

# HK - HEALTH AND KINESIOLOGY

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HK Class Schedule (<https://courses.illinois.edu/schedule/DEFAULT/DEFAULT/HK/>)

## Courses

HK 100 Development Activities credit: 1 to 2 Hours. (<https://courses.illinois.edu/schedule/terms/HK/100/>)

Skills and knowledge essential for leisure-time activities which are classified as developmental activities. Prerequisites and descriptions for each developmental activity are provided in the Class Schedule.

More than one activity may be taken in the same term, but they must be different activities. Additional fees may apply. See Class Schedule. May be repeated to a maximum of 2 hours.

HK 101 Dance Activities credit: 1 Hour. (<https://courses.illinois.edu/schedule/terms/HK/101/>)

Skills and knowledge essential for leisure-time activities which are classified as dance activities. Prerequisites and descriptions for each developmental activity may be provided in the Class Schedule. More than one activity may be taken in the same term, but they must be different activities. May be repeated to a maximum of 2 hours.

HK 102 Individual and Dual Activities credit: 1 Hour. (<https://courses.illinois.edu/schedule/terms/HK/102/>)

Skills and knowledge essential for leisure-time activities which are classified as individual and dual activities. Prerequisites for each individual or dual activity are provided in the Class Schedule. More than one activity may be taken in the same term, but they must be different activities. Additional fees may apply. See Class Schedule. May be repeated to a maximum of 2 hours.

HK 103 Indoor Court Activities credit: 1 Hour. (<https://courses.illinois.edu/schedule/terms/HK/103/>)

Skills and knowledge essential for leisure-time activities which are classified as indoor court activities. Prerequisites for each indoor court activity are provided in the Class Schedule. More than one activity may be taken in the same term, but they must be different activities. May be repeated to a maximum of 2 hours.

HK 104 Skating Activities credit: 1 Hour. (<https://courses.illinois.edu/schedule/terms/HK/104/>)

Skills and knowledge essential for leisure-time activities which are classified as skating activities. Prerequisites for each skating activity may be provided in the Class Schedule. More than one activity may be taken in the same term, but they must be different activities. Additional fees may apply. See Class Schedule. May be repeated to a maximum of 2 hours.

HK 106 Team Sport Activities credit: 1 Hour. (<https://courses.illinois.edu/schedule/terms/HK/106/>)

Skills and knowledge essential for leisure-time activities which are classified as team sport activities. Prerequisites for each team sport activity are provided in the Class Schedule. More than one activity may be taken in the same term, but they must be different activities. May be repeated to a maximum of 2 hours.

HK 107 Aquatic Sport Activities credit: 1 Hour. (<https://courses.illinois.edu/schedule/terms/HK/107/>)

Skills and knowledge essential for leisure-time activities which are classified as aquatic sport activities. Prerequisites for each aquatic sport activity may be provided in the Class Schedule. More than one activity may be taken in the same term, but they must be different activities. Additional fees may apply. See Class Schedule. May be repeated to a maximum of 2 hours.

HK 108 Prescribed Exercise credit: 1 Hour. (<https://courses.illinois.edu/schedule/terms/HK/108/>)

Prescribed exercises adapted to individual needs, capacities, and interests; open to persons with paraplegia, permanently disabled, and individuals with significant temporary disabilities who will require long term rehabilitation. Students must be registered or eligible to register with DRES. May be repeated in separate terms to a maximum of 4 hours. Prerequisite: Enrollment restricted to students with permanent disabilities or disabilities which are long-term in nature. Student should be registered or eligible to register with DRES.

HK 109 Stress Management credit: 2 Hours. (<https://courses.illinois.edu/schedule/terms/HK/109/>)

Stress, a feeling of physical, mental, or emotional tension, is common amongst college students. This course explores the concepts of stress from a holistic approach, emphasizing identification of sources of stress, understanding physical and emotional consequences, and developing techniques for dealing with stress. This course will help students begin to identify and recognize common stressors in their own personal environments, and formulate a personalized strategic plan to relieve and manage stress.

HK 110 Contemporary Health credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/110/>)

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

HK 111 Introduction to Public Health credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/111/>)

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

HK 112 Sexual Violence Prevention Theory and Practice credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/112/>)

Introduction to the field of sexual violence prevention education, with a focus on intersectional prevention programming within institutions of higher education. Students will examine individual, relationship, community, and societal factors that contribute to the prevalence of sexual violence and will explore primary, secondary, and tertiary strategies for sexual violence prevention utilizing a public health approach. Additionally, students will develop practical skills for leading peer workshops for the FYCARE (First Year Consent and Relationship Education) program. Prerequisite: Majority of seats held for freshman-sophomore status until first day of classes.

HK 113 Peer Education Facilitation and Harm Reduction Skills credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/113/>) Best practices for prevention and outreach services include the growing utilization of peer education. Students will gain hands-on foundational experience in these skills and will examine common harm reduction and health promotion theories. Common substance use trends on a college campus will also be explored. This course will help students prepare for NASPA's Certified Peer Educator test, opening the opportunity to serve as a Harm Reduction Peer volunteer or for a variety of other campus leadership positions, if so desired.

HK 125 Orientation to Health & Kinesiology credit: 1 Hour. (<https://courses.illinois.edu/schedule/terms/HK/125/>) Serves as an introduction to the Health and Kinesiology Department and provides an overview of the Health and Kinesiology curricula, areas of study, and opportunities available for a career in the field. Enrollment required for Health and Kinesiology freshmen and transfer students.

HK 140 Social Sci of Human Movement credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/140/>) Introduction to the social scientific aspects of human movement including sport; particular emphasis on concepts derived from the social sciences (including psychology) that are appropriate to human movement. This course satisfies the General Education Criteria for: Social Beh Sci - Soc Sci

HK 141 Contemporary Issues in Sport credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/141/>) Examines current issues in sport relative to competition, economics, race, sex, youth, educational institutions, deviant behavior, religion, psychology, and the media.

HK 150 Bioscience of Human Movement credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/150/>) Integrates anatomical and physiological aspects of human movement; emphasizes how the body moves, physiological responses to exercise stress, physical conditioning and physical fitness. Additional fees may apply. See Class Schedule. This course satisfies the General Education Criteria for: Nat Sci Tech - Life Sciences

HK 151 Injuries in Sport credit: 2 Hours. (<https://courses.illinois.edu/schedule/terms/HK/151/>) Emphasizes injury mechanisms, means of injury prevention, and emergency care applied to various types of sport injuries; laboratory sessions emphasize preventive and therapeutic taping and emergency first aid. Additional fees may apply. See Class Schedule.

HK 152 Survey of Sports Medicine credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/152/>) Introduction to sports medicine for non-kinesiology majors; includes discussion of training, conditioning, preparation for sports, injury aspects of sports, and rehabilitation.

HK 153 Analysis of Basic Movement credit: 2 Hours. (<https://courses.illinois.edu/schedule/terms/HK/153/>) Introduction to human movement through development of skills and knowledge relative to structure and function of the human body in selected physical activities including: basic postural and locomotion patterns and fundamental throwing patterns; also studies developmental aspects of typical and atypical movement skills. Emphasizes performance and qualitative analysis of movement skills.

HK 154 Physical Activity, Nutrition, and Health credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/154/>) Provides the scientific evidence of physical activity and nutrition in preventing disease and optimizing quality of life. This course also introduces students to behavioral change strategies to achieve an active and healthy lifestyle.

