COMMUNITY HEALTH (CHLH)

CCHL Class Schedule (https://courses.illinois.edu/schedule/DEFAULT/DEFAULT/CHLH)

Courses

CHLH 100 Contemporary Health credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/100)
Examines concepts of health and health promotion in contemporary society with emphasis on a healthy lifestyle for individuals and groups. Topics include self care, health insurance, exercise, nutrition and weight control, sexuality, contraception, tobacco, alcohol, cardiovascular health, infectious diseases, and cancer.
This course satisfies the General Education Criteria for:
Social Beh Sci - Soc Sci

CHLH 101 Introduction to Public Health credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/101)
Introduction to the nation's public health system; includes an overview of the basic concepts and core functions of public health practice, the scope of applications, and the variety of service organizations (both public and private) that shape public health.
This course satisfies the General Education Criteria for:
Social Beh Sci - Soc Sci

CHLH 110 Intro to the Health Sciences credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/110)
This elective course provides students with a general overview of the day to day job requirements and responsibilities of variety of allied healthcare professionals and how they interact with other members of the healthcare team. Students will also learn about the wide variety of practice settings available along the continuum of care. Through the course, students will learn basic medical terminology, concepts and skills in preparation for internships and graduate school. Same as KIN 110.

CHLH 125 Orientation KIN & Comm Health credit: 1 Hour. (https://courses.illinois.edu/schedule/terms/CHLH/125)
Serves as an introduction to the Kinesiology and Community Health Department and provides an overview of the Kinesiology and Community Health curricula, areas of study, and opportunities available for careers in the field. Enrollment required for Community Health freshmen and transfer students. Credit is not given for both CHLH 125 and KIN 125.

CHLH 199 Undergraduate Open Seminar credit: 1 to 5 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/199)
Approved for letter and S/U grading. May be repeated up to a maximum of 10 hours.

CHLH 200 Mental Health credit: 2 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/200)
Introduction to the science of mental health and illness including personality development, the genesis and manifestations of mental illness, and the maintenance of mental health; taught with an emphasis on the preventive and medical aspects of mental health.

CHLH 201 Public Health Research Methods credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/201)
This course is designed to provide students with an introduction to the basic principles and concepts underlying research methods on public health. Topics include conceptualization, measurement, research design, sampling, evaluation, data sources and ethics. The students will be exposed to a wide range of quantitative, and mixed methods.

CHLH 206 Human Sexuality credit: 2 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/206)
Emphasizes the behavioral aspects of human sexuality. Topics include: birth control; prenatal care, pregnancy and childbirth; sex roles; premarital sex; lifestyles; marriage and divorce.

CHLH 210 Community Health Organizations credit: 2 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/210)
Overview of institutions and agencies which provide health information, education, services, and care. Includes historical foundations, constituencies, organizational goals and structure, funding and expenditures, modes of service delivery, political and ethical issues.

CHLH 243 Drug Use and Abuse credit: 2 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/243)
Introduction to the biological, psychological, pharmacological, and legal aspects of drug use and abuse; surveys community and university resources concerned with drug use and abuse; emphasizes personal and social actions for responsible drug use.

CHLH 244 Health Statistics credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/244)
Introduction to biostatistics. Students learn concepts necessary to understand statistical inference as applied to health issues.
This course satisfies the General Education Criteria for:
Quantitative Reasoning I

CHLH 250 Health Care Systems credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/250)
Overview of the major issues confronting health care systems from a macro perspective. Identification and analysis of the functions, major participants and trends in health care systems in the United States and abroad. Attention on current and emerging issues having implications for health care systems in industrialized nations.

