Health Sciences Courses

Courses

HSCI 1301. Fnd. of Hlth Sci. & Hlth Promo.
Foundations of Health Science and Health Promotion (3-0) Provides information essential to understanding factors that affect human health: health determinants, health indices, health behavior change theories, ethical issues and societal trends. Investigates professional practice settings, health professions, roles and functions of health professionals and professional health organizations. Visits to community health work sites may be required.
3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours

HSCI 1318. Wellness of the Young Child.
HSCI 1318: Wellness of the Young Child (TCCN TECA 1318) A study of the factors that impact the well-being of young children, including healthy behavior, food, nutrition, fitness, and safety practices. Local and national standards and legal implications of relevant policies are included. Course includes 15 hours of field experience.
3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours

Fundamentals of Nutrition (3-0) (Common Course Number BIOL 1322) Includes a study of the nutrients and their sources, their metabolic functions and effects of wellbeing and health problems; also the components of adequate diets and local, national and world nutritional problems.
3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours

Prerequisite(s): (BIOL 1305 w/C or better)

HSCI 2303. Wellness Dynamics.
Wellness Dynamics (3-0) Study of the concept of wellness and its components; self-assessment of current health status and application of course content to develop an individual lifetime plan for improvement of health and promotion of personal wellness. Course fee required.
3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours

HSCI 2309. First Aid & Safety Practices.
First Aid and Safety Practices (3-0) (Common Course Number PHED 1306) Current practices in first aid, reaction to life threatening situations, treatment of typical minor injuries in recreational activities, safety practices, and risk management to reduce accidents. Equipment maintenance fee required.
3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours
HSCI 3301. Community Health.
Community Health (3-0) Study of international, national, state, and local health problems and the governmental and voluntary health agencies which deal with these problems. Incidence and prevalence of specific community health problems and diseases; solutions suggested through coordinated efforts of school, health, and welfare organizations. Field work may be required.

3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours

HSCI 3302. Computer Syst for Hlth Profess.
Computerized Systems for Health Professionals (2-2) Focuses upon skills and knowledge required of a professional in Health Sciences. Application of computers to gather, organize, and distribute health resources; apply computer assisted communication techniques and computer applications in data collection, analysis, and reporting in the Health Sciences.

3 Credit Hours
4 Total Contact Hours
2 Lab Hours
2 Lecture Hours
0 Other Hours

Current Health Issues and Problems (3-0) Current scientific findings regarding contemporary health problems and current trends associated with the promotion of health. May include the study of factors related to mental-emotional health; stress; stress management; suicide; development of self-esteem; consumer health and health services; and international health and border health concerns.

3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours

Prerequisite(s): (HSCI 1301 w/D or better)

HSCI 3304. Health Perspectives in Aging.
Health Perspective in Aging (3-0) Examination of the lifelong aging process (physical and emotional) and health factors affecting the elderly. Course content includes theories of aging, health maintenance and alternatives to institutionalization.

3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours

HSCI 3305. Substance Abuse.
Substance Abuse (3-0) Pharmacological, psychological, and sociological effects of drug abuse on the individual and society. Emphasizes individuals' responsibility in regard to peer pressure, self-esteem, decision-making and communication. Field trips may be required.

3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours

HSCI 3306. Environmental Health.
Environmental Health (3-0) Examination of the environment and its relationships to disease causation. Discussions on the physical, chemical, biological and behavioral-sociological factors of man's environment. Emphasizes the principles and concepts of environmental health and environmental health hazards. Field trips may be required.

3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours
HSCI 3307. Death, Dying and Bereavement.
Death, Dying, and Bereavement (3-0) Concepts, attitudes, ethics and lifestyles management related to dying, death, grief and bereavement. The course provides in-depth knowledge of the medical, financial, physical, legal and social implications of death and dying as related to health promotion and wellness.
3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours

HSCI 3308. Disease Characteristics/Prevention/Control.
Disease Characteristics, Prevention and Control (3-0) Study of the nature, prevention, treatment and control of common communicable and non-communicable human disease; examination of cultural, social, behavioral, biological and environmental factors involved in promoting health and preventing disease.
3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours
Prerequisite(s): (BIOL 2313 w/C or better ) AND (HSCI 3301 w/C or better ) AND (MATH 1320 w/C or better ) OR (MATH 1508 w/C or better ) OR (MATH 1411 w/C or better ) OR (MATH 1312 w/C or better ) OR (MATH 2313 w/C or better ) OR (MATH 2326 w/C or better ) OR (MATH 2301 w/C or better ) OR (BANM score between 4 and 5 ) OR (ACCL score between 081 and 120 AND BANM score between 4 and 5 ) OR (BANM score between 4 and 5 AND EPCM score between 081 and 120 ) OR (MATH 1411A w/C or better AND MATH 1411B w/C or better AND MATH 1411C w/C or better ) OR (MATH 1508A w/C or better AND MATH 1508B w/C or better AND MATH 1508C w/C or better ) OR (SXDG score of 1 ) OR (SXMA score of 1 ) OR (SXMN score of 1 ) OR (SXOI score of 1 ) OR (SXTR score of 1)