HK 160 Foundations and Careers in Kinesiology credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/160/>) Kinesiology is the interdisciplinary study of human movement that includes a number of sub-disciplines. This course will examine these areas of study within Kinesiology from scientific, applied, and experiential perspectives. Students will study fundamental/introductory concepts associated with each area of Kinesiology, explore those concepts within research and applied contexts, and complete activities in which they experience various dimensions of those concepts. In addition, career opportunities in Kinesiology will be discussed.

HK 161 Introduction to School-Based Physical Activity credit: 1 Hour. (<https://courses.illinois.edu/schedule/terms/HK/161/>) Provides an overview of the history and development of K-12 physical education, including principles and objectives of contemporary program design and management. Further, this course explores other structured and unstructured school-based movement opportunities connected to coaching and recess.

HK 171 Survey of Interdisc Health credit: 1 Hour. (<https://courses.illinois.edu/schedule/terms/HK/171/>) Introduction to topics in interdisciplinary health with particular emphasis on the five dimensions of health: physical, emotional, social, intellectual and spiritual. Students will explore their personal health beliefs and patterns and discuss the benefits of studying health within an interdisciplinary curriculum.

HK 199 Undergraduate Open Seminar credit: 0 to 5 Hours. (<https://courses.illinois.edu/schedule/terms/HK/199/>) Topics will vary each semester. Please see section topic. Approved for Letter and S/U grading. May be repeated if topics vary.

HK 200 Mental Health Issues credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/200/>) An introductory study of a broad range of common mental disorders. Emphasis will be placed on the assessment, etiology, and treatment of mental disorders. Students will examine different theoretical perspectives on mental disorders, including biomedical, cognitive, behavioral, and cultural perspectives, and learn how to integrate various perspectives in describing mental illness. Students will also learn to describe the research methods used in the study of mental disorders.

HK 201 Health Sciences Research Methods credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/201/>) Provides a practical, step-by-step guide to the research process in health and kinesiology. This course will focus on defining common terms and concepts employed in health research, providing detailed understanding of approaches and tools in different health disciplines, and facilitating understanding of scientific methods for physical activity and health research. This course will navigate through the following topics: identifying a focused research question, choosing a study design, collecting suitable data to answer the research question, analyzing the evidence, and disseminating the findings. This course satisfies the General Education Criteria for: Quantitative Reasoning II

HK 202 Health Careers & Professionalism credit: 1 Hour. (<https://courses.illinois.edu/schedule/terms/HK/202/>)

Designed for undergraduate majors for the purpose of increasing their knowledge of health-related careers relevant to their major, and to develop an understanding of professionalism within those contexts.

HK 203 Introduction to Health Technology credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/203/>)

Introduces the topic of health technology and provide an opportunity for students to explore the potential benefits and risks associated with new technologies. Students will learn how technology can be used to improve people's health and support healthier communities, how technology is transforming health care, and how technology can be used to bridge social determinants of health and health inequalities.

This course satisfies the General Education Criteria for:  
Social Beh Sci - Soc Sci

HK 204 Drug Use and Misuse credit: 2 Hours. (<https://courses.illinois.edu/schedule/terms/HK/204/>)

Offers the opportunity to learn about key concepts critical for understanding substance misuse and its relevance to personal and public health. Students will be introduced to the concepts of substance misuse, dependence, and addiction, licit and illicit drugs, and how drugs can impact behavior. The course will cover where drugs come from, how they get into the brain, and how drug action can lead to behavioral responses impacting the physical and emotional responses selected substances have on the human brain.

HK 205 Human Sexuality credit: 2 Hours. (<https://courses.illinois.edu/schedule/terms/HK/205/>)

Utilizes a multi-disciplinary approach to examine diverse physiological and behavioral aspects of human sexuality. Key topics include sexual anatomy and development; gender and sexual expression; birth control; conception, pregnancy and childbirth; sexually transmitted infections; sexual assault and exploitation.

HK 206 Health Care Systems credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/206/>)

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.

HK 207 Introduction to Epidemiology credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/207/>)

Introduces the basic principles and methods of epidemiology, with an emphasis on critical thinking, analytic skills, and application to clinical practice and research. Topics include patterns of disease occurrence, outcome measures, methods of adjustment, surveillance, quantitative study designs, and sources of data, as applied in health education, health services administration and planning, health policy, and environmental health.

This course satisfies the General Education Criteria for:  
Quantitative Reasoning I

HK 208 Introduction to Medical Ethics credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/208/>)

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.

This course satisfies the General Education Criteria for:  
Humanities - Hist Phil

HK 209 Introduction to Biostatistics and Health Data Analysis credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/209/>)

Provides an introduction to descriptive and inferential statistics used in the analysis of health studies. Students will learn how to describe health data and to understand statistical inference as applied to health issues. This course satisfies the General Education Criteria for:  
Quantitative Reasoning I

HK 242 Intro to Sport Psychology credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/242/>)

Analysis of the competitive sport process, with study of how personality and situational variables affect motivation, anxiety, and aggression in sport. Attention is given to the psychological skills needed by coaches and athletes for successful and enjoyable sports participation.

HK 243 Sport & Modern Society credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/243/>)

The sociological analysis of sport in modern societies with regard to social class, politics, community, education, and collective behavior. This course satisfies the General Education Criteria for:  
Social Beh Sci - Soc Sci

HK 250 Motor Development and Control credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/250/>)

This course provides students with an overview of motor development across the life span as well as an introduction to the discipline of motor behavior/control. Specifically, it focuses on the concepts and principles of coordination, the control of movement, and development of skilled action throughout the life span. The course focuses on such topics as the development of fundamental movement activities; movement control processes; acquisition, retention and transfer skill; and the role of constraints to action. Additional fees may apply. See Class Schedule. This course satisfies the General Education Criteria for:  
Social Beh Sci - Beh Sci

HK 260 Teaching Activities I credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/260/>)

An activity-based course focusing on skills, knowledge, and teaching progressions related to territorial and net sports for school age students. Students will develop knowledge of the basic skills and teaching progressions related to the activities covered in the class.

HK 261 Teaching Activities II credit: 2 Hours. (<https://courses.illinois.edu/schedule/terms/HK/261/>)

An activity-based course focusing on skills, knowledge, and teaching progressions related to target sports, rhythms, dance and fitness activities, and adventure education activities for school age students. Students will develop knowledge of the basic skills and teaching progressions related to the activities covered in the class.

HK 262 Motor Develop, Growth & Form credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/262/>)

Examination of the concepts of motor development, physical growth, and body form throughout the lifespan. Major emphasis is on the period of birth through adolescence. This course satisfies the General Education Criteria for:  
Social Beh Sci - Beh Sci

HK 263 Children's Movement credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/263/>)

Introduction and overview of kinesiology principles and physical activity related to children. Laboratory portion of class focuses on the application of information to teaching physical activity to elementary school children. Prerequisite: Restricted to non-kinesiology majors.

HK 264 Applied Medical Terminology for the Health Professional credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/264/>) This interactive online course provides students with an understanding of the unique language needed to communicate effectively as a healthcare professional, and will benefit any student that is interested in a health science career. Students will develop communication and professional skills related to topics such as anatomical terms, physiological processes, common illnesses, and diseases of the human body.