CHLH 260 Introduction to Medical Ethics credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/260)
Course stresses normative bioethics: decisions about what is ethical behavior in a variety of real and practical issues. Analysis of medical ethical cases at the individual, community and wider national and international levels will be addressed. Approved for both letter and S/U grading.
This course satisfies the General Education Criteria for:
Humanities - Hist Phil

CHLH 274 Introduction to Epidemiology credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/274)
Basic concepts and methods of epidemiology; patterns of disease occurrence; applications of epidemiology to health education, health services administration and planning, health policy, and environmental health.
This course satisfies the General Education Criteria for:
Quantitative Reasoning I

CHLH 304 Foundations of Health Behavior credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/304)
Examination of the application of the social and behavioral sciences to health and health behavior. Psychological, social psychological, and sociological approaches to health behavior are analyzed. Topics covered include development of health attitudes and behaviors, perceptions of health and illness, methods of changing health behavior and patient-provider interaction. Prerequisite: CHLH 100, or consent of instructor; completion of the campus Composition I requirement.
This course satisfies the General Education Criteria for:
Social Beh Sci - Beh Sci
Advanced Composition
CHLH 314 Introduction to Aging  credit: 3 Hours. ([https://courses.illinois.edu/schedule/terms/CHLH/314](https://courses.illinois.edu/schedule/terms/CHLH/314))
A multidisciplinary introduction to the study of aging; the social, psychological and physiological context of changing roles in later life; public and private policies that affect older people and their families. Same as HDFS 314, RST 314, PSYC 314, and REHB 314.

CHLH 330 Disability in American Society  credit: 3 Hours. ([https://courses.illinois.edu/schedule/terms/CHLH/330](https://courses.illinois.edu/schedule/terms/CHLH/330))
Same as REHB 330. See REHB 330. This course satisfies the General Education Criteria for:
Social Beh Sci - Soc Sci

CHLH 336 Tomorrow's Environment  credit: 3 Hours. ([https://courses.illinois.edu/schedule/terms/CHLH/336](https://courses.illinois.edu/schedule/terms/CHLH/336))
Same as CPSC 336 and ENVS 336. See CPSC 336.

CHLH 340 Health Promotion Practicum  credit: 3 Hours. ([https://courses.illinois.edu/schedule/terms/CHLH/340](https://courses.illinois.edu/schedule/terms/CHLH/340))
Preparation and presentation of lifestyle workshops to campus community groups. Practice selected from one or more of the following topics: chemical education, sexuality, stress management or campus acquaintance rape education (CARE). Same as SOCW 350. Approved for both letter and S/U grading. May be repeated to a maximum of 6 hours. Prerequisite: Junior standing or consent of instructor.

CHLH 365 Civic Engagement in Wellness  credit: 3 Hours. ([https://courses.illinois.edu/schedule/terms/CHLH/365](https://courses.illinois.edu/schedule/terms/CHLH/365))
Same as AHS 365, KIN 365, RST 365, and SHS 370. See KIN 365.

CHLH 380 Orientation to Internship  credit: 1 Hour. ([https://courses.illinois.edu/schedule/terms/CHLH/380](https://courses.illinois.edu/schedule/terms/CHLH/380))
Provides students with information concerning placement in internship. Topics include internship requirements; student responsibilities; preparation of resumes and cover letters; selecting an organization or site; interviewing; issues of professional development. Prerequisite: Junior standing.

CHLH 390 Honors  credit: 2 Hours. ([https://courses.illinois.edu/schedule/terms/CHLH/390](https://courses.illinois.edu/schedule/terms/CHLH/390))
Same as KIN 390 and RST 390. See KIN 390.

CHLH 393 Special Projects  credit: 2 or 3 Hours. ([https://courses.illinois.edu/schedule/terms/CHLH/393](https://courses.illinois.edu/schedule/terms/CHLH/393))
Special projects in research and independent investigation in any phase of health, kinesiology, recreation, and related areas selected by the students. May be repeated to a maximum of 12 hours.

