

COLLEGE OF HEALTH PROFESSIONS (CHP)

CHP 101 Wellness and Physical Fitness (2 credits)

To introduce the student to a wellness approach to health care. This comprehensive course will identify the major health problems in the United States and will explore the history of wellness and physical fitness, listing the health-related and fitness-related components and dimensions. Students will have the opportunity to have a computerized fitness evaluation test done and objectives to improve or maintain their fitness condition. The teaching strategy is designed to provide an active learning situation for the student.

Course Rotation: TBA

Prerequisites: This course does not have a prerequisite.

CHP 102 CPR/AED for the Professional Rescuer & Health Care Provider with Responding to Emergencies First-Aid (2 credits)

An American Red Cross course that leads to certification in CPR/AED for the Professional Rescuer and Health Care Provider and Responding to Emergencies First Aid. The student, upon successful completion, will earn 2 year certification, which meets the NYS standards for camp personnel and the requirements for the School of Health Care Professions. The course includes academic and practical skills necessary to meet Red Cross standards.

Course Rotation: PLV: Fall and Spring

Prerequisites: This course does not have a prerequisite.

CHP 103 Care and Prevention of Athletic Injuries (3 credits)

Scientific and clinical fundamentals of athletic training. A detailed study of the prevention practices: injury recognition and evaluation, initial care and emergency procedures, and rehabilitation theories. Common taping, wrapping, and splinting techniques are included as practical skill developers.

Course Rotation: PLV: TBA.

Prerequisites: This course does not have a prerequisite.

CHP 104 Basic Massage and its Application (2 credits)

To introduce the student to the many methods, usages, and theory of the ancient therapeutic healing of the body's systems and will include hands-on approach to teaching many of the techniques and disciplines that massage has to offer.

Course Rotation: PLV: TBA.

Prerequisites: This course does not have a prerequisite.

CHP 105 Introduction to Nutrition (3 credits)

This course is an introduction to the basic principles of nutrition. It will focus on components of a healthful and well balanced diet, the role of nutrients in disease prevention and changing needs throughout the lifecycle. Special focus will be given to food justice and food security challenges, both within this country and abroad. Open to all majors.

Course Rotation: Spring.

Prerequisites: This course does not have a prerequisite.

CHP 106 Nutrition for Health and Sports (3 credits)

This course provides students with an Introduction to sports nutrition and general wellness. Course content includes nutritional guidelines for exercise pertaining to food choices for calories, carbohydrates, protein & micronutrients. We will explore the relationship among the essential nutrients, energy metabolism and optimal health and sports performance. We investigate protein supplements used by many athletes and evaluate their ingredients. We also explore the dietary needs and exercise considerations for special populations. Open to all majors.

Course Rotation: PLV: Fall

Prerequisites: This course does not have a prerequisite.

CHP 108 Tennis (1 credits)

Emphasis on the techniques in strokes and serving, as well as upon game strategy.

Course Rotation: PLV: TBA.

Prerequisites: This course does not have a prerequisite.

CHP 109 Basketball (1 credits)

Fundamentals of basketball. Basic offensive and defensive techniques, as well as game strategies.

Course Rotation: PLV: TBA.

Prerequisites: This course does not have a prerequisite.

CHP 110 Volleyball (1 credits)

Basic skill demonstration and practice, explanation of rules and discussions of strategies in game situations. Actual games are played each week.

Course Rotation: PLV: TBA.

Prerequisites: This course does not have a prerequisite.

CHP 111 Self-Defense (1 credits)

This course is designed to provide techniques from samurai martial art styles, including kicking and striking techniques taken from Tae Kwon Do and Karate as well as grappling and take down maneuvers from Hap Ki Do, Jujitsu and Judo. This course will focus on all around approach to self defense. Personal physical fitness is stressed and promoted. However, the student will not be graded upon personal level of physical fitness.

Course Rotation: PLV: TBA.

Prerequisites: This course does not have a prerequisite.

CHP 112 Kendo: The Japanese Art of Swordship (1 credits)

Kendo was originally the Japanese feudal art of swordship. Today, kendo is an educative sport with all the action and history of the past contained within its present training. Students enrolled in Kendo will learn and practice its physical aspects as well as its etiquette and philosophy, which are so integral to the sport. Valor, honesty, integrity, and patience formed the basis of developing a code of ethical rules for the samurai, and such rules are taught to the youth of today so that they will have an understanding of the value of worthwhile living for the world of tomorrow.