HK 270 Leadership in Health credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/270/>) Develops a framework to understand practices of exemplary leadership. Topics include: 1) Modeling behavior, 2) Inspiring a shared vision, 3) Challenging processes, 4) Enabling others to act, and 5) Encouraging passionate leadership. Case studies of individuals who are recognized leaders in health and well-being at local, regional, national and global levels will be explored. Through various assignments, students identify their own leadership style and understand the important role they can play as leaders to address local and global health challenges. This course satisfies the General Education Criteria for: Social Beh Sci - Soc Sci

HK 271 Health Equity in the United States credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/271/>) Introduces students to the field of health equity in the United States, including the existence and magnitude of health disparities related to historically underrepresented groups of diverse racial/ethnic backgrounds, immigrant and rural populations, gender, age, veteran status, and ability level. The course will examine relevant issues, frameworks, theories, and solutions. This course satisfies the General Education Criteria for: Cultural Studies - US Minority

HK 272 Aging and Health Policy credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/272/>) Provides an understanding of the policies that affect service delivery to older adults including key historical and current policies such as the Older Americans Act, Medicare, Medicaid, and Social Security. Theories of public policy and involvement of older adults in the political process will be introduced. Challenges of issues such as chronic disease prevention, housing, transportation, nutrition, and elder abuse will also be explored. This course satisfies the General Education Criteria for: Social Beh Sci - Beh Sci

HK 300 Health Behavior Theories and Applications credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/300/>) Examines the application of the social, psychological, and behavioral sciences to health and health behavior. This course will cover topics including: development of health attitudes and behaviors, sociological understandings of health beliefs and behaviors, perceptions of health and illness, methods of changing health behavior, and evidence for the impact of health behaviors on health outcomes. Prerequisite: Completion of the campus Composition I requirement. This course satisfies the General Education Criteria for: Social Beh Sci - Beh Sci  
Advanced Composition

HK 302 Disability in American Society credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/302/>) Acquaints students with the medical, psychosocial, vocational, political, and cultural aspects of disability in America. Development and implementation of disability policy by governmental agencies in this country will be examined, and the role of activism and advocacy in securing civil rights for persons with a disability will be explored. Various philosophical and theoretical models for understanding the disability experience will be offered, and course content will include the key historical events that shaped the present conditions of persons with disabilities. Lastly, students will be introduced to an array of service modalities used to address health and adjustment needs of persons with disabilities. This course satisfies the General Education Criteria for: Social Beh Sci - Soc Sci

HK 304 Introduction to Aging credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/304/>) 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.

HK 305 Community Health Organizations credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/305/>) 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.

HK 340 Social & Psychological Aspects of Physical Activity credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/340/>) Discusses how social and psychological processes and constraints affect human action in physical activity environments. Attention is given to socialization, personal dynamics, stratification, and ideological and economic constraints upon the manifestations of physical activity. Prerequisite: HK 140 or PSYC 100 and completion of the Campus Composition I general education requirement. This course satisfies the General Education Criteria for: Advanced Composition

HK 341 Health Behaviors and Obesity credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/341/>) Provides students with a basic understanding of obesity as a disease, as well as its interactive relationship with health behaviors such as diet and physical activity. Students will learn how to identify health consequences of obesity, and describe methods used to assess obesity amongst individuals and communities. Additionally, students will be taught to evaluate information and claims related to health behaviors and obesity, and identify those that are scientifically credible.

HK 342 Health Behaviors and Cognition credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/342/>) Examines the relationship between health behaviors (diet and physical activity) and cognitive health across the lifespan. The main focus of the course is on human cognitive function, in particular a subset referred to as executive functions (e.g., inhibition, working memory, and cognitive flexibility), and the interaction with different behavior/health-related factors. We will also cover broader topics areas, such as contemporary dietary and physical activity patterns as well as cognitive development and aging, to provide relevant context to better understand how health behaviors may support cognitive health.

HK 343 Case Study: Endless Summer credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/343/>)

The 1966 classic film –The Endless Summer– and related films and literature are used as lenses for the historical-cultural study of human movement in the form of riding waves of water. Surf culture and films are global phenomena and by using such as unique cases, students gain mastery in cultural-interpretive theories, themes, and vocabulary, and in articulating perspectives on social roles, knowledge, and power. Same as MACS 346 and RST 346.

HK 350 Fitness Testing and Ex Prescription credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/350/>)

Provides a comprehensive overview in the area of health and fitness with a strong focus on fitness testing and personal training. Key topics include an introduction to functional anatomy and physiology, guidelines for instructing safe, effective, and purposeful exercise, essentials of the client-trainer relationship, conducting health and fitness assessments, and designing and implementing appropriate exercise programming. This course will help students prepare for national certification in personal training, if so desired.

HK 351 Exercise Instruction & Elderly credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/351/>)

This course is designed to offer practical experience opportunities to undergraduate Kinesiology students aspiring to work in applied exercise fields with a diverse aged population. It will entail extensive "on the job" training through the Lifetime Fitness Program, an older adult service program of the Department of Health and Kinesiology. Additionally, students will gain training in current program management practices. May be repeated in separate terms for a maximum of 6 hours. Prerequisite: HK 352 or consent of instructor is required. A current CPR is required at the beginning of the term and certification must remain current.

HK 352 Bioenergetics of Movement credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/352/>)

Study of the nature of energy transfer during physical activity; mechanisms of metabolic control, force production, cardiorespiratory support and adaptation relative to physical activity.

HK 353 Biomechanics of Human Movement credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/353/>)

Studies the biological and mechanical principles of human motor performance; analyzes selected movement skills in depth.

HK 354 Musculoskeletal Anatomy credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/354/>)

This course provides advanced knowledge of the musculoskeletal anatomy required to understand human movement. Specifically, this course will train students to identify and palpate bones, joints, muscles and nerves of the extremities. Primary actions and range of motion will be examined in the context of health and pathological movement. Prerequisite: MCB 244.

HK 360 Applied Experience in Health and Kinesiology credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/360/>)

Students will conduct supervised applied experiences in health and kinesiology settings. An emphasis is placed on observing and assisting personnel in health, fitness, sport, and social agencies. May be repeated in separate terms for a maximum of 6 hours.

HK 361 Civic Engagement in Wellness credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/361/>)

Provides scholarly knowledge and practical experience related to environmental, intellectual, physical, psychological, spiritual, and social wellness. Students acquire leadership and real-world skills while working in teams to develop and implement projects that facilitate health and well-being in the population of adults living in the community. Projects emphasize integrative learning and are showcased in both written and oral formats.

HK 362 Coaching Strategies credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/362/>)

Examination of philosophy, ethics, strategies, motivational techniques, performance analysis, program organization, contest administration, and equipment and facility management related to coaching.

HK 370 Interdisciplinary Health Delivery and Early Field Work credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/370/>)

Provides scholarly knowledge and field experiences for interdisciplinary collaboration in the health services. Topic include health service delivery systems, vulnerable populations, models of health and health promotion, communication, policy and ethics in health care. Emphasis on introducing students to the importance of working with individuals from a variety of health disciplines to best address issues of health in society.

HK 390 Research Experiences in Health and Kinesiology credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/390/>)

Supervised laboratory experiences in health and kinesiology research; individual work under the supervision of members of the faculty in their respective fields. The student assists with data collection, processing, and analysis for research in progress. May be repeated in separate terms to a maximum of 12 hours. Prerequisite: Consent of instructor.

