Healthy Living Practitioner™ (HLP)

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 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.