HSC: Health Science Courses

Courses

HSC 2100  Personal Health
3 sh (may not be repeated for credit)
Provides information on personal health issues from which students may base current and future decisions regarding their health and wellness. To promote an environment where effective decision making skills can be acquired through structured group interaction.

HSC 2130  Sex & Booze: A Peer Health Education Course
3 sh (may not be repeated for credit)
Educates and trains students in assessing college life health issues and experiences among peers utilizing an active learning approach in order to educate college students on issues such as peer education, leadership, alcohol misuse/abuse prevention, sexual assault prevention, healthy relationships, and sexual health responsibility. Participation in the course will equip students with vital knowledge and skills needed for their experience as, and interactions with, college students. Students should also expand their abilities for developing and providing useful presentations and expertise in offering feedback and resources for issues affecting UWF peers. The material will help to build a team environment and leadership skills.

HSC 2577  Principles of Nutrition
3 sh (may not be repeated for credit)
The fundamentals of nutrition are explored, emphasizing the biochemical and 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.

HSC 2622  Introduction to Global Health Sciences
3 sh (may not be repeated for credit)
This health sciences course considers the influence of factors such as access to healthcare, biology, infectious diseases, societal status, culture, the environment, and the management of healthcare resources, on the well-being of people around the globe. The course will also examine the role of equity, social justice, and ethics in healthcare. Case studies demonstrating how various actors have cooperated across national borders to solve problems like pandemics, healthcare access challenges and disease eradication will be analyzed. Students will integrate ideas from different disciplines to identify problems affecting society in the international context. Meets Multicultural Requirement.

HSC 3032  Foundations in Health Education
3 sh (may not be repeated for credit)
Explores the philosophy and principles that provide the foundations of health education as an academic discipline and as a profession. Emphasis will focus on health education in our society, theoretical basis, settings, ethical issues, current issues, marketing, planning and future outlook in the field.

HSC 3034  Current Issues in the Health Sciences
3 sh (may not be repeated for credit)
Introduces the student to current regional, state, national and international trends and issues in the health sciences. This course will provide an overview of the field of health sciences and numerous healthcare related topics.

HSC 3147  Pharmacology for Health Professionals
3 sh (may not be repeated for credit)
This course will focus on the general principles of drug action and pharmacology of therapeutic agents. The general principles of pharmacology, including drug absorption, distribution and metabolism along with receptor theory will be covered. The course will also focus on mechanism of action of specific drug classes and their effective use in different diseases.

HSC 3406C  Advanced First Aid and Emergency Care
3 sh (may not be repeated for credit)
Study and practice of standard first aid procedures which are essential for survival in emergency and disastrous situations. Cardiopulmonary resuscitation method will be included. Red Cross certification will be available to students who meet current standards. Material and supply fee will be assessed.

HSC 3510  Data Analysis in the Health Sciences
3 sh (may not be repeated for credit)
Prerequisite: STA 2023
This course focuses on the application of computer technology and software in conducting analysis of data, including how to retrieve, clean, organize, and analyze data using computational methods, as well as report findings using existing general purpose software. Additionally, students will acquire skills in data presentation through using tables, charts, and written reports. All students must complete STA 2023 or equivalent prior to taking HSC 3510.

HSC 3535  Medical Terminology
3 sh (may not be repeated for credit)
This course is designed to familiarize students with the vocabulary used in the medical and health professions. Students will employ a systematic, word-building approach to master the complex terminology of the medical field. An emphasis is placed on word dissection of compound medical terms and inferring word meanings from their prefixes, suffixes, and stem words. Credit may not be received in both HSC 3535 and HSC 3534.

HSC 3555  Pathophysiology
3 sh (may not be repeated for credit)
Prerequisite: (BSC 1085 AND BSC 1086) OR PCB 4703 OR PCB 3097/L OR PCB 4098/L
Disease as an abnormal biological process. Selected physiological processes and basic concepts of body response to pathology will be explored. Approach appropriate to students of nursing, allied health, medicine, and biology. Recommended prerequisite; one course in anatomy and physiology.