HK 391 Independent Study credit: 2 or 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/391/>)

Independent projects and/or research in any phase of health, kinesiology, physical education, and related areas selected by the students. May be repeated in separate semesters to a maximum of 6 hours. Prerequisite: Junior or senior standing; grade-point average of 2.5; consent of instructor.

HK 395 Honors Thesis credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/395/>)

Planning, researching and writing of an honors thesis, under supervision of a faculty member, on a problem of appropriate scope and character. Thesis will be presented at a suitable meeting and/or seminar. May be repeated to a maximum of 6 hours in separate terms. Prerequisite: Senior standing when enrolling; minimum grade point average of 3.25; a minimum of one full year (2 semesters) remaining at the University of Illinois, Urbana-Champaign campus; and submission of a written proposal.

HK 400 Human-Robot Interaction for Health and Wellness credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/400/>)

Utilizes an interdisciplinary approach to investigate human-robot interactions within a range of health contexts. Students will learn how robots can be used to improve health and well-being for populations with diverse needs and capabilities. Students will learn how theories and frameworks in health and wellness, human-robot interaction, technology acceptance, trust in automation, and ethics inform success of robot design and deployment in a variety of health settings. 3 undergraduate hours. 4 graduate hours. Prerequisite: Restricted to Junior, Senior or Graduate students.

HK 401 Health Behavior and Technology credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/401/>)

To deepen understanding of how health technology can support health behaviors, this class investigates a) the psychological, interpersonal, and social processes that drive health behaviors and health technology use; b) current models of technology-mediated behavior change; and c) methods to examine the effects of health technology on health behaviors. 3 undergraduate hours. 4 graduate hours.

HK 402 Tech-Driven Health Intervention credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/402/>)

Course will review and critique the state of the science of technology-driven health behavior interventions. A broad scope of technologies and health behaviors will be covered and students will acquire an understanding of current uses of technology for facilitating health behavior change and maintenance. Students will examine the efficacy and potential for large-scale adoption and dissemination; and develop skills necessary to apply technology-based solutions to address public health problems. 3 undergraduate hours. 4 graduate hours.

HK 403 Technology, Health, and Aging credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/403/>)

An undergrad/grad interdisciplinary course that is focused on technology, healthcare, and aging. It is a combination lecture/lab course wherein students learn design and evaluation tools, are part of a project development team, participate in transgenerational learning activities with older adults, and focus on technology design to support healthy aging. 3 undergraduate hours. 4 graduate hours. Prerequisite: Restricted to students with Junior or Senior class standing and Graduate students.

HK 404 Gerontology credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/404/>)

Interdisciplinary approach to the study of aging and the aged from physiological, psychological, and social perspectives. 3 or 4 undergraduate hours. 3 or 4 graduate hours.

HK 405 Aging with Disability credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/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.

HK 406 Cancer Epidemiology credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/406/>)

Taught from an epidemiological/medical perspective investigating i) the etiology (causes), ii) treatment and iii) prevention of various cancers including: breast, cervical, ovarian, uterine, melanoma, pediatric leukemia, lymphoma, Hodgkin's and non-Hodgkin's, brain, lung, bone, sarcoma, prostate, testicular, thyroid, pancreatic, colorectal, and gastrointestinal. We will also cover fertility preservation and cancer survivorship. 3 undergraduate hours. 4 graduate hours. Prerequisite: Previous or concurrent class in epidemiology or consent of instructor. Junior standing or above.

HK 407 Disability, Culture & Society credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/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 and ANTH 404. 3 or 4 undergraduate hours. 3 or 4 graduate hours.

HK 408 Environmental Health credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/408/>)

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. 3 or 4 undergraduate hours. 3 or 4 graduate hours.

HK 409 Women's Health credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/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 undergraduate hours. 3 graduate hours.

HK 410 Public Health Practice credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/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.

HK 411 Approaches to Health Education and Advocacy credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/411/>)

Advocacy (i.e., working for policy change and better implementation of existing policies) has become an integral part of public health and health education. The goal of this course is to introduce students to advocacy, policy, and community organizing in the context of community health education. 3 undergraduate hours. 4 graduate hours.

HK 412 Infectious Disease Epidemiology credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/412/>)

Students will learn the basics of infectious disease agents that commonly cause disease in populations including how they are transmitted and how they are studied. These skills will then be applied to help students understand how to study, control, and prevent infectious disease outbreaks. We will also discuss how social and environmental factors influence infectious disease transmission and examine the relationship between infectious and chronic disease, helping students to understand how infectious disease epidemiology fits with other specialties in epidemiology. 3 undergraduate hours. 4 graduate hours.

HK 413 Chronic Disease Epidemiology credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/413/>)

Applies concepts of epidemiology to the study of chronic diseases. Students will learn the demographic, epidemiological, and nutritional transitions of chronic diseases, risk factors for chronic diseases, and will discuss larger system level and social factors that contribute to health inequities in chronic diseases. The course will conclude with a discussion of the epidemiological methods used to produce science related to chronic disease and risk factors. 3 undergraduate hours. 4 graduate hours.

HK 414 International Health credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/414/>)

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.

HK 416 Applied Health Data Analysis credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/416/>)  
Introduces data analysis techniques commonly applied to empirical studies in healthcare. Equips students with the skills needed to proficiently describe, analyze, and draw meaningful insights from health-related data, leveraging statistical and other data analysis tools. In this course, we will utilize a diverse range of health data sets, enabling students to apply the data analysis techniques to real-world datasets and gain practical experience in the field. 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

HK 417 Health Services Financing credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/417/>)  
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.

HK 418 Organization of Health Care credit: 2 to 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/418/>)  
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.

HK 420 Community Health Assessment and Planning credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/420/>)  
Introduction to the skills necessary for planning and conducting community health assessments and the planning and implementation of health programs and services. The focus of this course will be on rudimentary skills of the assessment and planning process, including methods to assess community resources and population characteristics, identify and prioritize needs, create goals and objectives, develop and implement community-based programs. Students will gain experience in public speaking and creating reports of their assessment and planning efforts. Same as SOCW 457. 3 undergraduate hours. 3 graduate hours.

HK 421 Health Administration credit: 3 Hours. (<https://courses.illinois.edu/schedule/terms/HK/421/>)  
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.

HK 422 Community Health Workers credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/422/>)  
Provides a historical and global overview of Community Health Workers (CHWs), members of health care teams who are essential for delivering health services in underserved communities. Discusses essential attributes of CHWs with an emphasis on social justice, cultural humility, and client-centered practice, as well as the roles CHWs play as change agents in their communities, the integration of CHWs into healthcare teams, research, community-based assessment, and health programs, and the state of CHWs in Illinois and beyond. 3 undergraduate hours. 4 graduate hours.

HK 423 Social Marketing and Comm in Health Education & Promotion credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/423/>)

Examines the strategic integration of social marketing and communication in health education and promotion programs and services. Students examine the use of emerging technologies and social media and learn best practices for designing, implementing, and evaluating social media campaigns and forums for different audiences and sectors. They gain knowledge about audience-appropriate health education programs and communication using health behavior theories, as well as ethical issues pertaining to social marketing and communication. 3 undergraduate hours. 4 graduate hours.

