**IHLT - I-HEALTH**

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

**Courses**

**IHLT 101** Introduction to i-Health  credit: 1 Hour. (https://courses.illinois.edu/schedule/terms/IHLT/101/)
Introduction to the interdisciplinary major in Health. The course is designed to familiarize students with the concepts of interdisciplinary health, campus resources, academic policies, and program requirements.

**IHLT 102** Survey of Interdisc Health  credit: 1 Hour. (https://courses.illinois.edu/schedule/terms/IHLT/102/)
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.

**IHLT 200** Leadership in Health  credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/IHLT/200/)
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

**IHLT 230** Health Disparities in the U.S.  credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/IHLT/230/)
Provides an overview of health disparities in the United States, including existence and magnitude of health disparities, theories that explain health disparities, strategies to address their complexity, and solution required to eliminate them. Disparities are examined related to groups of diverse racial/ethnic backgrounds, socio-economic status, gender, age, and ability level.
This course satisfies the General Education Criteria for: Cultural Studies - US Minority

**IHLT 240** Aging and Health Policy  credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/IHLT/240/)
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

**IHLT 375** Interdis Collab in Health Serv  credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/IHLT/375/)
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.

**IHLT 385** Experience in Interdisciplinary Health Research  credit: 1 to 3 Hours. (https://courses.illinois.edu/schedule/terms/IHLT/385/)
Supervised laboratory experiences in health 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. Approved for Letter and S/U grading. May be repeated up to a maximum of 12 hours in separate semesters. Prerequisite: Consent of the instructor.

**IHLT 391** Special Project-Problems  credit: 1 to 3 Hours. (https://courses.illinois.edu/schedule/terms/IHLT/391/)
Special projects in research and independent investigation in any phase of health, kinesiology, physical education, and related areas selected by the students. Approved for Letter and S/U grading. May be repeated to a maximum of 6 hours in separate semesters. Prerequisite: Grade-point average of 2.5; consent of instructor.

**IHLT 474** Pre-Field Experience in Health  credit: 1 Hour. (https://courses.illinois.edu/schedule/terms/IHLT/474/)
This is an independent study course that expands student's knowledge of health professions and prepares them for field work in an applied setting with a variety of health professionals. 1 undergraduate hour. 1 graduate hour.

**IHLT 475** Field Experience in i-Health  credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/IHLT/475/)
Designed to emphasize field/research experiences that facilitate working with individuals from a variety of health disciplines. Field experience/research placements will be selected to best prepare students address issues of health within their concentrations areas. In class sessions will focus on interdisciplinary collaboration, professionalism and important global health issues. Serves as the capstone course for i-Health majors. 4 undergraduate hours. 4 graduate hours. Prerequisite: Restricted to senior i-Health majors.

**IHLT 498** Interdisciplinary Health Study Abroad  credit: 1 to 6 Hours. (https://courses.illinois.edu/schedule/terms/IHLT/498/)
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, and sophomore or higher standing.

*Information listed in this catalog is current as of 09/2021*