CHLH 402 Cancer Epidemiology  credit: 3 or 4 Hours. ([https://courses.illinois.edu/schedule/terms/CHLH/402](https://courses.illinois.edu/schedule/terms/CHLH/402))
Class on cancer epidemiology will address the investigation of the descriptive and analytic epidemiology of cancer. It will include information on the development of malignancy and characteristics of tumor cells. The investigation of the relationship between various risk and protective factors and the development of different types of cancer will be discussed in an epidemiologic context. The role of primary prevention and secondary prevention (screening) will also be covered. 3 undergraduate hours. 4 graduate hours. Prerequisite: Previous or concurrent class in epidemiology or consent of instructor. Junior standing or above.

CHLH 404 Gerontology  credit: 3 or 4 Hours. ([https://courses.illinois.edu/schedule/terms/CHLH/404](https://courses.illinois.edu/schedule/terms/CHLH/404))
Interdisciplinary approach to the study of aging and the aged from physiological, psychological, and social perspectives. Same as HDFS 404. 3 or 4 undergraduate hours. 3 or 4 graduate hours.

CHLH 405 Aging with Disability  credit: 3 or 4 Hours. ([https://courses.illinois.edu/schedule/terms/CHLH/405](https://courses.illinois.edu/schedule/terms/CHLH/405))
Due to improvements in medical management, persons with disabilities are living longer lives. They, however, face new problems and impairments. This course will explore the psychological and physical changes persons with disabilities face as they age. In addition, the course examines the impact that aging with disability has on the US healthcare system, legislation and healthcare professionals. 3 undergraduate hours. 4 graduate hours.

CHLH 407 Disability, Culture & Society  credit: 3 or 4 Hours. ([https://courses.illinois.edu/schedule/terms/CHLH/407](https://courses.illinois.edu/schedule/terms/CHLH/407))
Examines the cultural and social contexts of disability, their consequences for the experience and management of disability, and implications for cultural competence in disability-related research and practice. Same as ANTH 404, KIN 407, and REHB 407. 3 or 4 undergraduate hours. 3 or 4 graduate hours.

CHLH 409 Women's Health  credit: 3 Hours. ([https://courses.illinois.edu/schedule/terms/CHLH/409](https://courses.illinois.edu/schedule/terms/CHLH/409))
Examines the culture of women in relationship to their health. Study is devoted to selected health care issues, developmental and physiological changes in the life cycle, health problems that affect women, and the maintenance of health. Same as GWS 409. 3 graduate hours. Prerequisite: CHLH 100 or equivalent; or consent of instructor.

CHLH 410 Public Health Practice  credit: 4 Hours. ([https://courses.illinois.edu/schedule/terms/CHLH/410](https://courses.illinois.edu/schedule/terms/CHLH/410))
Theory and practice of public health promotion as they relate to educational approaches in solving community health problems. 4 undergraduate hours. 4 graduate hours. Prerequisite: CHLH 210 or consent of instructor.

CHLH 415 International Health  credit: 3 or 4 Hours. ([https://courses.illinois.edu/schedule/terms/CHLH/415](https://courses.illinois.edu/schedule/terms/CHLH/415))
Explores the various factors that impact the health of populations around the world. Political, cultural, social, environmental and other domains will be examined in relation to how they affect the health of residents of various countries. 3 or 4 undergraduate hours. 3 or 4 graduate hours.

CHLH 421 Health Data Analysis  credit: 3 or 4 Hours. ([https://courses.illinois.edu/schedule/terms/CHLH/421](https://courses.illinois.edu/schedule/terms/CHLH/421))
Introduces health data analysis, sources and uses of health data, collection techniques and classification procedures, commonly used health indices, techniques of rate adjustment, graphic presentation of data as they relate to the planning, conducting, and evaluating of community health programs. 3 or 4 undergraduate hours. 3 or 4 graduate hours. Prerequisite: Quantitative Reasoning I course or equivalent. This course satisfies the General Education Criteria for:
Quantitative Reasoning II

CHLH 429 Research Techniques  credit: 4 Hours. ([https://courses.illinois.edu/schedule/terms/CHLH/429](https://courses.illinois.edu/schedule/terms/CHLH/429))
Study of the ethics of research, research literature, research designs, and health measurement techniques utilized in the public health sciences. Emphasizes developing skills in analyzing research and assessment of health behaviors, and problem identification and research design for individual student research projects. 4 undergraduate hours. 4 graduate hours. Prerequisite: CHLH 590, or SOC 485, or EPSY 480; or equivalent.