HSCI 3311. Introduction to Epidemiology.
Introduction to Epidemiology (3-0) Provides the health care professional with an understanding of the disease process from an epidemiologic and community health point of view. Basic concepts of the science of epidemiology presented with emphasis placed upon preventive health behavior.
3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours
Prerequisite(s): (HSCI 3308 w/C or better ) AND (PSYC 1303 w/C or better ) AND (MATH 1320 w/C or better ) OR (MATH 1508 w/C or better ) OR (MATH 1411 w/C or better ) OR (MATH 1312 w/C or better ) OR (MATH 2313 w/C or better ) OR (MATH 2326 w/C or better ) OR (MATH 2301 w/C or better ) OR (BANM score between 4 and 5 ) OR (ACCL score between 081 and 120 AND BANM score between 4 and 5 ) OR (BANM score between 4 and 5 AND EPCM score between 081 and 120 ) OR (MATH 1411A w/C or better AND MATH 1411B w/C or better AND MATH 1411C w/C or better ) OR (MATH 1508A w/C or better AND MATH 1508B w/C or better AND MATH 1508C w/C or better ) OR (SXDG score of 1 ) OR (SXMA score of 1 ) OR (SXMN score of 1 ) OR (SXOI score of 1 ) OR (SXTR score of 1)

HSCI 3312. Theories & Meth of Hlth Behav.
Theories and Methods of Health Behavior Change (3-0) An introduction to the issues and techniques of health behavior change. Examines various approaches of motivating and maintaining positive behavior change. Includes discussion of the major behavioral theories.
3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours

Foundations of Global Health.
3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours
HSCI 3315. Research For The Health Prof.
Research for the Health Professional (3-0) Introduction to basic research concepts and processes which enable health professionals to use and participate in health science research. Includes associated legal, ethical and moral issues.
3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours
Prerequisite(s): (HSCI 3301 w/C or better ) AND (PSYC 1303 w/C or better)

HSCI 3316. Community Nutrition.
Community Nutrition (3-0) Introduction to the role of nutrition in promoting, maintaining, and improving the health of the community. Includes nutritional studies of groups and community resources and programs providing nutritional services. Analysis of nutrition problems and practices in the community with emphasis on underserved populations. Development of nutrition policy and legislation and ethical and legal issues in nutrition practice. Field trips may be required. Prerequisite HSCI 2302 with a grade of "C" or better.
3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours
Prerequisite(s): (HSCI 2302 w/C or better)

This course addresses the importance of the role of the health care practitioner in promoting positive health and safety culture in the workplace, and although it is mainly intended for students pursuing a health related degree, its multidisciplinary approach can fit most degree plans. It introduces the student to the general principles and concepts of occupational health and safety and its application for the prevention of injury and disease, as well as the application of public health concepts for the promotion of health and protection of worker populations from environmental hazards.
3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours

HSCI 3320. Selected Topics in HSCI.
Selected Topics in Health Science (3-0) Topics not included in or going beyond the regular offerings. May be repeated for credit.
3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours

HSCI 3322: Sports Nutrition (3-0) Focuses on the role of nutrition in physical performance of competitive and recreational sports participants. Emphasis is on athlete nutritional needs during training, before/during/after competition, maximizing athletic performance based on fuel sources, hydration importance, analysis of ergogenic aids, athlete eating disorders, athlete meal plan analysis and nutritional advice for special populations, like adolescents and vegetarians.
3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours
Prerequisite(s): (HSCI 2302 w/C or better)
HSCI 3323: Nutrition Throughout the Life Cycle (3-0) Provides a comprehensive look at the nutritional needs and changes of people in the various stages of life, such as, pregnancy and lactation, infancy, childhood, adolescence, adulthood and aging with emphasis on factors influencing normal growth and development.
3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours
Prerequisite(s): (HSCI 2302 w/C or better)

HSCI 3395. Seminar in Global Health.
Seminar in Global Health.
3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours
Prerequisite(s): (HSCI 3306 w/B or better AND HSCI 3311 w/B or better AND HSCI 3312 w/B or better AND HSCI 3313 w/B or better)