HSC 3905  Directed Study
1-12 sh (may be repeated indefinitely for credit)
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits (may not be repeated for credit)</th>
<th>Description</th>
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<tbody>
<tr>
<td>HSC 4050</td>
<td>Health Sciences Research Seminar</td>
<td>3</td>
<td>This capstone course will focus on contemporary research in the health sciences. The course will cover topics such as the scientific method, research study designs, critical evaluation of the literature, technical writing, research ethics, data collection, and analysis. As part of an ongoing semester project, students will design a research proposal on a specific topic in health. A capstone exam will be given.</td>
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<tr>
<td>HSC 4104</td>
<td>Health Aspects of Stress Management</td>
<td>3</td>
<td>A study of physiological, psychological, and sociological aspects of stress as related to overall health. Anger, fear, and depression and their underlying mechanisms related to the stress response on health and disease will be examined. Emphasis is on identification of stressors, methods of prevention and coping strategies. Group activities and individual assignments provide opportunities for personal analysis.</td>
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<tr>
<td>HSC 4120</td>
<td>Consumer Health Education</td>
<td>3</td>
<td>Enables students to make intelligent decisions about the health care marketplace. Basic information regarding health care products, services and consumer protection will be of central focus.</td>
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<tr>
<td>HSC 4133</td>
<td>Health Aspects of Human Sexuality</td>
<td>3</td>
<td>A study of physical, mental, emotional, social, and psychological phases of human sexuality as they are affected by male and female relationships. Emphasize a holistic perspective on sexuality. Lectures by the instructor and experts from the community will provide an overview of the major issues in sexuality. Assigned readings will provide detailed information. Group activities and individual assignments will provide opportunities for personal analysis and growth with regard to a wide variety of topics.</td>
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<tr>
<td>HSC 4143</td>
<td>Drugs in Society</td>
<td>3</td>
<td>Provides students with knowledge of the use and abuse of drugs in American contemporary society. Emphasis on the physiological, psychological, and sociological effects of drug use and abuse on personal and community health. Concepts of prevention, education and control will be covered. Material and Supply Fee will be assessed.</td>
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<td>HSC 4211</td>
<td>Human Environmental Health</td>
<td>3</td>
<td>An online course with an overview of major environmental issues facing society at the dawn of the 21st century. Ecological concerns will be matched with specific elements related to personal and community health, emphasizing the interrelatedness of the two and conveying an awareness of how current environmental issues directly affect your own life.</td>
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<tr>
<td>HSC 4300</td>
<td>Changing Health Behaviors</td>
<td>3</td>
<td>Designed to acquaint students with a general theory of behavior, guide them through exercises for developing skills in self-analysis, and to provide information on how to achieve individual behavior change goals. Students will learn techniques for developing community-based health behavior change programs and employ coping skills for personal problem solving.</td>
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<tr>
<td>HSC 4404</td>
<td>Medical Disaster Management</td>
<td>3</td>
<td>Introduces students to facets of natural and technological disasters while integrating public health research designs and practices. Class lectures and discussions utilize recent and historical case studies as a basis for developing the critical thinking and leadership skills needed by healthcare professionals in crisis situations. International, domestic, and regional settings are addressed, as well as the social, economic, and political aspects of disaster planning, preparedness, and mitigation. Basic public health concepts and methodologies as they relate to course material. Permission is required.</td>
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<tr>
<td>HSC 4500</td>
<td>Epidemiology</td>
<td>3</td>
<td>A study of the factors determining and influencing the frequency, distribution, and causes of diseases and other events that impact the health and safety of the human population. Programs and strategies to prevent and control such events and diseases will be explored.</td>
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<tr>
<td>HSC 4551</td>
<td>Communicable and Degenerative Diseases</td>
<td>3</td>
<td>Designed to explore the basic concepts and principles of the disease process including history and classification. Emphasis will be upon etiology, origin, symptoms, treatments, prevention, host, agent, and environmental factors affecting occurrence, prevention, and control. Offered concurrently with HSC 5552; graduate students will be assigned additional work. Junior / Senior status required.</td>
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<tr>
<td>HSC 4572</td>
<td>Nutrition and Health</td>
<td>3</td>
<td>A study of the principles of nutrition science as applied to daily living. Topics include the six major nutrients: carbohydrates, lipids, proteins, vitamins, minerals, and water. Course also examines nutrition standards, Dietary Guidelines, digestive process, energy balance, nutrition controversies, and health educator's scope of practice related to nutrition education and counseling. Previous courses in nutrition, anatomy, physiology, or biology are highly recommended. Material and Supply Fee will be assessed.</td>
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<tr>
<td>HSC 4581</td>
<td>Health Promotion and Planning</td>
<td>3</td>
<td>Practical application of theory, models, principles, and practices of health promotion, planning, and implementation. Experiential activity includes creating a health promotion program incorporating: developing and administering a needs assessment, applying a behavioral and environmental assessment, writing goals and measurable objectives, marketing the program, presenting the health program, evaluating the program.</td>
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HSC 4583  Theoretical Foundations of Health Promotion and Planning
3 sh (may not be repeated for credit)
A comprehensive overview and analysis of theory, models, principles, and practices of health education and promotion planning and implementation. Topics for discussion include health promotion and a framework for planning, social assessment and participatory planning, epidemiological assessment, behavioral and environmental assessment, educational and ecological assessment, administrative and policy assessment, evaluation and applications in community, occupational, school, and health care settings.