CHLH 439 Health Applications of GIS  credit: 3 Hours. ([https://courses.illinois.edu/schedule/terms/CHLH/439](https://courses.illinois.edu/schedule/terms/CHLH/439))
Same as GEOG 439 and PATH 439. See PATH 439.
CHLH 444  LGBT Indiv, Fam & Community  credit: 3 or 4 Hours.  
Same as HDFS 444. See HDFS 444.

CHLH 448  Exercise & Health Psychology  credit: 3 or 4 Hours.  
Same as KIN 448. See KIN 448.

CHLH 455  Health Services Financing  credit: 3 Hours.  
Examines major topics and emerging trends in health financing, including sources of revenue, public and private financing organizations, reimbursement and sources of revenue to health providers, and capital financing in the health care industry. 3 undergraduate hours. 3 graduate hours. Prerequisite: Junior standing.

CHLH 456  Organization of Health Care  credit: 2 to 4 Hours.  
Examines types and performance of health care organizations (e.g., doctors' offices, clinics, hospitals, and nursing homes), networks of health services, evaluation of health care, and social policy issues relating to organizations in the U.S. health care system. 2 to 4 undergraduate hours. 2 to 4 graduate hours.

CHLH 457  Health Planning  credit: 3 Hours.  
Survey of the history and objectives of health planning as related to medical care delivery in the United States; methods of health, institutional and community planning; planning and marketing concepts and methods; analysis of consumer behavior, public policies, and private competitive forces. Same as SOCW 457. 3 undergraduate hours. 3 graduate hours. Prerequisite: CHLH 250 and junior standing.

CHLH 458  Health Administration  credit: 3 Hours.  
Examines management principles relative to health care institutions emphasizing goal setting, decision making, system analysis, organizational structure, conflict resolution, and leadership theories. 3 undergraduate hours. 3 graduate hours. Prerequisite: Senior or graduate standing, or consent of instructor.

CHLH 461  Environ Toxicology & Health  credit: 3 Hours.  
Same as ENV 430 and IB 485. See IB 485.

CHLH 465  Social Marketing Health & Behav  credit: 3 or 4 Hours.  
Same as CMN 465. See CMN 465.

CHLH 469  Environmental Health  credit: 3 or 4 Hours.  
Appreciation of the concepts and mechanisms used to prevent or control environmental conditions that may lead to infectious or other environmentally induced diseases. Presents topics from a public health perspective that include air pollution, water supply management, waste management, radiation protection, food hygiene, occupational health and disaster management. Same as ENV 469. 3 or 4 undergraduate hours. 3 or 4 graduate hours. Prerequisite: CHLH 274 or equivalent.

CHLH 473  Immigration, Health & Society  credit: 3 or 4 Hours.  
Same as LLS 473, SOC 473, and SOCW 473. See LLS 473.

CHLH 474  Principles of Epidemiology  credit: 4 Hours.  
Investigation of descriptive epidemiologic techniques (comparisons of disease rates in different populations) and analytic study designs (case-control and cohort studies and randomized trials). Applications to and examples from infectious and chronic diseases are presented. Group exercises involving the investigation of epidemiologic problems and application of analytic epidemiologic techniques are performed. Same as ENV 474 and PATH 474. 4 undergraduate hours. 4 graduate hours. Prerequisite: One statistics course.

CHLH 485  Community Health Internship  credit: 8 Hours.  
Supervised field experience in official, voluntary and professional health agencies; designed to provide students with work experience in actual field situations. Students work in University approved health agencies for a minimum of 320 undergraduate hours. 8 graduate hours. 8 graduate hours. Approved for S/U grading. Prerequisite: Senior standing in Community Health.