Prerequisites: This course does not have a prerequisite.

CHP 113 Intermediate Kendo (1 credits)

This course in intermediate Kendo will introduce the students to higher level techniques and skills in Kendo, the Japanese feudal art of swordship. The student will practice intermediate level physical skills including intermediate footwork, strike target, and counter attack. The philosophy and etiquette known to be an integral component of this sport will be emphasized throughout the course.

Course Rotation: NYC & PLV: Spring, Summer

Prerequisites: CHP 112 with minimum grades of D.

CHP 114 Tae Kwon Do (1 credits)

This course is a formal martial arts course that introduces students to the art and etiquette of the traditional Korean martial art of Tae Kwon Do. An Olympic Sport since 2000 Tae Kwon Do focuses on building and strengthening the individual through the development of strength, focus, discipline, spirit, self-confidence and physical conditioning. Students will also study the historical and philosophical aspects of Tae Kwon Do and the Korean culture.

Course Rotation: NYC & PLV: Spring, Summer

Prerequisites: This course does not have a prerequisite.

CHP 115 Shinkendo-Japanese Swordship (3 credits)

Shinkendo is modern martial art, inspired by over 1200 years of samurai history. From a physical standpoint, Shinkendo techniques are taken from practical methods once used by the samurai. In addition to this catalog of techniques there are also a myriad of deeper teachings that can be discovered through a serious or austere approach to practice. These included various ways of forging the mind and spirit in order to lead a more serious and rewarding life, development of respect for nature and living things and the promotion of peace. Shinkendo is not a competition-based martial art. Students will receive instruction on the Five main structure of Shinkendo which include: Suburi-sword swinging exercises, Batto- ho-combative methods of safely and re-sheathing the sword, Tanren-gata- the forge that helps to create a sword, Tachi-uchi- safe methods of combat practice, and Tameshigiri- Test cutting. A crucial aspect of training is the focus on safety and hence a traditional and respectful approach to practice will be observed at all times.

Course Rotation: NYC & PLV: Fall, Summer

Prerequisites: This course does not have a prerequisite.

CHP 130 Swimming (1 credits)

Work at all skill levels; basic strokes, with special emphasis on safety skills.

Course Rotation: PLV: TBA.

Prerequisites: This course does not have a prerequisite.

CHP 131 Advanced Swimming (2 credits)

Swimming for the Intermediate swimmer. Emphasis on improving techniques in all swimming strokes as well as safety around the water. Restrictions/ Requirements: Must be able to swim front and back crawl 25 yards.

Course Rotation: PLV: TBA.

Prerequisites: This course does not have a prerequisite.

CHP 135 Lifeguard Training (2 credits)

This course prepares the participant for a position as a Lifeguard. Restrictions/Requirements: Must pass a pre-course swimming skills test, which includes: Swimming 500 yards continuously front and back strokes; Swim 20 yards, surface dive to a depth of 7 to 10 feet, retrieve a 10 pound object and return to a starting point.

Prerequisites: This course does not have a prerequisite.

CHP 136 Water Safety Instructor (2 credits)

This course prepares the participant for a position as a Water Safety Instructor. Restrictions/Requirements: Student must be proficient in certain safety and aquatic skills. Prospective candidates must take a course written and skills test.

Prerequisites: CHP 135 with minimum grades of D.

CHP 140 Introduction to Scuba Diving (1 credits)

Entry level course involving five academic modules and five pool-training modules that introduce the essential and fundamental scuba-diving knowledge and skills. This course provides the prereqs for open-water training and leading to entry-level, open water certification.

Prerequisites: This course does not have a prerequisite.

CHP 141 Open Water Scuba Diving (1 credits)

Provides open-water training and certification as an Open-Water Diver and as an Advanced Open Water Diver.

Course Rotation: PLV: TBA.

Prerequisites: CHP 140 with minimum grades of D.

CHP 142 Rescue Diver Training (2 credits)

This course will introduce the student to means of preventing and responding to scuba-diving emergencies. Provides Rescue Diver and Medic First Aid provider. Restrictions/Requirements: Prereq or permission from instructor.

Prerequisites: CHP 141 with minimum grades of D.

CHP 143 Dive Master Training (3 credits)

Provides certification as a Divemaster, which is a professional-level rating. This course prepares the student to lead certified divers as an independent professional or to assist an instructor in training uncertified divers.

Course Rotation: PLV: TBA.

Prerequisites: CHP 142 with minimum grades of D.