HK 424 Emergency Preparedness, Planning, and Response credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/424/>)  
Introduces the field of emergency preparedness and the disaster management paradigm (mitigation, preparedness, response, and recovery). Students learn about different types of threats to public health, including natural disasters, infectious diseases, and human-caused hazards and threats. Students will learn how to apply the "preparation cycle" to assess risks and prepare for, respond to, and recover from disasters. 3 undergraduate hours. 4 graduate hours.

HK 438 Mechanisms of Exercise & Sport Injury credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/438/>)  
Explore the underlying mechanisms of musculoskeletal injury during sport and exercise and learn how understanding these mechanisms aids in surveillance, rehabilitation, and prevention of musculoskeletal injury. 3 undergraduate hours. 4 graduate hours.

HK 440 Exercise & Health Psychology credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/440/>)  
Examines the psychological determinants and consequences of exercise and physical activity as a health promoting behavioral process. 3 undergraduate hours. 4 graduate hours. Prerequisite: Junior standing or above, or graduate standing, or consent of instructor.

HK 441 Physical Activity and Chronic Diseases credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/441/>)  
Focuses on the scientific evidence regarding the health benefits of exercise, physical activity, and physical fitness in the prevention and management of chronic diseases. 3 undergraduate hours. 4 graduate hours.

HK 442 Body, Culture & Society credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/442/>)  
Analysis of the significant social aspects of the human body including anthropological, historical, psychological and sociological perspectives. Places emphasis on cross-culture and cross-national studies of bodily behavior with particular stress on exercise, health and sport practices. Same as GWS 442. 3 undergraduate hours. 4 graduate hours. Prerequisite: HK 243 or SOC 249, or graduate standing, or consent of instructor.

HK 443 Psychophysiology in Ex & Sport credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/443/>)  
Designed to give the student an understanding of the interaction between psychological processes and physiological parameters in exercise and sport. Examines psychophysiological exercise and sport research with particular attention to relevant models and theories. Same as PSYC 443. 3 undergraduate hours. 4 graduate hours. Prerequisite: HK 340, junior, senior or graduate standing, or consent of instructor.

HK 445 Sedentary Behavior and Health credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/445/>)  
 "Is sitting the new smoking?" (Sturd & Nordstrom, 2015). Sedentary behavior (SB) has become an epidemic in the United States and Western countries. This course will focus on SB epidemiology, measurement of SBs, and its effects on health. The course will also introduce interventions that can help mitigate these effects. 3 undergraduate hours. 4 graduate hours.

HK 446 Physical Activity & Diverse Populations credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/446/>)  
 Provides students with knowledge and appreciation of diverse populations; information about health promotion and physical activity efforts among diverse populations; and confidence to use that information to design physical activity interventions that are culturally responsive in such populations. 3 undergraduate hours. 4 graduate hours.

HK 448 Skeletal Muscle Physiology credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/448/>)  
 Offers basic information on skeletal muscle anatomy, physiology and function which will provide a basis for understanding changes in muscle structure and function during periods of increased or decreased use. Knowledge gained in this course can be used in areas such as design of training programs, physical therapy, or injury prevention. 3 undergraduate hours. 4 graduate hours.

HK 449 Health Assessment credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/449/>)  
 Health assessment is an organized comprehensive evaluation of the human body system that involves professional skills to collect both subjective and objective health data for identifying health problems and healthcare needs. In addition to learning the components of health assessment and clinical laboratory tests, students will engage in practicing the basic phlebotomy techniques under the guidance of the licensed instructor. 3 undergraduate hours. 4 graduate hours.

HK 450 Integrative Biology of Exercise credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/450/>)  
 Examines the application of molecular techniques to exercise biology that has provided a greater understanding of the complexity of cellular networks involved in exercise responses and crosstalk with other organs, which mediates the beneficial effects of exercise on health and performance. 3 undergraduate hours. 4 graduate hours. Prerequisite: HK 352 or MCB 450; or consent of instructor.

HK 452 Clin & Applied Ex Physiology credit: 0 to 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/452/>)  
 Physical fitness appraisal and guidance in clinical and applied settings with emphasis on medical clearance, risk factor assessment, physical fitness assessment and exercise prescription. 3 undergraduate hours. 4 graduate hours. Prerequisite: HK 352 or consent of instructor.

HK 453 Nutrition for Performance credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/453/>)  
 Nutrition for performance is the fusion of two disciplines, nutrition and exercise physiology, which provides the knowledge-base to support and optimize training, performance, and recovery. This course will provide information regarding the use of nutrition to increase performance in athletes training for strength or endurance. Same as FSHN 453. 3 undergraduate hours. 4 graduate hours.

HK 454 Physiological Basis of Strength & Conditioning credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/454/>)  
 The physiology and training principles behind high performance consist of a complex blend of factors. This course provides an overview of the theories and principles of program design for athletic populations. Methods and techniques of the elements that comprise program design will be emphasized through applied laboratory experiences. This course will help prepare students for certification as a Strength and Conditioning Specialist, if so desired. 3 undergraduate hours. 4 graduate hours.

HK 455 Exercise Endocrinology credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/455/>)  
 The objective of this course is to gain a better understanding of the endocrine system and its response to physical exercise. Therefore, this course will provide a basic review of 1) the major glands and tissues that secrete chemical messengers, 2) the ability of acute exercise and exercise training to regulate chemical messengers, and 3) the physiological consequences of endocrine adaptation to exercise. Clinical disorders associated with endocrine dysfunction will also be discussed when relevant. 3 undergraduate hours. 3 or 4 graduate hours. Prerequisite: HK 352.

HK 456 Skill Acquisition Strategies credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/456/>)  
 Examines theory and practice related to structuring practice conditions to maximize the acquisition and performance of motor skills. The nature of skill, activities, and strategies for enhancing skill are discussed with particular emphasis placed on strategies that instructors, teachers, and/or coaches can use to enhance skill acquisition and performance. 3 undergraduate hours. 4 graduate hours.

HK 457 Motor Learning & Control credit: 0 to 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/457/>)  
 Discussion and analysis of scientific principles related to the learning and control of motor skills; review of related literature and research in motor learning and control. The focus of the course is on mechanisms for the control of movement and recent theories of how movements are acquired and performed. 3 undergraduate hours. 4 graduate hours.

HK 458 Rehabilitation Biomechanics credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/458/>)  
 This course is for students who are interested in occupational therapy, physical therapy, and prosthetics and orthotics. General principles for application in injury prevention and rehabilitation will be taught. Students will learn how to use biomechanical models to estimate joint compression forces and muscle forces, and use this information to design training and rehabilitation programs for people with musculoskeletal and neuromuscular injury. 3 undergraduate hours. 4 graduate hours.

HK 459 Physical Activity Across the Lifespan credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/459/>)  
 Examines the role of physical activity on health throughout the lifespan with a key focus on using contemporary scientific literature to facilitate classroom discussion and activities. Broadly, this course will discuss the improvements in health associated with increasing physical activity. More specifically, this course will enable students to guide a greater understanding of the mechanisms and physiological complexity which mediate the beneficial effects of physical activity on human health and performance. 3 undergraduate hours. 4 graduate hours.



HK 460 Instructional Strategies in Physical Education credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/460/>)

Prepares students to develop effective teaching strategies for the physical education teacher. Students will learn how to create lesson plans and learning objectives, and develop teaching skills through a progression of class activities and peer teaching opportunities. 3 undergraduate hours. 4 graduate hours.

