

HEALTH SCIENCE (HS)

HS-101 INTRO TO HEALTH SCIENCE (3 Credits)

An introductory course for Health Science majors that will explore the concepts surrounding careers in allied health. Topics within the course will focus on medical terminology, communication, ethics, introduction to anatomy and physiology, the US healthcare system, professional dispositions and career options.

HS-102 MEDICAL TERMINOLOGY (1 Credit)

An introductory course that includes the etymology, definitions and abbreviations in medical terminology. Students will learn how to combine the words through prefixes, suffixes, and root elements. The language of healthcare will be connected with the appropriate body system to enhance student's knowledge.

HS-107 HEALTH-RELATED FITNESS/WELLNES (3 Credits)

This course offers an in-depth look into five components of health-related physical fitness and their relationship to the development of personal fitness and wellness. The focus will be on principles of training, health assessment and nutrition trends related to performance and health.

HS-201 Research Methods in Health (3 Credits)

An introductory course in research methodology which provides the essentials of research design, methods, and data collection for students entering a career in the health professions. Quantitative, qualitative, mixed methods and community-based research, along with the attributes of each, will be discussed. The focus will be on the evaluation of the components of a research study in order for students to develop the skills necessary to implement their own independent research.

Corequisite(s): HS-101

HS-301 EPIDEMIOLOGY (3 Credits)

Epidemiology is an exploratory course in the distribution and determinants of health/illnesses and how to prevent or control these issues. This course will introduce students to the history, principles and methods used in epidemiology.

Corequisite(s): MATH-107, HS-101, HS-201

HS-309 NUTRITION (3 Credits)

Scientific concepts and principles of nutrition related to the macronutrients, digestion/absorption, behavior change, diseases/disorders related to nutrition, and how to develop nutrition plans that promote health and wellness will be discussed.

HS-314 EXERCISE PHYSIOLOGY (3 Credits)

Physiological principles based on the adjustment of the human to exercise are studied with emphasis on neuromuscular activity, circulation, respiration, metabolism, fatigue and fitness.

Corequisite(s): Take BIO-211 and BIO-212

HS-314L EXERCISE PHYSIOLOGY LAB (1 Credit)

Application of physiological principles based on the adjustment of the human to exercise are studied with emphasis on neuromuscular activity, circulation, respiration, metabolism, fatigue and fitness.

Prerequisite(s): Take BIO-211 BIO-212

HS-401 SEMINAR: CURRENT TOPICS IN HEALTH SCIENCE (3 Credits)

This is a capstone course where students will reflect on their learning and educational experiences in health science through critical discussions of contemporary health issues.

Corequisite(s): HS-101

HS-413 INTERNSHIP (3 Credits)

This course provides students with opportunities to do internships in fields related to physical education, sport studies or health-related professions.

Restrictions: RG.45+