CHP 145 Hiking (1 credits)

Hiking is an introductory course on hiking basics with an emphasis on setting up an exercise program, reading and planning routes, personal safety, and health benefits. This course will prepare students to experience several local hikes where they can apply basic hiking skills. Additional topics to be covered include 10 hiking essentials, basic compass and/or map use, food, and water guidelines, Leave No Trace principles, treatment of common hiking injuries, clothing/equipment considerations, and daypack essentials. Students will be required to complete hikes at trail locations locally during class time. The class will meet 6 times, with at least four hikes. Restrictions/Requirements: Students must have a moderate fitness level. Must be able to walk/hike 2 miles.

Prerequisites: This course does not have a prerequisite.

CHP 146 Yoga (1 credits)

The practice of postures, movements, deep breathing, meditation and visualization for complete mental and physical relaxation. Emphasis will be on practice of postures, movements and breathing.

Course Rotation: PLV: TBA.

Prerequisites: This course does not have a prerequisite.

CHP 147 Golf (1 credits)

Instruction in the basic techniques with emphasis upon the uses of each club, and upon the rules and etiquette of the game.

Course Rotation: PLV: TBA.

Prerequisites: This course does not have a prerequisite.

CHP 155 Advanced Yoga (1 credits)

Continuation of yoga study concentrating on asana, the postural/exercise oriented branch of yoga. Course will also include more in-depth work in anatomy, yoga therapeutic applications, and discussions of yoga texts.

Course Rotation: PLV: Fall, Spring, and Summer.

Prerequisites: CHP 105 with minimum grades of D.

CHP 157 Capoeira (1 credits)

Beginners course on Capoeira, a Brazilian martial art. Course will focus on the basic movements of the art, namely four different kicks, four dodges and four displacement movements, and on the basics of Capoeira rhythms. Course will also approach the interaction in the Capoeira circle, percussion instruments and basic knowledge of folk Afro-Brazilian dances as Maculele and Samba.

Prerequisites: This course does not have a prerequisite.

CHP 165 Stress Reduction Using Complementary and Alternative Therapies (3 credits)

This course focuses on the use of complementary alternative therapies for stress management. Diverse therapies including guided imagery, meditation, music, massage and body work, reiki, acupuncture, and reflexology will be explored. Philosophical, theoretical, and evidence based of select therapies will be examined. Demonstration and practice will be included in each class and this course will be highly participative.

Prerequisites: This course does not have a prerequisite.

CHP 170 Myofascial Anatomy for Movement and Sports Training (3 credits)

This innovative course will combine traditional lecture as well as experiential movement in deepening an understanding of myofascial anatomy and its relevance in movement and sports training. Individual and group responses to the course content will be an important part of this class. The course will begin with a section on yoga and practice, followed by athletic movement and training techniques. We will also be exploring anatomy throughout the class as a common language for understanding these disciplines as well as discussing recent developments in anatomy based on new ways of perceiving movement.

Course Rotation: PLV Fall

Prerequisites: This course does not have a prerequisite.

CHP 171 Yoga: History, Practice, and Applications (3 credits)

Yoga has its roots in ancient eastern practice, but has transformed dramatically in recent years as a body/mind discipline that has crossed into the western world of alternative practices and therapies. In this interactive course we will divide the class work into two different class periods of lecture and yoga practice. Lectures will cover topics from the history of yoga practice, discussions of cultural appropriation and social justice issues to yoga therapeutic applications in both anatomy and psychology. In the yoga practice portion of class we will be concentrating on asana, the postural/exercise oriented branch of yoga through different styles of yoga lineage. Class is interactive and final projects will emphasize application of knowledge into a focused topic of interest in yoga practice.

Course Rotation: NYC: Fall

Prerequisites: This course does not have a prerequisite.

CHP 180 Mindfulness and Cultural Intelligence (3 credits)

In this course (open to all students), students will learn to better understand cultural diversity, health disparities, and other forms of injustices, while developing mindfulness and cultural intelligence (i.e., the ability to adapt successfully in situations characterized by cultural diversity). This course explores the meaning of health in a board context (well-being) and introduces the social determinants of health and the importance of cultural competence in care delivery in order to help reduce health disparities. Students will learn to develop cultural intelligence through a variety of "glocal", global issues with local setting) experiential service learning opportunities in the NY Tri-State area. Students will learn to develop and cultivate mindfulness through formal and practice in class and will learn to incorporate informal mindfulness practice in their daily lives.

