Nebraska Wesleyan University

Human Health and Disease

Catalog

2023-2024

Program Description

The Constitution of the World Health Organization famously defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity” (http://ajph.aphapublications.org/doi/pdf/10.2105/AJPH.36.9.1041). The next sentence is less often quoted: “The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition.” Clearly the situation of many people around the globe falls short of these ideals, and large numbers of people continue to become sick and die as a result of preventable problems like malnutrition, infectious disease, and lack of access to basic health care. Moreover, a large percentage of people in more developed countries like the United States suffer from health problems related to excess (e.g. obesity, diabetes, hypertension). Students make personal decisions every day that can affect their physical health and virtually all other aspects of their lives.

In the Human Health and Disease thread we seek to increase student’s awareness of the range of problems that affect their own health as well as the health of humans in their local and global communities. Students in this thread will identify and think deeply about the “big questions” related to human health, and to learn how solutions to these complex problems may require thinking across disciplines and a worldwide perspective. We expect that students who successfully complete this thread will emerge with a more nuanced, diverse, and humane perspective on the multidisciplinary issues related to human health.

This thread can be 9 or 18 hours.

Students must take at least one course from the 2000 level or above.

Courses in a 9-hour thread must be from a minimum of two departments. Courses in an 18-hour thread must be from a minimum of four departments.

Required Thread Course	
Must take one of the following:	
IDS 1500 Introduction to Global Human Health or NURS 3040 Global Health or HHP 1260 Human Health and Wellness	2-3 hours
Select Courses to Meet Thread Requirements	
ATTR 3330 Health Assessment/HHP 3330	3 hours
BIO 3000 An Introduction to Biomedical Ethics	2 hours
BIO 3160 Medical Botany	3 hours
BIO 3170 Medical Botany Lab	1 hour
BIO 4700 Pathophysiology	3 hours
BIO 4750 Immunology	3 hours
CHEM 2500 Introduction to Neuroscience	3 hours
COMM 2550 Health Communication	3 hours
ENG 2250 Topics in World Literature: Health and Illness	4 hours
HHP 2000 Mindfulness and Stress	2 hours
HHP 2010 Drugs in Modern Society	3 hours

Select Courses to Meet Thread Requirements	
HHP 2020 Consumer, Community, and Environment Health Issues	3 hours
HHP 2030 Human Sexuality	3 hours
HHP 2040 Stress and Disease Management	2 hours
HHP 2500 Basic Human Nutrition	2 hours
HHP 2720 Introduction to Massage Therapy	3 hours
HHP 2800 Clinical Exercise Physiology	2 hours
HHP 3720 Healthcare Policy	2 hours
HIST 2660 Disease in History	4 hours
IDS 3290 Experiential Learning - Human Health and Disease Thread	1-2 hours
MUSIC 2720 Resilience and Wellbeing	4 hours
NURS 4450 Community Health Nursing for Traditional BSN Students or NURS 4460 Community Health Nursing	5 hours
NURS 3340 Health Care Ethics	3 hours
PSYCH 2150 Psychopharmacology	4 hours
PSYCH 2450 Health Psychology	4 hours
PSYCH 2700 Abnormal Psychology	4 hours
PSYCH 3370 Adult Development and Aging	4 hours
PSYCH 3750 Cultural Psychology	4 hours
SOC 3220 Thinking SocioLogically: Medical Sociology	2 hours
SOCWK 2410 Loss, Death and Grief	3 hours
SOCWK 3450 Social Work in Health Care	3 hours