

# HEALTH SCIENCE (HSCI)

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## **HSCI 1106. Safety, First Aid, and CPR. 1 Hour.**

This course is an introduction to the current standards and techniques for first aid and provides information on the prevention of accidents, functional first aid knowledge, and the skills to care for basic emergencies, obstructed airways, rescue breathing, and CPR. Students will have the option of American Red Cross certification in adult or child CPR, responding to Emergencies First Aid, and/or Automated External Defibrillation.

## **HSCI 1323. Nutrition and Health. 3 Hours.**

This course will emphasize the role of nutrition in health promotion and maintenance. Sources and roles of nutrients and the processes of ingestion, digestion, absorption, and metabolism of nutrients provide the foundation of the course. The student will perform a nutritional assessment and apply nutritional guidelines and food safety to self and others and analyze nutritional facts and myths. Cultural, religious and ethnic differences, age-related nutritional needs, and an examination of nutrition myths will be integrated. The course will include an introduction to clinical nutrition.

## **HSCI 189. Independent Study in HSCI. 1-6 Hours.**

## **HSCI 346. Wellness and Holistic Health Practices. 3 Hours.**

This fully online course is an introduction to the practice of holistic health practices as they relate to one's own state of wellness. Health and harmony of the body, mind, and spirit to obtain a richer state of health balance will be emphasized. This class will explore how complementary and alternative therapies can be used to create and support a state of balance within yourself and with your environment. Local, regional, and state complementary and alternative medicine resources will be discovered and identified. Cross listed with HSCI 546.

## **HSCI 347. Foundations of Health Care Ethics. 3 Hours.**

This course introduces undergraduate students to health care ethics. It includes the philosophical underpinnings of health care ethics, examples of health care dilemmas, and examples of legal documents that are important during the course of health care delivery. Some of the topics discussed include, but are not limited to, euthanasia (active and passive), hospice, abortion, patient rights, the refusal of chemotherapy, and medical use of marijuana for adjunctive cancer pain treatment.

## **HSCI 348. Introduction to Health Policy. 3 Hours.**

This course will provide experiential learning to explore a health care advocacy or policy project at the local, regional, or national level. This project-based learning will enable the student to work policy makers and interdisciplinary providers to solve a healthcare issue.

## **HSCI 434. Healthy Aging. 3 Hours.**

This course will provide an overview of issues related to public health and aging and will explore in-depth information regarding the health issues of aging individuals, including physical health, psychological health, legal and ethical issues of health, and Medicare/Medicaid. The course will continue to cover the concept of successful aging, the implications of chronic illness and disability for public health, health promotion for older adults, and other topics central to public health in an aging society.

## **HSCI 546. Wellness and Holistic Health Practices. 3 Hours.**

This fully online course is an introduction to the practice of holistic health practices as they relate to one's own state of wellness. Health and harmony of the body, mind, and spirit to obtain a richer state of health balance will be emphasized. This class will explore how complementary and alternative therapies can be used to create and support a state of balance within yourself and with your environment. Local, regional, and state complementary and alternative medicine resources will be discovered and identified. Cross listed with HSCI 346.

## **HSCI 547. Foundations of Health Care Ethics. 3 Hours.**

This course introduces undergraduate students to healthcare ethics. It includes the philosophical underpinnings of healthcare ethics, examples of healthcare dilemmas, and examples of legal documents that are important during healthcare delivery. Some of the topics discussed include, but are not limited to, euthanasia (active and passive), hospice, abortion, patient rights, the refusal of chemotherapy, and medical use of marijuana for adjunctive cancer pain treatment.

## **HSCI 548. Health Policy. 3 Hours.**

This course will provide experiential learning to design, develop, and implement a health care advocacy or policy project at the local, regional, or national level. This project-based learning will enable the student to work with policy makers and interdisciplinary healthcare providers to solve a healthcare issue.