CHLH 494  Special Topics  credit: 1 to 4 Hours.  
Lecture course in topics of current interest; specific subject matter announced in the Class Schedule. 1 to 4 undergraduate hours. 1 to 4 graduate hours. May be repeated.

CHLH 501  Issues in Health Education  credit: 4 Hours.  
Analyzes current developments, trends, and controversies in health education with emphasis on developing student competencies for intervention planning, implementation and analyses; and examines issues affecting the health educator in various work settings, including patient care, public health, school health, and higher.

CHLH 510  Public Health Dev  credit: 4 Hours.  
Advanced study of the principles, practice and current issues of public health at the local, state, national and international levels, including the relationships between public health departments, voluntary health agencies, and other community organizations.

CHLH 517  Principle/Method Epidemiology  credit: 4 Hours.  
Same as PATH 517. See PATH 517.

CHLH 527  Statistics in Epidemiology  credit: 4 Hours.  
Description and application of quantitative issues and statistical techniques prominent in the analysis of classification data arising from epidemiologic cohort or case-control aetiology studies; studies of preventive public health; and therapeutic clinical interventions. Practice using available computing software for implementation is stressed. Same as ENV 527 and PATH 525. Prerequisite: CHLH 474 and minimum of two statistics courses covering multiple regression and correlation.

CHLH 530  Childhood Obesity I  credit: 3 Hours.  
Same as FSHN 530, HDF 551, KIN 530, NUTR 530, SOCW 570. See NUTR 530.

CHLH 531  Childhood Obesity II  credit: 4 Hours.  
Same as FSHN 531, HDF 552, KIN 531, NUTR 531, SOCW 571. See NUTR 531.
CHLH 540  Health Behavior: Theory  credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/540)
Analysis of social science theories and perspectives that comprise the foundation of health education theory and practice. Includes development of a conceptual frame of reference for understanding, predicting, and facilitating change in health behaviors. Same as KIN 540. Prerequisite: Graduate standing.

CHLH 550  Health Policy: United States  credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/550)
Comprehensive analysis of the policy process in health care in the United States; systematic and critical review of health policy development, implementation, and evaluation; impact of government at all levels and the role of providers, industry, labor, and consumer in health policy. Prerequisite: Admission to graduate program in community health or the MBA Administration Program; CHLH 429; or consent of instructor.

CHLH 565  Teaching in the Professoriate  credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/565)
Same as KIN 565, RST 560, and SHS 565. See KIN 565.

CHLH 569  Systematic Review and Meta-analysis  credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/569)
The goals of this course are to: (1) Deepen understanding on the key concepts and essential methods in systematic review and meta-analysis though lectures and reading assignments; (2) Master basic skills on conducting systematic review and meta-analysis through hands-on exercises and projects; and (3) complete a publication-quality systematic review and/or meta-analysis of a student’s own choice as the final project of this course. 4 graduate hours. 4 professional hours.

CHLH 570  Intro Public Hlth Practice  credit: 1 Hour. (https://courses.illinois.edu/schedule/terms/CHLH/570)
An introduction to principles of public health practice, covering a range of topics including history of public health, determinants of health, structure and function of the public health system, ethics, and public health approaches to prevention and to improving population health. Approved for S/U grading only. Prerequisite: MPH student or consent of the instructor.

CHLH 572  Principles of Epidemiology  credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/572)
Advanced course designed to provide an introduction to the fundamental concepts and principles of epidemiology and demonstrate their applicability in the field of public health. Emphasizes the use of epidemiologic data and research to a) describe the pattern of diseases in communities, and b) identify risk factors for diseases and for health disparities. Prerequisite: Completion or concurrent enrollment of basic statistics course is encouraged.

CHLH 573  Biostatistics in Public Health  credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/573)
Introduction to fundamental topics in biostatistics in public health, covering univariate and bivariate statistics as well as basic topics in multivariate analysis. Including practice in analyzing health data through computer laboratory sessions.

