

# HEALTH SCIENCE (HS)

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## HS-1001 Health Issues (2 Credits)

Provides an overview of select current issues in the area of health. Data necessary for making informed decisions will be presented. Personal and societal attitudes, beliefs, and values implicit in the decision-making process will be discussed as they relate to health behavior and, consequently, health outcomes. 2 CREDITS. EVERY SEMESTER. DAY. EVENING. NOTE This course does not fulfill the 2-credit core requirement for HCM majors.

**Fulfills General Education Requirement:** FH2

**Typically offered:** All Sessions

## HS-1201 Community Health (3 Credits)

An introductory course in community health issues, including basic concepts of community health; overview of government, foundations, private agencies, and voluntary health organizations; health care reform issues; the nine different areas of community health programming, such as chronic and communicable disease control measures, health promotion, and health education.

**Fulfills General Education Requirement:** FH2

**Typically offered:** Fall Only

## HS-1206 Safety and First Aid (3 Credits)

A survey of home, school, and community programs in safety and first aid. Methods of safety research, Haddon's matrix, rating calculation, identification of accident types, methods to control causation and responsibilities of individuals, and the community for safe living. Procedures for temporary care of victims of accidents and sudden illness. Successful completion of this course leads to American Red Cross Certification in Standard First Aid and Personal Safety (includes Adult CPR).

**Fulfills General Education Requirement:** FH2

**Typically offered:** All Sessions

## HS-1207 Nutrition (3 Credits)

An introductory course in human nutrition that includes its importance to optimum physical and emotional health. The nutrients—carbohydrates, proteins, lipids, water, vitamins, and minerals—are studied as to their composition, usage in the human body, where found in foods, how digested and utilized in the human body. Body requirements, patterns of diet for various groups, and specific conditions, as well as social and cultural influences on food selection are studied.

**Fulfills General Education Requirement:** FH2

**Typically offered:** All Sessions

## HS-1302 Consumer Health (3 Credits)

Consumer problems are viewed in terms of economic, sociological, psychological, and biological consequences to the individual and the community; consumer attitudes and behavior regarding needs, desires, and response to advertising, incorrect labeling, health insurance, life insurance, Medicare, over-the-counter drugs, cosmetics, health fads and quackery, consumer protection agencies, evaluation of products, and other topics of interest to the consumer.

**Fulfills General Education Requirement:** FH2

**Typically offered:** Fall Only

## HS-1305 Coping with Stress (3 Credits)

This interdisciplinary course explores theories, research, and techniques related to the impact and management of stress. Emphasis upon the application of stress reduction techniques through class exercises in progressive muscle relaxation, autogenic and imagery training, systematic desensitization, assertiveness training, time management, and problem-solving.

**Fulfills General Education Requirement:** FH2

**Typically offered:** All Sessions

## HS-1306 Healing and Wholeness (3 Credits)

Exploring healing and wholeness from many perspectives, this course is an overview of healing from the traditions of the shaman to contemporary faith healers, from ancient roots through modern medicine—Chinese medicine, Ayurvedic medicine, and homeopathy as well as alternative medicines and holistic therapies and ways to self-healing through dream journals and meditation.

**Fulfills General Education Requirement:** FH2

**Typically offered:** Spring Only

## HS-1403 Women's Health Issues (3 Credits)

Accurate information about their own health needs enables women to become more active participants in their own health care. Issues include physicians attitudes toward women, knowing ones own body, contraception, pregnancy, rape, family violence, hysterectomy and mastectomy, mental health issues, and patients rights in the health system. 3 credits. Fall; evening.

**Fulfills General Education Requirement:** FH2

**Typically offered:** Fall Only

## HS-1419 "Death, Loss, and Grief" (3 Credits)

Investigates the processes of death, loss, and grief while focusing upon the manner in which patterns of dealing with death are interwoven with patterns of living. The family, religion, medicine, economy, law, and community are considered. Specific issues addressed include the moral and legal aspects of euthanasia and the right to die; the hospital, hospice, and home as alternative sites for dying; definitions of life and death; religious and cultural burial customs; and the bereavement process. The implications of these issues are explored for health care practitioners and other individuals in the helping professions as well as for people in their daily lives. 3 credits. Spring; evening.

**Fulfills General Education Requirement:** FH2

**Typically offered:** Spring Only

## HS-1501 Introduction to Public Health (3 Credits)

An introductory course in the study of public health the content of course will focus on basic material related to the five public health foundation: Health Services, Epidemiology, Social/Behavioral, Science, Environmental Health and Biostatistics. Discussion will include the biomedical basis of public health, some historical developments of public health, and the role of health ethics especially in research and future challenges. The course will also present an introduction to the cross-cutting areas of public health including: communication, and informatics, diversity and culture, leadership, public health biology, professionalism, program planning, and systems thinking.

**Fulfills General Education Requirement:** FH2

**Typically offered:** Fall Only

## HS-2150 Methods in Teaching Health (3 Credits)

Development and application of health education methods to trainers who will teach disease prevention and health promotion to diverse audiences. Focus on developing health literacy across the lifespan for each constituency. 3 credits. Fall semester; day.

