

HEALTH SCIENCES (HSC)

HSC1000 INTRODUCTION TO HEALTH SCIENCE (3.00 Credits)

This course is designed to provide students who are interested in health careers with an opportunity to explore the basic concepts surrounding professions related to this field. Topics covered in this course include understanding various career pathways in the health field, appreciating cultural diversity, reviewing facilities related to the healthcare profession, understanding health insurance, valuing ethics in healthcare, and other relevant topics included in an overview of the health careers.

Total Contact Hrs: 48.00

Lecture Hrs: 48.00

HSC1149 PHARMACOLOGY (2.00 Credits)

A course designed to introduce the Nursing student to the essential concepts and principles of pharmacology. Included are the concepts of pharmacokinetics and pharmacotherapeutics. There is an emphasis on the application of the nursing process as a practical organizational tool utilized in the care of the patient receiving pharmacological agents.

Total Contact Hrs: 32.00

Lecture Hrs: 32.00

HSC1171 STRESS MANAGEMENT (3.00 Credits)

Explore the nature and scope of stress in today's society, with emphasis on the impact of stress on human health. This course exposes students to a holistic approach to stress management. The course will review the definition of stress and the physiological response to stressors. Students will examine the stress response, sources of stress, and the negative impacts stress can have on health. Students will investigate healthy coping techniques and explore the hallmarks of emotional wellbeing. In this course, students can expect to evaluate their current stress levels and coping mechanisms and practice various relaxation techniques used to counter the negative effects stress can have on physiological health. Students will learn the basic principles, theories, coping skills and relaxation techniques to effectively manage personal stress.

Total Contact Hrs: 48.00

Lecture Hrs: 48.00

HSC1531 MEDICAL TERMINOLOGY (3.00 Credits)

HSC 1531 provides a broad survey of the language of medicine and health technologies. Emphasis is placed primarily on the building of medical terms from word parts. The course is intended to be the foundation of a working medical vocabulary for individuals preparing for careers in both the health professions and other areas in which this knowledge is essential.

Total Contact Hrs: 48.00

Lecture Hrs: 48.00

HSC2100 PERSONAL AND COMMUNITY HEALTH (3.00 Credits)

This course explores the fundamental principles of individual and community health with an overall emphasis on health awareness and education. The course material will cover: personal health behaviors and medical prevention including insurance and health care services; nutrition; weight management; exercise for health; cardiovascular health; stress; mental health; family planning; infectious diseases; drugs and alcohol; environmental health; cancer; and the aging process.

Total Contact Hrs: 48.00

Lecture Hrs: 48.00

HSC2400 FIRST AID AND SAFETY (3.00 Credits)

Accepted practices and training in first aid care of the injured and medical self help for survival in emergencies. Course includes suggested procedures effective until adequate medical assistance can be obtained. Principles of safety problems and accident prevention are included. Elective credit only.

Total Contact Hrs: 48.00

Lecture Hrs: 48.00

HSC2577 PRINCIPLES OF NUTRITION FOR HEALTH, FITNESS, & SPORT (3.00 Credits)

The fundamentals of nutrition are explored, emphasizing the biochemical and sport physiological mechanisms of digestion, absorption, metabolic pathways, energy requirements, and nutritional status. It provides students with an understanding of nutrients and their roles in the body while examining current issues in food science. An emphasis is placed on promotion of growth and health by examining weight control, disease prevention, food safety, and planning a healthy diet.

Total Contact Hrs: 48.00

Lecture Hrs: 48.00

HSC2669 PREVENTION AND COMMUNITY HEALTH (3.00 Credits)

This course serves as an introduction to prevention methods in public health. This course is designed to provide an overview of the three primary levels of prevention: primary, secondary, and tertiary prevention. Including discussion of community health primarily from the perspective of leading causes of disease and death in the United States. Exploration of the impact of environment, behavior, and disease, including prevention and treatment strategies, on human health, public resources, and quality of life for society.

Total Contact Hrs: 48.00

Lecture Hrs: 48.00

HSC2810 HEALTH NAVIGATOR PRACTICUM (3.00 Credits)

The Health Navigator practicum course is designed to provide practical field knowledge. The course consists of 102 hours, 70 hours will be dedicated to internship and 32 hours will be dedicated to coursework.

Total Contact Hrs: 102.00

Other Hrs: 102.00

Complete all the courses in the following option:

- Option 1 - Prerequisite: HSA2010 and HSC1000 and HSC1531 and HSC2669