CHLH 575  Chronic Disease Prevention  credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/575)
Advanced course in population-based approaches to chronic disease prevention, with emphasis on policy and environmental strategies affecting lifestyle risk factors. Provides an understanding of common diseases, screen tests, community assessment, systematic evidence reviews, and evidence-based community interventions. Prerequisite: MPH students or consent of instructor.

CHLH 577  Health Program Evaluation  credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/577)
Use of research methods and theory for evaluation of initiatives and programs in public health and medical care. Emphasis on acquiring skills in evaluation and conducting evaluations whose results have impact on public health practice. Covers different theories and perspectives on health evaluation. Review of published evaluations used to illustrate research methods and practical issues in program evaluation. Prerequisite: MPH student or consent of instructor.

CHLH 578  Applied Epidemiology  credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/578)
Advanced epidemiologic analysis of disease problems. Covers research designs including cohort, case-control, and intervention trials; methods of analysis including multivariate adjustment for confounding and description of effect modification; and application of statistical computer software with emphasis on chronic diseases. Same as PATH 520. Prerequisite: CHLH 474, PATH 517, or equivalent and advanced course work in statistics through multivariate analysis.

CHLH 579  Cultural Competence in Public Health  credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/579)
Cultural competence education increases public health professionals’ cultural awareness, knowledge of self and others, communication skills, attitudes, and behaviors. This course will examine theoretical models in public health and explore community-based programs as they relate to cultural competence and health promotion. 4 graduate hours. No professional credit. Prerequisite: Restricted to MPH Graduate Students.

CHLH 580  Landscapes and Human Health  credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/580)
Same as GEOG 561 and LA 570. See LA 570.

CHLH 585  Community Health Internship  credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/585)
Observation, study, and practical work in student’s area of specialization under supervision in professional field situations; student works for a minimum of 12 weeks in a University-approved agency or site. Prerequisite: CHLH 429, CHLH 474 and CHLH 510; or graduate standing in community health; or consent of the department.

CHLH 587  MPH Applied Practice Experience  credit: 1 to 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/587)
Provides MPH students with planned, supervised and evaluated field experience in a public health practice setting where students will synthesize knowledge and skills acquired through the course of MPH study. Approved for letter and S/U grading. May be repeated up to 4 hours in separate terms. Prerequisite: Completion of all Core MPH Courses.

CHLH 589  MPH Integrative Learning Experience  credit: 2 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/589)
Provides MPH students an opportunity to synthesize, integrate, and apply knowledge and skills acquired in MPH coursework, through work on a project relevant to public health practice. Generally offered for MPH students in their last semester of study in the MPH program. Prerequisite: MPH student.

CHLH 591  Seminar  credit: 1 Hour. (https://courses.illinois.edu/schedule/terms/CHLH/591)
Lecture, discussions, and critiques on kinesiology and community health related subjects by faculty members and visiting professional leaders; presentation and criticism of student research. Approved for S/U grading only. May be repeated in subsequent terms as topics vary.
CHLH 593  Special Projects  credit: 2 to 4 Hours. ([https://courses.illinois.edu/schedule/terms/CHLH/593](https://courses.illinois.edu/schedule/terms/CHLH/593))

Independent research on special projects. May be repeated to a maximum of 8 hours. Prerequisite: EPSY 480, KIN 501, and CHLH 540 or equivalent.

CHLH 594  Special Topics  credit: 1 to 4 Hours. ([https://courses.illinois.edu/schedule/terms/CHLH/594](https://courses.illinois.edu/schedule/terms/CHLH/594))

Lecture course in topics of current interest; specific subject matter announced in the Class Schedule. May be repeated.

CHLH 599  Thesis Research  credit: 0 to 16 Hours. ([https://courses.illinois.edu/schedule/terms/CHLH/599](https://courses.illinois.edu/schedule/terms/CHLH/599))

Preparation of theses in community health. Approved for S/U grading only. May be repeated to a maximum of 16 hours.