**Fulfills General Education Requirement:** FH2

**Typically offered:** Fall Only

**HS-2151 Theory & Research in Health Promotion (3 Credits)**

Review of empirical research including basic interpretation of elementary statistical tests and techniques. Literature review of behavior maintenance, adoption, change and management theories drawn from the public health and social sciences. Prerequisite: HS 2150. 3 credits. Spring semester; day

**Fulfills General Education Requirement:** FH2

**Typically offered:** Spring Only

**HS-2240 Introduction to Environmental Public Health (3 Credits)**

This introductory course will examine the root causes and the scientific understanding of the major environmental health problems associated with urban communities. The course will examine key historical trends and look at current trends and new emerging issues facing densely-populated urban cities. Topics covered include an examination of both indoor and outdoor environmental pollutants and biological hazards related to food, water, sanitation, air quality, noise, radiation, and occupational or indoor hazards. Specific pollutants of interest will be discussed, including asbestos, heavy metals, pesticides, PCBs, radiation, mold, tobacco smoke and other allergens with relevance to their impact on public health. Environmental disasters, either naturally occurring or artificially induced, i.e., as acts of terrorism, will also be examined as a potential vehicle of disease and threat to public health. The course will also look at current trends in novel urban design, construction, and urban planning (so-called green construction™) as a means of mitigating environmental hazards and promoting public health. The course will conclude with an examination of the scientific basis for policy decisions and regulations that aim to control environmental hazards and lessen their impact on the health of urban communities.

**Fulfills General Education Requirement:** FH2

**Typically offered:** Fall Only

**HS-2406 Epidemiology (3 Credits)**

An introductory study of the factors influencing the nature and causes of communicable diseases and chronic conditions in human populations. The study of principles, practices, theories, and methods related to the control and prevention of disease prepares the student for practical application of statistics. Topics include the natural history of diseases in various population groups, environmental and biological factors influencing the emergence of disease, and the investigation of a community health problem.

**Fulfills General Education Requirement:** FH2

**Typically offered:** Fall Only

**HS-3250 Designing Health Promotional Programs (3 Credits)**

**Requisite(s):** HS-2151, Take 2 courses;, From Subject HS; Students are guided through planning and designing a health promotion program in a content area, setting, and population of their own choice.

**Typically offered:** Fall Only

**HS-3251 Implementation and Evaluation of Health Promotion Programs (3 Credits)**

Students are guided through program acceptance, marketing implementation, and evaluation programs. Students will organize and implement a campus-wide health fair and evaluate it.

**Typically offered:** Spring Only

**HS-4000 Special Topic: Obesity - an Epidemic Marine Biology in Belize (3 Credits)**

In this course, students will learn about the prevalence of and rise of obesity in our society. Causes of obesity and its effect on health will be explored. Socioeconomic factors such as cheap high calorie food, and increasing urbanization, as well as genetics, cultural differences in perception of food, and its preparation and consumption will be examined. The biology of the effects of weight on organ systems such as the heart and circulation and diabetes will be considered. Models of successful solutions to this problem will be presented, and students will be encouraged to formulate their own solutions.

**Typically offered:** As Needed

**HS-4350 Intro to Research and Bioethics in HP (3 Credits)**

**Requisite(s):** HPSCI majors: are required to take HS-3251 as a prerequisite, HCMGT majors: no prerequisite required.

Provides a dual introduction to concepts and skills that will culminate in the completion of a senior thesis in the seminar. This course introduces a variety of ethical issues related to health. Research skills from topic selection and narrowing through draft writing will be practiced.

Prerequisite: HS 3251. 3 credits, Fall semester, day, beginning Fall 2009.

**Fulfills General Education Requirement:** FH2

**Typically offered:** Fall Only

**HS-4990 Internship in Allied Health I (1-3 Credits)**

**Requisite(s):** 15 HS credits and permission of chairperson.

Observation and supervised experience in a community setting giving practical application to previously studied concepts and theories related to health promotion or health administration. Minimum of 135 hours in the field placement plus required on-campus meetings as scheduled by the instructor. May be taken for two semesters with the permission of the Chairperson only. Prerequisites: 15 HS credits. 3 credits per semester. Every semester.

**Typically offered:** On Demand

**HS-4991 Internship in Allied Health II (3 Credits)**

**Requisite(s):** 15 HS credits and permission of chairperson.

Observation and supervised experience in a community setting giving practical application to previously studied concepts and theories related to health promotion or health administration. Minimum of 135 hours in the field placement plus required on-campus meetings as scheduled by the instructor. May be taken for two semesters with the permission of the Chairperson only. Prerequisites: 15 HS credits. 3 credits per semester. Every semester.

**Typically offered:** On Demand

**HS-4995 Independent Study in Health Science Promotion (1-3 Credits)**

**Requisite(s):** 15 HS credits with a B average;, permission of chairperson and proposal are, required.

Independent investigation into a selected health science topic under the direction of a department faculty member. Usually culminates in a major paper. Requires a written proposal accepted by the Chairperson prior to registration. Prerequisites: Approval of the Chairperson and 15 HS credits with a B average. 3 credits per semester. Every semester; day and evening.

**Typically offered:** On Demand

**HS-4996 Independent Study in Health Science II (3 Credits)**

**Requisite(s):** HS-600

Same as HS 600; students may elect a second semester as HS 601.

**Typically offered:** On Demand

**HS-4998 Seminar in Health Science (3 Credits)**

**Requisite(s):** Senior Standing, Co-req HS-4350;

Integrating theory and practical experiences in health promotion, this seminar allows in-depth exploration of issues of importance to the field. Completion of a thesis paper and oral presentation encompass the major work in this course.

**Typically offered:** Fall Only

**HS-5420 Healing in a Cultural Context (3 Credits)**

This course is an interdisciplinary exploration of the interface of medical sciences and spiritual healing arts. It begins with very early attempts of human beings to explain illness and death and to intervene, then traces that process to the present. The course investigates medical, surgical, spiritual, and psychological interventions within their cultural contexts.

Topics include Chinese medicine, Native American healing, and the phenomenon of miracle cures. Open to Honors students only.

**Typically offered:** As Needed