HK 461 Elementary Methods in Physical Education credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/461/>)

Examines the theoretical and philosophic curricular principles necessary to the development of a sound, professionally grounded, and research-based curriculum for children in grades K-6. Requires planning a variety of developmentally appropriate learning activities that are taught to children during micro-teaching experiences in the field. 3 undergraduate hours. 4 graduate hours.

HK 462 Secondary Methods in Physical Education credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/462/>)

Provides students with theoretical knowledge and professional practice in secondary physical education curriculum and instruction. This research-based course emphasizes effective teaching, development of content, and analysis of curricular models in grades 7-12. 3 undergraduate hours. 4 graduate hours.

HK 463 Adapted Physical Education credit: 0 to 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/463/>)

Organization, administration, and conduct of physical education programs for those who experience disability in school settings; emphasis on the inclusiveness of physical education for students with embodied disability experiences. Practicum experience of 20 hours in school, university, and/or community-based settings is required. 3 undergraduate hours. 4 graduate hours.

HK 464 Technology & Assessment in Physical Education and Sport credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/464/>)

Students will become familiar with current and emerging educational technologies, and how to utilize these in physical education and sport settings. Using a project-based approach, students will learn to apply various technologies as related to professional development, advocacy, planning and instruction, and the assessment of learning. Special emphasis will be placed on utilizing technology to measure, evaluate, and assess outcomes in the psychomotor, cognitive, and affective domains. 3 undergraduate hours. 4 graduate hours.

HK 465 Professional Seminar in Physical Education credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/465/>)

Examination of relevant issues regarding professional development in K-12 physical education. The primary emphasis is on understanding motor behavior, teacher-learner behavior and the interrelatedness with other aspects of the learning environment, personal reflection, and the transition from student to teacher. Provides supervised practice in observing, assisting, and teaching children in elementary and secondary levels. 3 undergraduate hours. 4 graduate hours.

HK 466 Measure & Eval in Kinesiology credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/466/>)

Examines the concepts of observation, measurement, and evaluation of human motor performance and functioning in physical activity contexts. 3 undergraduate hours. 4 graduate hours. Prerequisite: HK 140 and HK 150 or consent of instructor.

This course satisfies the General Education Criteria for:  
Quantitative Reasoning II

HK 470 Orientation to Internship credit: 1 Hour. (<https://courses.illinois.edu/schedule/terms/HK/470/>)

Expands students' knowledge of health professions and prepares them for internships in a variety of health settings. Topics include internship requirements, student responsibilities, preparation of resumes and cover letters, selecting an organization or internship site, interviewing, and issues of professional development. 1 undergraduate hour. 1 graduate hour. Prerequisite: Junior or senior standing.

HK 471 Health Internship credit: 4 or 8 Hours. (<https://courses.illinois.edu/schedule/terms/HK/471/>)

Provides students with a supervised field/research experience in a variety of health settings and allows students the opportunity to explore careers in various health disciplines. Students will work in University-approved health agencies and/or on course assignments that will prepare students for their future careers as health professionals. 4 OR 8 undergraduate hours. No graduate credit. Approved for Letter and S/U grading. Prerequisite: HK 470.

HK 472 Health and Kinesiology Study Abroad credit: 1 to 6 Hours. (<https://courses.illinois.edu/schedule/terms/HK/472/>)

An advanced-level study abroad experience where students complete assigned scholarly readings; participate in facilitated discussions prior to, during, and/or after the trip; and write a final paper. The on-campus and abroad activities are supervised and facilitated by campus faculty. 1 to 6 undergraduate hours. No graduate credit. May be repeated in separate terms for a total of 12 undergraduate hours, if the countries differ between terms. Prerequisite: Social & Behavioral Sciences General Education requirement fulfilled. Restricted to sophomore or higher standing.

HK 474 Public Health Nutrition credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/474/>)

Positive nutrition is key to protecting and promoting the health and wellbeing of populations. This course examines public health principles in the context of nutrition. Students explore barriers and contributors to nutrition related health outcomes across the lifespan and identify strategies for improving nutrition of populations. 3 undergraduate hours. 4 graduate hours.

HK 480 Medical Aspects of Disability credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/480/>)

Examination of the scope of physical, mental and cognitive disabilities, their causes, complications, and treatment. 4 undergraduate hours. 4 graduate hours.

HK 481 Work and Disability credit: 2 Hours. (<https://courses.illinois.edu/schedule/terms/HK/481/>)

Examines theories of job placement, job seeking skills, and techniques for outreach with employees. Focuses on a systems approach to job placement for persons with disabilities. Topics include supported employment, labor market trends, and job restructuring. Lab time with disabled clients who are active in the job search process is required. 2 undergraduate hours. 2 graduate hours.

HK 482 Counseling Techniques for Health Professionals credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/482/>) Develops basic counseling skills in students who are interested in becoming a health-related professional. Students will be introduced to counseling approaches such as person-centered counseling, solution-focused brief therapy, cognitive behavioral therapy, and motivational interviewing. Students will also have the opportunity to practice basic counseling process skills that would include empathic presence and responding, probing and summarizing, facilitating client self-challenge, managing reluctance and resistance, and goal planning. 3 undergraduate hours. 4 graduate hours.

HK 484 Psychosocial Aspects in Health and Rehabilitation credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/484/>) Examines the personal, environmental, cultural, physical, and psychological factors that impact the psychosocial adjustment to disability and chronic health conditions. Major concepts, terminology, and perspectives in health and rehabilitation will be introduced and applied. The course will inform students of the various roles health and rehabilitation professionals have in facilitating psychosocial adjustment in the delivery of health and rehabilitation services and highlight the impact and role that psychosocial factors have in health and human behavior. In addition, students will be introduced to the International Classification of Functioning. 3 undergraduate hours. 4 graduate hours.

HK 485 Assessment in the Rehabilitation Setting credit: 3 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/485/>) Develop an understanding of the assessment process of people with disabilities and chronic health conditions in health and rehabilitation settings. Assessment terminology, concepts, and procedures relevant to the field of health and rehabilitation will be introduced and applied to the field of applied health science and rehabilitation with a focus on how assessment can be used to maximize participation for people with disabilities and chronic health conditions. 3 undergraduate hours. 4 graduate hours.

HK 494 Special Topics credit: 1 to 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/494/>) Lecture course on topics of current interest; specific topics announced in the Class Schedule. 1 to 4 undergraduate hours. 1 to 4 graduate hours. May be repeated as topics vary.

HK 495 Clinical Experience in Exercise & Sport credit: 2 to 8 Hours. (<https://courses.illinois.edu/schedule/terms/HK/495/>) Clinical experiences in exercise and sport, in the areas of therapeutic exercises, athletic training, strength and conditioning, fitness programming, cardiac rehabilitation, and other similar settings. 2 to 8 undergraduate hours. 2 to 8 graduate hours. May be repeated in separate terms to a maximum of 8 hours. Prerequisite: Consent of instructor.

HK 511 Health Disparities Over the Life Course credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/511/>) This course provides students with an understanding of how institutional, sociocultural, and individual factors contribute to racial/ethnic, socioeconomic, and sex health disparities over the life-course. A lifespan developmental approach is adopted to examine issues of health disparities in greater depth. 4 graduate hours. No professional credit.

