management, disease prevention, and prevention of alcohol, tobacco, and drug abuse. The course emphasizes making positive lifestyle choices for optimal health and wellness.

(1 contact hour)

PEHR 1550 Introduction to Personal Training**2 Credits**

This course provides an introduction to the personal training profession, including information pertaining to legal issues, program design, assessment, history and future of the profession, and personal qualifications and certification.

(2 contact hours)

PEHR 1600 Exercise Physiology I**2 Credits**

This course emphasizes fundamental principles that provide basic and balanced information for the study of exercise physiology for the introductory level student. It examines both the immediate responses to, as well as the long-term benefits of, exercise and how the body responds to the high physiological demands of physical activity. The course covers the essentials of movement, energy for movement, cardio-respiratory function and performance, environmental influences on performance, optimizing performance in sport, age and sex considerations, and physical activity for health and fitness.

(3 contact hours: 1 lecture, 2 lab)

PEHR 1650 Health Fitness**2 Credits**

This course introduces students to the development of optimal fitness and wellness lifestyles. The course emphasizes aerobic conditioning, nutrition, body composition, muscle strength and endurance, flexibility, skill-related fitness components, and early detection and prevention of disease, and alcohol, tobacco, and drug abuse. Laboratory experiences assess fitness classifications and participation in regular cardiovascular exercises.

(3 contact hours: 1 lecture, 2 lab)

PEHR 1660 Diet and Weight Management Strategies for Sport and Fitness**2 Credits**

This course introduces students to the study of food and the effects on health, physical activity, and performance. It emphasizes dietary intake of vitamins, minerals, protein, fat, carbohydrates, supplements, and water, and how these various components influence energy, body weight, body composition, metabolism rate, and performance, as well as how to incorporate this knowledge into a health-related fitness program for physically active individuals and athletes.

(2 contact hours)

PEHR 1670 Instructional Techniques: Strength and Cardio Fitness Training**2 Credits**

This course introduces students to strength and cardio fitness training as a part of total body fitness. The course emphasizes methods of instruction and individualized program development with emphasis on elements of fitness, weight training fundamentals, cardio fitness training, motivation and mental conditioning, muscle identification and function, flexibility, injuries, nutrition, drugs, and equipment use. Laboratory experiences will address methods of instruction, training techniques, proper equipment use, and equipment maintenance.

(3 contact hours: 1 lecture, 2 lab)

PEHR 1750 Personal Health**3 Credits**

This course includes topical information that enables students to develop a healthy lifestyle of optimal fitness and wellness. The course emphasizes critical thinking on contemporary health issues and includes discussion of fitness (strength/aerobic), nutrition, stress, relationships, heart disease, chronic and infectious diseases, cancer, smoking, alcohol, drugs, disease prevention, psychological health, parenting, aging, and environmental and safety issues and concerns.

(3 contact hours)

PEHR 2500 Athletic Training**2 Credits**

This course introduces students to the basic components of a comprehensive athletic training program. It includes a study of injury prevention, recognition, and rehabilitation, as well as the healing process, commonly utilized modalities, and administrative procedures.

(2 contact hours)

PEHR 2750 Personal Trainer Internship/Seminar**2 Credits**

Prerequisite: COMM 1100, PEHR 1250, PEHR 1550, PEHR 1670, PEHR 2500, permission of the Physical Education department chair.

Students will gain practical experience under the direct supervision of a professional personal trainer within an on-campus setting. The in-class seminar portion of the course will serve as a forum for student discussion of practical experiences and provide students with an overview of the procedural, ethical, and liability issues faced by a personal trainer. In addition, it will help students develop job-seeking skills and provide information pertaining to professional certifications

(6 contact hours: 1 lecture, 5 lab)