HSC 4584  Health Promotion Strategies and Funding
3 sh (may not be repeated for credit)
This course will explore, develop, analyze, and apply strategies to promote health in communities. Emphasis will be placed on community organization, coalition building, curriculum development, communication theory and technology, social marketing, mass media and ecological models. Students will conduct critical analysis of interventions that implement each strategy through systematic analysis of public health literature. Grant funding strategies will be addressed.

HSC 4633  Current Issues in Health Promotion
3 sh (may not be repeated for credit)
A study of current and emerging health issues affecting communities on a local and global level. Health promotion programs, approaches, and measures will be examined. Emphasis will be placed on environment, health care, behavioral health, lifestyle factors, social determinants of health, and communicable diseases. This course is designed to provide a comprehensive overview of fundamental research tools, methods, and concepts for assessing health promotion issues.

HSC 4658  End-of-Life Ethics
3 sh (may not be repeated for credit)
An examination of key issues and cases in end-of-life ethics. Credit may not be received in both HSC 4658 and HSC 4654.

HSC 4730  Research Methods and Evaluation in Health Promotion
3 sh (may not be repeated for credit)
A comprehensive analysis and application of research methods and evaluation for health education and promotion practices. Students will establish or advance their understanding of research and evaluation in health promotion through critical exploration of terminology, ethical considerations, and methodology. Quantitative, qualitative, and mixed research methods will be explored and applied. Students will be provided with opportunities for practical application of evaluation design and implementation. Data will be analyzed, interpreted, and presented paralleling current health promotion professional practices.

HSC 4905  Directed Study
1-12 sh (may be repeated indefinitely for credit)

HSC 4910  Senior Capstone Experience in Health Promotion
1-6 sh (may not be repeated for credit)
Prerequisite: HSC 4581
This capstone experience for Health Promotion majors provides opportunities for students to put theory into practice through active participation and class participation. Students are supervised by practitioners in a health promotion. Departmental permission will be required.

HSC 4940  Internship
1-6 sh (may not be repeated for credit)
Placement in an appropriate agency or organization for the purpose of gaining some experience in the field. Faculty and agency personnel will supervise the student as the student participates in a wide range of services available in the setting. Goals and objectives will be planned by the student, instructor and agency supervisor. Reports will be required on a regular basis with a final report and oral interview. Permission is required.

HSC 5205  Public Health Preparedness
3 sh (may not be repeated for credit)
Introduces types of disasters, the national incident management systems and its role in disaster planning, prevention, and mitigation. The structure and organization of medical disaster response, exercises, emergency communication, rapid health assessment, surveillance, and triage. Introduces the public health role in responding to chemical, biological, disease, radiological, nuclear, and explosive incidents. Also covers social/mental health, environmental services, ethical, and legal issues in disasters. Introduces evaluation methods for assessing the medical and public health responses.

HSC 5506  Advanced Epidemiology
3 sh (may not be repeated for credit)
Examines the use of epidemiological procedures as they apply to community health planning. Emphasis is placed on the application of epidemiological concepts in determining the effectiveness of current and potential medical and public health interventions.

HSC 5552  Communicable and Degenerative Diseases
3 sh (may not be repeated for credit)
Designed to explore the basic concepts and principles of the disease process including history and classification. Emphasis will be upon etiology, origin symptoms, treatments, prevention, host, agent, and environmental factors affecting occurrence, prevention, and control. Offered concurrently with HSC 4551; graduate students are assigned additional work. Upper division or graduate status is required.