HSCI 4101. Health Ed Elem Schl Teach Lab.
The Health Education for Elementary School Teachers Laboratory (0-3) focuses on the identification and study of current health concerns, principles and practice of teaching health, selection and implementation of effective instructional strategies, investigation of the coordinated school health program, curriculum development, and evaluation of instruction and the school health program.
1 Credit Hour
3 Total Contact Hour
3 Lab Hour
0 Lecture Hour
0 Other Hour
Major Restrictions:
Restricted to majors of APLE,HPRO,IDST,PH
Classification Restrictions:
Restricted to class of JR,SR

HSCI 4201. Hlth Ed for Elem Sch Teachers.
Health Education for Elementary School Teachers (1-2) This course focuses on the identification and study of current health concerns, principles and practice of teaching health; selection and implementation of effective instructional strategies; investigation of the coordinated school health program; curriculum development; and evaluation of instruction and the school health program.
2 Credit Hours
3 Total Contact Hours
2 Lab Hours
1 Lecture Hour
0 Other Hours

Teaching Health in Secondary Schools (3-0) Overview of both traditional and innovative teaching methods, materials and resources in middle and secondary schools. Responsibilities of schools for curriculum development and instruction; adolescent health problems and their relationship to instruction. Practice of effective teaching techniques. Field experience required.
3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours
HSCI 4303. Family Life & Human Sexuality.
Family Life and Human Sexuality (3-0) Study of sexuality as an aspect of health; examination of society's beliefs and attitudes; the responsibility for
sexual behavior as it relates to family values.
3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours

HSCI 4304. Public Health Administration.
Public Health Administration (3-0) Study of basic principles, theories and practices of public health administration. Emphasizes the development and
organization of health programs from voluntary and official agencies to meet community health needs.
3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours
Prerequisite(s): (HSCI 1301 w/C or better)

Health Concerns of Pre-Adolescents and Adolescents (3-0) Addresses major health problems, health risks, transitions and lifestyle choices of pre-
adolescents and adolescents.
3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours

HSCI 4307. Hlth Promo Plan & Implement.
Health Promotion Planning and Implementation (3-0) Explores major components of health promotion program planning and implementation.
Emphasizes the utilization of various planning models and intervention strategies necessary to plan and implement health education and health
promotion programs.
3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours
Prerequisite(s): (HSCI 1301 w/C or better)

HSCI 4308. Independent Study in Health.
Independent Study in Health (0-0-3) Independent study of a designated health problem or health education issue, or trend.
3 Credit Hours
3 Total Contact Hours
0 Lab Hours
0 Lecture Hours
3 Other Hours

HSCI 4309. Program Eval in Health Science.
Program Evaluation in Health Science (3-0) An introduction to the issues, problems, and techniques involved in evaluation of health promotion and
health education programs.
3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours
Prerequisite(s): (HSCI 3315 w/C or better ) AND (HSCI 4307 w/C or better)
HSCI 4311. Community Health Education.
Community Health Education (3-0) Emphasizes contemporary theories, methods, materials used in wellness intervention, health promotion, and health education programs in the community. Field experience required.

3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours
Prerequisite(s): (HSCI 1301 w/C or better)

HSCI 4312. Grant Writing in Hlth Profess.
Grant Writing in Health Professions (3-0) The course addresses all aspects of grant proposal preparation and submission, including locating funding sources, formulating a budget, and developing and writing the proposal.

3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours
Prerequisite(s): (HSCI 4307 w/C or better AND HSCI 4309 w/C or better)

HSCI 4322. Nutritional Assesment.
Nutritional Assessment Includes the study of the methods to accurately assess the nutritional status at the individual and population wide levels and introduces the practical application of these concepts in health and disease. Students conduct nutritional assessment using a variety of methods including dietary food records, anthropometry, and biochemical methods.

3 Credit Hours
3 Total Contact Hours
0 Lab Hours
3 Lecture Hours
0 Other Hours

Classification Restrictions:
Restricted to class of JR,SR
Prerequisite(s): (HSCI 2302 w/C or better)

HSCI 4600. Practicum in Community Health.
Individually arranged practicum with a community health agency providing a minimum of 320 hours of experience and 15 hours of seminar. Supervised by university faculty and personnel from the health agency. Students typically take the course in the last semester before graduation.

6 Credit Hours
21 Total Contact Hours
0 Lab Hours
1 Lecture Hours
20 Other Hours
Prerequisite(s): (HSCI 4307 w/C or better ) AND (HSCI 4309 w/C or better ) AND (HSCI 4311 w/C or better)