HK 512 Grant Writing for Health Professionals credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/512/>) This is a course for students who are interested in learning about the grant writing process. Primary topic areas will include the components of a grant application, grant announcements (FOA/RFA), specific aims and objectives writing, proposal narrative (significance, innovation and approach), budget justifications and grant review process. Various grant mechanisms of major funding agencies will be reviewed, including both federal (NIH, Fulbright, NSF, CDC, and NIDILRR) and private (Robert Wood Johnson Foundation, National Multiple Sclerosis Association, and Paralyzed Veterans of America Foundation). Students will complete two grant writing assignments (one NIH grant and one non-NIH grant) to gain hands-on experience with preparing successful grants. 4 graduate hours. No professional credit.

HK 513 Computer Packages in Health Research credit: 2 Hours. (<https://courses.illinois.edu/schedule/terms/HK/513/>) Introduces students to computer packages with the aim of programming and data management for public health, clinical and biomedical data. After this course, students should be able to manage epidemiological and clinical datasets, conduct statistical analyses and present the results graphically. The course is recommended for graduate students interested in pursuing careers in epidemiology, community health, and other fields that involve health data analysis. 2 graduate hours. No professional credit. Prerequisite: Restricted to Public Health, MPH; Epidemiology, MPH programs.

HK 514 Systematic Review and Meta-analysis credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/514/>) The goals of this course are to: (1) Deepen understanding on the key concepts and essential methods in systematic review and meta-analysis through 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. No professional credit.

HK 515 Health Behavior Theory credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/515/>) 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. 4 graduate hours. No professional credit.

HK 516 Chronic Disease Prevention credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/516/>) 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. 4 graduate hours. No professional credit. Prerequisite: Restricted to MPH students or consent of instructor.

HK 517 Principles of Epidemiology credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/517/>)

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. 4 graduate hours. No professional credit. Prerequisite: Completion or concurrent enrollment of basic statistics course is encouraged. Restricted to Public Health, MPH; Epidemiology, MPH; Community Health PhD programs, or consent of the instructor.

HK 519 Health Program Evaluation credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/519/>)

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. 4 graduate hours. No professional credit. Prerequisite: Restricted to Public Health, MPH; Epidemiology, MPH programs, or consent of instructor.

HK 520 Organizational Leadership in Healthcare credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/520/>)

Development of essential leadership skills for healthcare professionals, emphasizing collaboration, cultural sensitivity, effective communication, decision-making under uncertainty, qualitative research methods, and organizational structures. Students will explore various strategies to engage stakeholders, enhance communication skills, and foster innovation in healthcare settings. 4 graduate hours. No professional credit. Prerequisite: Restricted to Master of Health Administration, MHA program.

HK 521 Health Economics credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/521/>)

Health policies and market forces impact the U.S. health care system in terms of access, cost, and quality. This course provides the perspective that economic reasoning is a valuable critical thinking approach to social science inquiry and demonstrates how this perspective helps students understand health care policy and market issues. This course examines health care delivery in the United States from an economic perspective. 4 graduate hours. No professional credit. Prerequisite: Restricted to Health Administration graduate major(s).

HK 522 Health Finance credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/522/>)

Provides you with an understanding of finance principles that health care executives will encounter and work with on a daily basis. Through the course, you will examine 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. 4 graduate hours. No professional credit. Prerequisite: Restricted to Public Health, MPH; Epidemiology, MPH; or Master of Health Administration, MHA programs.

HK 523 Advanced Health Finance credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/523/>)

Intended to help students develop an applied understanding of financial management principles and concepts required to implement decisions that lead to effective and efficient financial performance outcomes for healthcare organizations. Course materials are designed to equip students with a competent grasp of advanced fundamentals of financial management skills that include Financial Condition Analysis, Variance Analysis and Cash Budgeting, and Revenue Cycle and Current Accounts Management. 4 graduate hours. No professional credit. Prerequisite: HK 522, related class, or instructor approval. Restricted to Public Health, MPH; Epidemiology, MPH; or Master of Health Administration, MHA programs.

HK 524 Healthcare Quality credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/524/>)

Provides an introduction to fundamentals in healthcare quality and will prepare students as leaders in the field of healthcare. Students will be provided with the opportunity to gain an in-depth understanding of healthcare quality through real life experiences presented by different healthcare leaders in the community. Students will be able to not only recognize concepts, but also be able to synthesize and apply concepts to various situations, and generate evidence-based solutions for difficult quality and process problems. 4 graduate hours. No professional credit. Prerequisite: Restricted to Public Health, MPH; Epidemiology, MPH; or Master of Health Administration, MHA programs.

HK 525 Organization and Strategic Planning in Healthcare credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/525/>)

Can healthcare be all things to all people and still be successful? As future healthcare leaders, strategic planning is essential to lead and manage healthcare organizations efficiently and effectively. You will develop your strategic planning skills by exploring topics such as: understanding and analyzing the health care environment, competitive advantages, development of strategic alternatives, and development, communication, and evaluation of plans. 4 graduate hours. No professional credit. Prerequisite: Restricted to Public Health, MPH; Epidemiology, MPH; or Master of Health Administration, MHA programs.

HK 526 Operations Management in Healthcare credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/526/>)

Introduces operations management tools and methodologies to develop quantitative models that can identify, analyze, and solve complex problems in a healthcare setting. Students will study applications of these modeling methods to planning, design, control, and decision making for healthcare delivery systems. 4 graduate hours. No professional credit. Prerequisite: Restricted to Public Health, MPH; Epidemiology, MPH; or Master of Health Administration, MHA programs.

HK 527 Biostatistics in Public Health credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/527/>)

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. 4 graduate hours. No professional credit. Prerequisite: Restricted to Public Health, MPH; Epidemiology, MPH; or consent of instructor.

HK 528 Applied Epidemiology credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/528/>)  
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. 4 graduate hours. No professional credit. Prerequisite: PATH 517, or equivalent and advanced course work in statistics through multivariate analysis.

HK 529 Healthcare Informatics credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/529/>)  
Equips students with the knowledge and skills to effectively manage and utilize information in healthcare settings. Students will examine the role of informatics in healthcare decision making, learn about electronic health records, and explore the impact of health information systems on patient care and organizational efficiency. To ensure relevance and applicability of course content, contemporary examples will be incorporated throughout the program, offering real-world scenarios of informatics applications in modern healthcare settings. 4 graduate hours. No professional credit. Prerequisite: Restricted to Master of Health Administration, MHA program.

HK 530 Health Policy: United States credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/530/>)  
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. 4 graduate hours. No professional credit. Prerequisite: Restricted to admission to graduate program in community health or consent of instructor.

HK 531 Advanced Biostatistics credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/531/>)  
The aim of this advanced course is to further develop students' skills in a broad range of statistical methods applied in the health sciences. Methods covered in this course will primarily focus on those used to analyze and interpret data collected from observational studies and clinical trials. The course will cover the following topics power & sample size calculations, descriptive statistic, general & generalized linear models, categorical data analysis, longitudinal data analysis, survival analysis. 4 graduate hours. No professional credit. Prerequisite: HK 527 and HK 513 or equivalent. Restricted to Public Health, MPH; Epidemiology, MPH programs.

HK 532 Cultural Competence in Public Health credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/532/>)  
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 Public Health, MPH or Epidemiology, MPH programs.

