

# Healthy Living Practitioner (HLP)

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## Courses

### **HLP 500. Upstream Prevention: Epidemiology, Economics and Policy. 3 hours.**

Addresses current public health policy challenges and controversies. Discussions examine changes in health, nutrition, and physical activity policies in the United States in the past few decades and what prompted those changes.

### **HLP 505. Health Harmonics and Communication. 3 hours.**

Asks students to evaluate, synthesize, and apply the foundations and fundamental theories and practice of health communication and literacy. It looks at health rhetoric to better understand the conventions used to convey health communication.

### **HLP 510. Preventive Health Screening. 1 hour.**

Focuses on health screening assessments, disease prevention, and provides foundational concepts and the tools needed for examining primary care- and community- based chronic disease prevention interventions.

### **HLP 520. Nutrition for Healthy Living. 3 hours.**

Provides a clinician's understanding of nutrition and chronic disease, nutritional assessment, and learn to provide guidance on health nutrition to combat deficiency and degenerative diseases, and when to refer to a diet.

### **HLP 525. Exercise and Physical Activity for Healthy Living. 3 hours.**

Introduces students to basic principles of exercise and physical activity in health and disease states. It reviews common exercise testing and PA assessment methods, and outlines exercise prescriptions for healthy and clinical populations.

### **HLP 530. Behavioral Counseling for Healthy Living. 2 hours.**

Interrogates theories, principles and health coaching approaches to health behavior change. Evidence based approaches to supporting health behavior change including health coaching are demonstrated.

### **HLP 535. Use of Technology for Healthy Living. 2 hours.**

Provides students the application of health information systems and informatics in the tracking and managing of Life's Simple 7 metrics aimed at non-communicable disease prevention and management as pertinent to a health professional.

### **HLP 560. Healthy Living Seminar. 2 hours.**

Introduces students to basic principles of programming for healthy lifestyle practitioner. Models of program management are considered. Issues related to administration and management in a variety of settings are explored.

### **HLP 590. Healthy Living Practicum. 3 hours.**

Exposes students to a real life experience in programming for healthy living. Students explore models of the management, development, and implementation of lifestyle and disease management and prevention programs. Course Information: Satisfactory/Unsatisfactory grading only. Prerequisite(s): HLP 560.