HEALTH SCIENCE (HSC)

HSC 159. Health Science Elective. 3-15 Credits.
Offered: As needed

HSC 200. Adaptive Recreation and Sports. 2 Credits.
This course focuses on the roles of different healthcare professions in designing and implementing adaptive recreation and sports. The course will consist of lecture and community observation. Lectures will prepare students to take the level I certification as an adaptive recreation and sports specialist through Blaze Sports America. Community observation will be guided experiences at a community-based adaptive sports program with reflection discussion and writing. COVID Vaccination and booster may be required by the community partners.
Offered: Every year, Fall and Spring

HSC 201. Career Planning and Development in the Health Sciences. 1 Credit.
This course aims to assist students in developing their individual career and professional development plans within the field of health care. Topics include: exploring job search strategies, resume and cover letter preparation, interviewing skills, effective business communication and presentation skills, and professionalism in the workplace. This course is graded on a pass/fail basis.
Offered: Every year, Fall and Spring

HSC 202. Medical Terminology. 2 Credits.
This course is a study of the principles of word analysis, word construction and word meanings as applied to medical and surgical terms. It includes a review of anatomy to indicate the relevancy of the terms being studied. The course is designed for first-year and sophomore health science students.
Offered: Every year, All

HSC 205. Age-Related Community Engagement Youth (HSC 505). 1 Credit.
This one-credit course utilizes experiential learning through the implementation of a service program in collaboration with a local community partner. During this course, students will have the opportunity to learn about and be a contributor to community engagement projects. This course will promote the development of critical thinking and assessment skills through observation, research, design, and implementation of a program that addresses future program sustainability for youth.
Offered: Every year, All

This one-credit course utilizes experiential learning through the implementation of a service program in collaboration with a local community partner. During this course, students will have the opportunity to learn about and be a contributor to community engagement projects. This course will promote the development of critical thinking and assessment skills through observation, research, design, and implementation of a program that addresses future program sustainability for older adults.
Offered: Every year, All

HSC 207. Interprofessional Community-Based Service Learning Seminar: Special Populations (HSC 507). 1-2 Credits.
This course involves active learning implementing a program with a local community partner working with at-risk population. Students are required to participate in 10-15 hours of community engagement. They observe and apply the concepts of interprofessional health care in a community-based setting. Faculty with expertise in the analysis of community-based practice lead discussions and community engagement related to population health in the local community. This course may be taken more than once. Offerings include MTW section during Thanksgiving week.
Offered: Every year, All

HSC 208. Community Engagement Veterans. 1 Credit.
This one-credit course utilizes experiential learning through the implementation of a service program in collaboration with a local community partner. During this course, students will have the opportunity to learn about and be a contributor to community engagement projects. This course will promote the development of critical thinking and assessment skills through observation, research, design, and implementation of a program that addresses future program sustainability for veterans.
Offered: As needed

HSC 210. Introduction to Evidence-Based Health Care. 3 Credits.
Evidence-based practice in health care is the integration of the best available research with clinical expertise in the context of patient characteristics, culture and preferences. This is an introductory course outlining the processes associated with collecting and utilizing evidence to make clinical decisions.
Prerequisites: Course is designed for students in Online BS/HSC Completion Program. Take MA 275 or MA 206.
Offered: Every year, Fall and Spring

HSC 212. Mental Health and Psychological First Aid. 1 Credit.
This one-credit, 14-hour training course designed to offer students key skills to help someone who is developing a mental health problem or experiencing a mental health crisis. Just as CPR training helps a layperson without medical training assist an individual experiencing a heart attack, Mental Health First Aid and Psychological First Aid training helps students assist someone experiencing a mental health crisis.
Offered: As needed

HSC 214. Care and Prevention of Athletic Injuries. 3 Credits.
This course is designed to provide an overview of the athletic training profession with an emphasis on the basic fundamentals utilized by the athletic trainer in prevention, recognition, care, treatment and rehabilitation of athletic injuries. Students may not also receive credit for AT 214.
Prerequisites: Take BIO 102, BIO 102L; or BIO 151, BIO 151L.
Offered: Every year, Fall and Summer

