

## Health Sciences Degree Program

### Course Descriptions

#### **FIRST BLOCK (15 credit hours)**

<b>HSHS 3000</b> – Introduction to Healthcare Professional Practice (3hr) - An introduction to healthcare professions and the various elements and components of each healthcare profession that makes it unique. Students are provided with information necessary to find employment in each healthcare profession. Emphasis will include training requirements, job responsibilities, salaries, and elements specific to each health profession.
<b>HSHS 3100</b> – Structural Kinesiology (3hr) - Basic physical concepts as they apply to human movement are explored. Structural anatomy, neuromuscular physiology, and biomechanical principles as they apply to human movement are emphasized.
<b>HSHS 3600</b> – Medical and Healthcare Terminology (3hr) - An introduction to healthcare documentation and medical terminology. Medical Coding will also be introduced.
<b>HSHS 3700</b> – Principles of Pharmacology and Diagnostic Testing (3hr) - This course offers a concise introduction to pharmacological concepts for students in healthcare professions. Emphasis will include effects, indications, contraindications, and adverse effects. The course will also focus on common imaging modalities and their use in assessing, monitoring, and treating conditions seen by healthcare professionals.
<b>HSHS 3900</b> – Current Trends and Issues in Healthcare (3hr) - An exploration of current issues and trends in healthcare to include issues across the lifespan.

#### **SECOND BLOCK (15-16 credit hours)**

<b>Concentrated Electives (3-4hr)</b> (*Suggested – Could be or could have been taken in another semester or at another time)
<b>NUTR 3100</b> – Applied Nutritional Science (3hr) or <b>NUTR 3200</b> – Nutrition in Health and Human Performance (3hr) or <b>NUTR 3300</b> – Nutrition, Fitness, and Health (3hr) -
<b>HSHS 3300</b> – Health Assessments and Promotion (3hr) - This course is an introduction to the process of systematic and comprehensive health data collection and assessment across the lifespan. Emphasis is placed on strategies for interpersonal communication as well as gathering and assessment of data from examination techniques. Also focuses on the examination of a patient's health risk and provision of interventions to promote healthy lifestyle behaviors and disease prevention.
<b>HSEP 3360</b> – Epidemiology (3hr) – Introduction to the distribution and determinants of chronic diseases in the population. Causal relationships laying the groundwork for programs of prevention and control emphasized. Commonly used epidemiological statistics and research methods are discussed.
<b>HSHS 4300</b> – Professionalism and Healthcare (3hr) - The course provides students with information related to identifying and developing professional behaviors in healthcare professions. Information regarding assessing professional behavior and challenging unprofessional behavior will be addressed.

#### **THIRD BLOCK (14-15 credit hours)**

<b>Concentrated Electives (5-6hr)</b> (*Suggested – Could be or could have been taken in another semester or at another time)
<b>HSHS 3350</b> – Medical Disease and Illness (3hr) - This course is a survey of disabilities, illnesses, and medical conditions across the lifespan. Emphasis is placed on the signs, symptoms, assessments, treatments, and preventative techniques associated with specific illnesses and medical conditions. In addition, course content will also focus on current information provided by the most recent Healthy People data.
<b>HSHS 4100</b> – Fitness and Strength and Conditioning Techniques (3hr) - A survey of the mechanisms by which the body responds, reacts, and adapts to physical exercise. Includes a study of how to select, apply, gather, assess, and interpret data from physical assessments related to performance. In addition, the course provides knowledge about selection, application, and progression of fitness, strength, and conditioning techniques to improve performance.

**HSHS 4500** - Communication and Cultural Competence in Healthcare (3hr) - Introduces students to the fundamental principles for the effective communication with patients, families, and significant others of the patient. The course focuses on patient-centered approaches for promoting, improving, and maintaining dialogue with patients. Effective communication has been shown to be central to patient satisfaction, professional satisfaction, patient adherence to treatment plans, and positive outcomes for the patient. Additional exploration of how cultural backgrounds of patients and providers impact the healthcare encounter. Examines how clinical healthcare settings and organizations can act as barriers to providing effective services to diverse communities.

**FOURTH BLOCK (15 credit hours)**

**HSHS 3800** – Evidence Based Practice in Healthcare (3hr) - An introduction to various essential concepts and components associated with the evidence-based practice process in health related professions.

**HSHS 4000** – Legal and Ethical Concerns for Healthcare Professionals (3hr) – An introduction to the legal and ethical concerns healthcare professionals will encounter within various employment settings.

**HSHS 4050** – Principles of Musculoskeletal Evaluation (3hr) - Examination of commonly occurring musculoskeletal injuries and conditions common in a physically active population.

**HSHS 4650** - Exercise Programming (3hr) - This course focuses on the selection and application of exercise prescriptions for patients across the lifespan, including those with disease and illness. Emphasis is placed on creating an exercise prescription that is based on the patient's current health status, goals, and applied health tests and measurements.

**HSHS 4800** – Principles of Therapeutic Intervention (3hr) - An introduction to basic rehabilitation principles in healthcare professions.