HSC 5905  Directed Study
1-12 sh (may be repeated indefinitely for credit)

HSC 6037  Philosophical Foundations of Health Education
3 sh (may not be repeated for credit)
High-order philosophical, ethical, and theoretical foundations of the professional practice of health education are explored. Students will be expected to develop their own philosophical, ethical and theoretical approach(es) to the field after becoming familiar with the peer-reviewed literature related to the health education.

HSC 6135  Health Guidance and Cultural Competency
3 sh (may not be repeated for credit)
The course examines the roles of health educators, health administrators, and other health professionals in providing culturally competent health guidance to consumers of health care. The course provides insight into the history of health care, examination of the culture?3s role in health and healing, current issues, and challenges facing health care in contemporary society. Students will be challenged to integrate research and theory of health communication as they apply concepts related to health communication and cultural competency.
HSC 6206  Health Delivery Systems
3 sh (may not be repeated for credit)
This course explores health care delivery in the United States. Examines health care systems in other countries along with covering topics including American beliefs and values related to health care delivery, evolution of health services in the United States, health service professions, influence of medical technology, and the financing of health services.

HSC 6226  Current Issues in Worksite Wellness
3 sh (may not be repeated for credit)
Foundational course for developing, implementing, and evaluating Worksite Health Promotion (WHP) programs. Current issues related to worksite wellness and health promotion will be discussed and reviewed in detail. Topics include: history of WHP; the health/productivity/cost link; and WHP program framework. Worksite employee issues will be explored including: employee health needs, employee health interests, employee health interests, and accessing employee data. Worksite program goals, policy, implementation, participation generation, and evaluation will be analyzed. Management hierarchy and organizational values will be assessed in relation to building a healthy worksite environment. Funding and resource considerations will be evaluated.

HSC 6528  Prevention of Infectious Diseases
3 sh (may not be repeated for credit)
An overview graduate level course of the methods and strategies for the prevention and control of infectious diseases within a population setting and the application of these tools in public health programs to achieve an epidemiologic impact on disease reduction, elimination or eradication. Methods covered in the course are those applied to population settings and address both vaccine and non-vaccine preventable diseases of public health significance.

HSC 6576  Nutrition Across the Life Cycle
3 sh (may not be repeated for credit)
Nutritional health needs across the life cycle, from preconception to later years are covered. Course emphasizes the critical analysis of each stage of life on nutrition intake, how to meet nutritional needs, and the impact of SES, psychological, and physiological factors on food intake, nutritional status and well being.

HSC 6587  Health Education Program Planning and Evaluation
3 sh (may not be repeated for credit)
This course is designed to prepare the graduate student with the theoretical and practical perspectives of health program planning and evaluation. Emphasis will be placed on the major components of program planning models; needs assessment; priority setting; program goals and objectives; program implementation and evaluation; and budgeting. Additional topics include: ethical issues related to health program planning; multicultural literacy; and grant writing. Graduate standing or permission from Health Education faculty for non-graduate students is required.

HSC 6666  Health Education and Interactive Technology
3 sh (may not be repeated for credit)
This course prepares graduate students in health education/promotion with the knowledge, abilities, and skills to improve the effectiveness of community-based health behavior change strategies utilizing interactive technologies (e.g., Internet, mobile phones, text messaging, virtual reality, & avatars) and social media strategies. These ever-changing technologies and social media platforms provide innovative approaches for health education/promotion professionals to develop, implement, and evaluate theory-based health promotion interventions within community settings.

HSC 6667  Social Marketing in Health Education
3 sh (may not be repeated for credit)
Provides students with an understanding of social marketing definitions, theory, and techniques. Social marketing systematically applies consumer marketing tools to achieve a consumer oriented approach to health program promotion. Students will learn how to segment, reach, and influence target audiences while examining issues such as product planning, pricing, communication, distribution, and market research. As part of this course, students will apply marketing principles to design program messages and materials for behavior change initiatives.

HSC 6905  Directed Study
1-12 sh (may be repeated indefinitely for credit)

HSC 7609  Advanced Theories of Health Behavior
3 sh (may not be repeated for credit)
This course provides an in-depth examination of the psychosocial and behavioral science theories and frameworks related to the study of health behavior. An ecological approach will be used to examine theories at multiple levels of social ecology, focusing on applications that influence translational health and physical activity research.