Course Rotation: PLV: Spring

Prerequisites: This course does not have a prerequisite.

CHP 190 Mindfulness-Based Stress Reduction (MBSR) (3 credits)

The MBSR course is designed to introduce mindfulness meditation practice as a way of reducing stress and developing greater balance, control, and fuller participation in your life. Mindfulness is a way of learning to relate directly to whatever is happening in your life including the challenges of stress, pain, illness, and everyday demands. The MBSR course is highly experiential and participatory. Classes include instruction in a variety of mindfulness meditation practices, gentle stretching, mindful yoga, and guided individual and group inquiry.

Course Rotation: PLV: Fall

Prerequisites: This course does not have a prerequisite.

CHP 200 Topics in the history of Health Care: Social Justice (3 credits)

Current global and national health policy is focused on the impact of social determinants on disparities in patient outcomes. Attention to the equitable distribution and access to health care is a component of social justice, and this has been an element of health policy and practice for longer than a century. This course will explore examples of social justice in health care within policy, practice and patient/community activism, and will make connections to current issues in health care policy.

Course Rotation: PLV: Intersession

Prerequisites: This course does not have a prerequisite.

CHP 204 Cooking Up Health: Practical Culinary Medicine (3 credits)

This course introduces students to the emerging field of culinary medicine, blending the science of nutrition with the art of cooking to promote health and prevent disease. Students will explore how dietary choices influence physical and mental well-being, examine evidence-based nutritional principles, and apply this knowledge in practical, hands-on cooking experiences. Through lectures, discussions, and kitchen labs, students will gain a deeper understanding of topics such as the Mediterranean diet, plant-based eating, food sustainability, cultural food traditions, and the role of culinary techniques in optimizing nutrient retention and flavor. The course emphasizes the importance of food as medicine, fostering skills that empower students to make informed dietary choices for themselves and future communities. No prior cooking experience is necessary. By the end of the course, students will have a foundational understanding of the connections between food, health, and lifestyle and the confidence to create meals that are both delicious and nourishing.

Course Rotation: PLV: Fall & Spring.

Prerequisites: This course does not have a prerequisite.

CHP 240 Domestic Violence (3 credits)

This course, for students in any of the educational programs at the College of Health Professions, addresses the important and complex issue of domestic violence. The course provides a comprehensive overview of domestic violence including: the definition of domestic violence, epidemiology, assessment, care and intervention, as well as legal, moral and ethical perspectives. Students will learn about domestic violence throughout the lifespan and continuum of care. The course also provides students with the opportunity to actively meet and engage with survivors of domestic violence. Students will visit facilities and organizations that address and serve this Population's needs. Students will also plan and implement an intervention in the community setting.

Course Rotation: Summer 2

Prerequisites: This course does not have a prerequisite.

CHP 243 The Psychology of Language (3 credits)

This course explores the language phenomenon. Topics include the structure of language, the biological bases of language, the relationship between thought and language, child language acquisition theories, social use of language, and comprehension and production strategies from the perspective of extant theories of language origin. It is an AOK 5 and WE course. It will be delivered in an online MIXAS format.

Course Rotation: NYC: Spring

Prerequisites: This course does not have a prerequisite.

CHP 244 Genetics for the Future of Healthcare (3 credits)

Healthcare professionals such as nurses, social workers, physical and occupational therapists, provide direct care to patients and families. They are all an integral part of the health care delivery system. Healthcare professionals from various fields will be increasingly called upon to provide risk assessment, understanding and clarity regarding genetic testing, impact to various family members. This course will provide understanding of the genetic principles and concepts such as screening, assessments, treatments and counseling. Content will include information about the mechanisms producing adult onset and pediatric genetic conditions, methods of prevention, early intervention and possible treatment modalities. Bio-ethical principles and implications will be integrated throughout the course.

Course Rotation: Summer

Prerequisites: This course does not have a prerequisite.

CHP 250 The Art of Doing Nothing (3 credits)

This course explores the practice of intentional rest and disengagement as a method for enhancing well-being, reducing stress, and fostering personal growth. Rooted in positive psychology principles, mindfulness, and contemplative studies, "The Art of Doing Nothing" provides students with practical tools to disconnect from daily stressors—including academic, financial, familial, and social pressures—and cultivate a healthier relationship with themselves and their environment. Through experiential learning, guided reflection, and interdisciplinary perspectives, students will explore the science and philosophy behind rest, mindfulness, boredom, and creativity. This course will incorporate evidence-based strategies from positive psychology to enhance students' understanding of well-being and intentional self-care.

