**Nebraska Wesleyan University**

# Human Health and Disease

## Catalog

2024-2025

## 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 | |
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| Must take one of the following: | |
| IDS 1500 Introduction to Global Human Health or<br>NURS 3040 Global Health or<br>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 | |
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| 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 3340 Health Care Ethics | 3 hours |
| NURS 4450 Community Health Nursing for Traditional BSN Students or NURS 4460 Community Health Nursing | 5 hours |
| PSYCH 2150 Psychopharmacology | 4 hours |
| PSYCH 2450 Health Psychology | 4 hours |
| PSYCH 2700 Psychological Disorders | 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 |