HK 533 Analytical Epidemiology credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/533/>)  
The aim of this advanced epidemiology course is to provide students in-depth coverage of the design of epidemiologic research studies and the analysis of epidemiologic data. This course will expand analytical, writing, and oral communication skills using in-class group exercises, take-home computer exercises, and a course project. 4 graduate hours. No professional credit. Prerequisite: HK 517 and HK 527 or equivalent. Restricted to Public Health, MPH or Epidemiology, MPH programs.

HK 534 Professionalism in Health Practice credit: 1 or 2 Hours. (<https://courses.illinois.edu/schedule/terms/HK/534/>)  
Introduces students to topics of professionalism and public service in a variety of healthcare settings. These concepts will be utilized to directly prepare for the Applied Practice Experience and the Integrative Learning Experience and careers in Public Health and Health Administration. 1 OR 2 graduate hours. No professional credit. May be repeated in separate semesters for a maximum of 2 hours. Prerequisite: Restricted to first-year Public Health, MPH; Epidemiology, MPH; or Health Administration, MHA students.

HK 535 Applied Practice Experience credit: 1 to 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/535/>)  
Provides students with planned, supervised and evaluated field experiences in a health practice setting where students will synthesize the knowledge and skills they have acquired through their course of study. 1 to 4 graduate hours. No professional credit. Approved for Letter and S/U grading. May be repeated up to 4 hours in separate terms. Prerequisite: Restricted to Public Health, MPH; Epidemiology, MPH; or Health Administration, MHA programs.

HK 536 Integrative Learning Experience credit: 2 Hours. (<https://courses.illinois.edu/schedule/terms/HK/536/>)  
Health practitioners must be able to integrate knowledge and skills to address issues facing healthcare practices, systems, and facilities. The Integrative Learning Experience (ILE) provides students an opportunity to synthesize, integrate, and apply knowledge and skills acquired through coursework, in a culminating project relevant to public health practice and administration. The chosen ILE project should demonstrate each student's ability for independent, professional-quality work in a real-world, health-related setting. 2 graduate hours. No professional credit. Prerequisite: Restricted to Public Health, MPH; Epidemiology, MPH; or Health Administration, MHA programs.

HK 537 Revenue Cycle and Integrity credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/537/>)  
Revenue cycle and revenue integrity play pivotal roles in healthcare organization financial performance, ensuring the sustainability and quality of healthcare services. Students will explore the healthcare revenue cycle's key components, including patient registration, charge capture, coding, billing, and reimbursement processes, and develop proficiency in multiple coding systems to accurately document and bill for healthcare services. Students will also study best practices for revenue cycle optimization, including revenue capture and revenue cycle workflow improvements. 4 graduate hours. No professional credit.

HK 538 Current Issues and Trends in Healthcare credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/538/>)

Explores the multifaceted issues and trends shaping the contemporary healthcare landscape. Focusing on evidence-based approaches, social determinants of health, structural biases, and health inequities, students will critically analyze challenges and propose strategies to advance healthcare knowledge and promote health equity. Through engaging discussions, data analysis, case studies, and practical exercises, students will develop essential skills for effective communication, stakeholder engagement, and cultural competence in the context of healthcare leadership. 4 graduate hours. No professional credit. Prerequisite: Restricted to Master of Health Administration, MHA program, or consent of the instructor.

HK 540 Physical Activity & Cognition credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/540/>)

Examines the relationship between physical activity and fitness on brain and cognition across the lifespan. The psychobiology of physical activity effects on cognition is emphasized. Other areas of study include aging, development, and psychosocial factors. Methodological issues as well as human and animal models of research will be studied. 4 graduate hours. No professional credit.

HK 550 Research Methods in Health and Kinesiology credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/550/>)

Review and appraisal of common research procedures; application of statistical procedures, library methods, evaluation procedures, and experimental methods. 4 graduate hours. No professional credit.

HK 551 Advanced Exercise Metabolism credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/551/>)

Examines the regulation of metabolic processes during exercise. The course will include discussions on the acute metabolic response to exercise and the chronic adaptations that occur in response to physical training. Common investigative techniques used in human research studies will also be discussed. 4 graduate hours. No professional credit.

HK 552 Adv Skeletal Muscle Physiology credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/552/>)

Course provides an in-depth understanding of skeletal muscle anatomy, cell biology, and physiology. Classroom discussions of primary literature and other activities will focus on muscle structure and function. Information will also be provided on the molecular and cellular basis for adaptations that occur with increased use, such as endurance or strength training, or periods of disuse, such as injury and disease. 4 graduate hours. No professional credit.

HK 553 Circulorespiratory Physiology credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/553/>)

Aerobic performance responses to short-term, intermittent, and prolonged physical activity; special consideration given to endurance training methods and assessment techniques, ergogenic aids, and problems associated with growth, environmental influences, and competitive sport. 4 graduate hours. No professional credit. Prerequisite: HK 551 or consent of instructor.

HK 554 Stress Immunology credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/554/>)

Examines the role of stress in modulating immune function and the pathobiological mechanisms resulting in disease. An emphasis will be placed upon the reciprocal communication pathways that exist between the central nervous, endocrine and immune systems. 4 graduate hours. No professional credit. Prerequisite: Consent of the instructor. It will be assumed that students will have introductory knowledge in biochemistry, endocrinology, and immunology.

HK 560 Research on Teacher Education credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/560/>)

Critically examines advanced theories, trends, problems, and implications of research on teacher education in Kinesiology. Students will complete a series of written assignments that are grounded in theory, illustrate critical thinking skills, and demonstrate extensive knowledge of the literature. 4 graduate hours. No professional credit.

HK 561 Qualitative Research Methods credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/561/>)

Introduces students to qualitative methodology in the educational and health-related professions settings. Students will learn to interpret qualitative research, understand its theoretical underpinnings, acquire interviewing and observation skills, design and evaluate a community-based group research project, learn to collaborate with others, and critically assess the contributions to the project of self and peers. 4 graduate hours. No professional credit.

HK 562 Teaching in the Professoriate credit: 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/562/>)

Provides scholarly knowledge and practical experience necessary for effectively assuming the roles of teaching, mentoring, and presenting in the professoriate. Students will team teach an undergraduate course with an assigned faculty mentor, give a scholarly research presentation, and attend a series of theoretically grounded lectures focusing on instructional design, learner characteristics, and successfully conveying information to others. Same as RST 560 and SHS 565. 4 graduate hours. No professional credit. Prerequisite: Must be a graduate student in the College of Applied Health Sciences.

HK 590 Independent Study credit: 2 or 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/590/>)

Independent research on special projects. 2 or 4 graduate hours. No professional credit. May be repeated.

HK 591 Seminar credit: 1 Hour. (<https://courses.illinois.edu/schedule/terms/HK/591/>)

Lectures, discussions, and critiques on kinesiology and community health related subjects by faculty members and visiting professional leaders; presentation and criticism of student research. 1 graduate hour. No professional credit. Approved for S/U grading only. May be repeated in separate terms.

HK 594 Special Topics credit: 1 to 4 Hours. (<https://courses.illinois.edu/schedule/terms/HK/594/>)

Lecture course in topics of current interest; specific subject matter announced in the Schedule. 1 to 4 graduate hours. No professional credit. May be repeated if topics vary.

HK 599 Thesis Research credit: 0 to 16 Hours. (<https://courses.illinois.edu/schedule/terms/HK/599/>)

Preparation of theses in health and kinesiology. 0 to 16 graduate hours. No professional credit. Approved for S/U grading only. May be repeated in separate terms.