Course Rotation: NYC & PLV: Fall and Spring.

Prerequisites: This course does not have a prerequisite.

CHP 251 Personal Leadership for Social Change (3 credits)

Leadership is the ability to influence a group of people towards a goal. Leading, however, is not just telling others what to do, it requires a multifaceted process that hinges on human relationships. In this course, students will begin to unravel the complexities of the leadership process as they work to increase their own personal, professional, and academic leadership capacities through application of self, empathic understanding, and knowledge of theoretical leadership practices. Leadership theories and styles will be identified and discussed with a focus on the relational leadership model. Students will learn through reading, reflection, discussion, identification, formal assessment and evaluation of leadership in context.

Course Rotation: PLV; Fall

Prerequisites: This course does not have a prerequisite.

CHP 270 Canines Assisting in Health (3 credits)

Students in this hybrid course will learn about the valuable roles animals have in human health. The human-animal connection, including theories related to this bond, and the biological, psychological, and social benefits humans derive from this connection will form a foundation to gain understanding of the valuable role animals have in human health. Grounded in this developing understanding, students will advance their knowledge of animals, with a focus on canines, who are trained and educated to be a service dog and to be partnered with a person who has visible or invisible disabilities; canines who participate in animal assisted interventions; and, the benefits of “personal” or “companion” pets, for human health. Students will explore indications and expected outcomes for canines to support human, and will gain understanding of canine education, training and welfare for these different canine roles, including experiential learning within the classroom-learning community and the service learning communities. Through ongoing reflection of experiential learning and co-creating knowledge in the classroom-learning community to support and enhance their service-learning, students will gain understanding of the meaning and value of canines assisting in health, personally, and, in the University and Assistance Animal Community.

Course Rotation: PLV: Spring

Prerequisites: This course does not have a prerequisite.

CHP 274 Introduction to Communication Disorders (3 credits)

This course will introduce students to the field of communication sciences and disorders. It will cover topics such as basic anatomy of the vocal and verbal system including speech and language centers of the brain, and etiology and characteristics of the various disorders students would encounter as professionals in the field. Research trends in the field will be explored as well. The course is aimed at preparing students to apply for graduate school in Communication Sciences and Disorders along with other recommended coursework as advised. Fulfills AOK5.

Course Rotation: NYC & PLV Spring

Prerequisites: This course does not have a prerequisite.

CHP 275 Early Language Development (3 credits)

This introductory course provides the student with an overview of typical speech and language development in children that includes phonological, morphological, syntactic, semantic, and pragmatic developments. Understanding the development, the connections between these processes, and how they relate to human communication is critical. We will review introductory information about infants/children’s progress in both speech and language development. We will discuss theoretical principles regarding speech, language, and hearing development as it relates to human communication, cultural diversity, and how language evolves with age and time. In addition, we will examine specific topics that examine the universality and adaptability of language.

Course Rotation: NYC: Spring

Prerequisites: This course does not have a prerequisite.

CHP 276 Speech Science (3 credits)

This course introduces the student to the theory and multidisciplinary applications of speech science. The physiology of the speech mechanism and acoustics of speech perception and production will be the areas of focus. Small scale multidisciplinary research projects typically involve acoustic and perceptual analyses of speech samples; these may involve publicly available speech recordings or speech samples acquired by students. Acoustic analyses typically use freely available software. This course will be of interest to students in most disciplines that deal with human psychology and behavior, e.g., psychology, communication studies, anthropology, speech language pathology, political science, performing arts, business, finance, literature, etc.

Course Rotation: NYC: Summer 1

Prerequisites: This course does not have a prerequisite.

CHP 277 The Science of Speech Sounds (3 credits)

The course, formerly called Phonetics, will prepare students to focus on the most basic units of speech – the sounds. They will use the international code adopted by speech professionals and linguists to transcribe speech, which will be supported by information on locations of articulatory contacts and air-channeling ways. This kind of analysis helps students to precisely perceive and describe speech sounds—an important skill required to make sense of the logic behind speech differences. Dialectal variations, speech of multilingual speakers, individual differences, communication accommodation, and speech disorders will be discussed via journal articles from an interdisciplinary perspective. The larger aim of the course is that through increasing their speech perception and description skills, the course will raise students’ awareness of speech differences, which will positively influence their interactions with individuals speaking differently from them.

Course Rotation: NYC & PLV: Fall

Prerequisites: This course does not have a prerequisite.