

# Health Science (HSHS)

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**HSHS 3000. Introduction to Healthcare Professional Practice. 3 Hours.**

Prerequisite: Completion of Progression Requirements of Professional Program and Departmental Approval. Co-requisites: HSHS 3100, 3600, 3700, and 3900. 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.

**HSHS 3100. Structural Kinesiology. 3 Hours.**

Prerequisite: Completion of Progression Requirements of Professional Program and Departmental Approval. Co-requisites: HSHS 3000, 3600, 3700, and 3900. 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.

**HSHS 3300. Health Assessment and Promotion. 3 Hours.**

Prerequisites: Completion of Progression Requirements of Professional Program. Co-requisites: HSEP 3360, HSHS 4300, and NUTR 3100. 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.

**HSHS 3350. Medical Disease and Illness. 3 Hours.**

Prerequisite: Completion of Progression Requirements of Professional Program. Co-requisites: HSHS 4100 and 4500. 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.

**HSHS 3600. Medical and Healthcare Terminology. 3 Hours.**

Prerequisite: Completion of Progression Requirements of Professional Program and Departmental Approval. Co-requisites: HSHS 3000, 3100, 3700, and 3900. An introduction to terminology used in medical and other allied healthcare environments.

**HSHS 3700. Principles of Pharmacology and Diagnostic Testing. 3 Hours.**

Prerequisite: Completion of Progression Requirements of Professional Program and Departmental Approval. Co-requisites: HSHS 3000, 3100, 3600, and 3900. 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.

**HSHS 3800. Evidence Based Practice in Healthcare. 3 Hours.**

Prerequisites: Completion of Progression Requirements of Professional Program. Co-requisites: HCAD 4000, HSHS 4050, 4650, and 4300. An introduction to various essential concepts and components associated with the evidence-based practice process in health-related professions.

**HSHS 3900. Current Trends and Issues in Healthcare. 3 Hours.**

Prerequisite: Completion of Progression Requirements of Professional Program and Departmental Approval. Co-requisites: HSHS 3000, 3100, 3500, and 3700. An exploration of current issues and trends in healthcare to include issues across the lifespan.

**HSHS 4000. Legal and Ethical Concerns for Healthcare Professionals. 3 Hours.**

Prerequisite: Completion of Progression Requirements of Professional Program. An introduction to the legal and ethical concerns of healthcare professionals in various employment settings.

**HSHS 4050. Principles of Musculoskeletal Examination. 3 Hours.**

Pre/Co-requisites: HSHS 3100. Examination of commonly occurring musculoskeletal injuries and conditions common in a physically active population.

**HSHS 4100. Fitness and Strength and Conditioning Techniques. 3 Hours.**

Prerequisites: Completion of Progression Requirements of Professional Program. Co-requisites: HSHS 3350 and 4500. 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 4300. Professionalism and Healthcare. 3 Hours.**

Prerequisite: Completion of Progression Requirements of Professional Program. Co-requisites: HSEP 3360, HSHS 3300, and NUTR 3100. 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.

**HSHS 4500. Communication and Cultural Competence in Healthcare. 3 Hours.**

Prerequisite: Completion of Progression Requirements of Professional Program. Co-requisites: HSHS 3350 and 4100. 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.

**HSHS 4650. Exercise Programming. 3 Hours.**

Prerequisite: Completion of HSHS 4100 and 3350 with a grade of "C" or better. 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. 3 Hours.**

Prerequisite: Completion of Progression Requirements of Professional Program. Co-requisites: HCAD 4000, HSHS 3800, 4050, and 4650. An introduction to basic rehabilitation principles in healthcare professions.