HSC 214L. CPR, AED and First Aid. 1 Credit.
Students learn principles of first aid and complete health provider certification in cardiopulmonary resuscitation and automated external defibrillator. (2 lab hrs.)
Prerequisites: Take BIO 102, BIO 102L.
Offered: Every year, Fall and Spring
HSC 215. Complementary and Alternative Medicine - a Health Science Perspective. 3 Credits.
This course is beneficial for any student who is planning on working in health care. It explores the history of Complementary and Alternative Medicine (CAM), which the National Institutes of Health Center reports is currently being used by 40 percent of Americans. This course familiarizes the student with the more common forms of CAM and the rising trend of integrative medicine departments in hospitals in the U.S. Comparisons are made between conventional medicine and CAM.
Prerequisites: Designed for students in Online BS/HSC Completion Program. Take Eight credits of biology such as BIO 101/L, BIO 102/L, BIO 150, BIO 151, BIO 211/L or BIO 212/L.
Offered: Every year, Spring

HSC 220. Health Care Essentials: Structure, Policy and Professionalism. 3 Credits.
This course provides pre-health care professional students with an overview of the structure, systems and policies of health care delivery in the United States and includes discussions of the underlying values and political influences on quality, access and finance. Considerations are made to other nation's health care systems and how these systems address societal need. The goal of this course is to increase students' knowledge and abilities to analyze and address health care issues from the perspective of all stakeholders.
Prerequisites: Take BMS 117 or BIO 102, BIO 102L or BIO 151 or BMS 162.
Offered: Every year, Fall and Spring

HSC 221. Introduction to Health Care. 2 Credits.
Designed for health science studies majors only in their first or second year of study, this course broadens the student's understanding of the many careers in health science. It introduces key concepts necessary to work in various health care professions, develops valuable skills to improve their employability and lays a foundation for further advanced studies in the major. For HSC first-year and sophomore students only.
Offered: Every year, Fall and Spring

HSC 225. Writing in the Health Professions. 3 Credits.
This course reviews effective writing strategies that are employed in various types of published health care-related articles and media. Emphasis is placed on the students' written communication skills such as editing and clarifying of messages, and checking of accuracy of research sources. Students improve their proficiency in written communication to patients and to colleagues.
Prerequisites: Take BIO 101 BIO 101L; or BIO 150; or BIO 211 BIO 211L; and EN 101 EN 102; or EN 103H.
Offered: As needed

HSC 230. Counseling and Teaching for Health Care Professionals. 3 Credits.
This course provides a theoretical framework in counseling, education and overall communication for health professionals, including motivational interviewing. Students describe the importance of counseling and teaching for the health professional. The educational component includes teaching and communicating at the individual level and developing skills necessary for individual and group education and counseling.
Prerequisites: Take BIO 102, BIO 102L; or BIO 150.
Offered: Every year, Fall and Spring

HSC 240. Foundations of Pharmacy. 2 Credits.
This hybrid course, beneficial for students interested in the health care professions, reviews the top 200 drugs, pharmacy math, pharmacy law, and hospital and retail pharmacy settings. Material required for the national PTCB exam (Pharmacy Technician Certification Board) is reviewed. Passing that exam confers the title of CPhT (Certified Pharmacy Technician), which enables students the opportunity to enter the pharmacy field if they choose to pursue that path.
Prerequisites: Take BIO 101, BIO 101L or BIO 150; Take MA 107, MA 140, MA 141 or MA 275.
Offered: Every year, Fall and Spring

HSC 250. Communication Disorders. 3 Credits.
This course provides information regarding a variety of communication and swallowing disorders. Information regarding potential causes of disorders as well as intervention methods is presented. The various health care professions that work together on cases of speech, language, hearing and swallowing disorders are discussed.
Prerequisites: Take BIO 102, BIO 102L or BIO 151.
Offered: Every year, Fall and Spring

HSC 259. Health Sciences Elective. 3 Credits.

HSC 261. Scientific Study of Mummies. 3 Credits.
This distance learning course explores the field of mummy science, placing the study of mummies within a cultural and global context. Students discover what can be learned, how it can be learned and how data should be used to create new knowledge regarding mummified human remains. Course content challenges students to apply experimental design to mummy science questions. Students create hypotheses, design experiments, analyze collected data and determine the significance of the findings. The significance of mummy studies to current populations also is discussed.
Offered: Every year, Summer Online

HSC 262. Nutrition in Health and Illness. 3 Credits.
This elective course focuses on the fundamentals of human nutrition in relation to disease prevention and treatment. This course applies practical nutrition concepts as vital tools for members of a health care team to achieve optimum patient care. Emphasis is placed on the science of nutrition, nutrition throughout the life cycle and clinical nutrition.
Prerequisites: Take BIO 102, BIO 102L or BIO 151.
Offered: Every year, All

HSC 270. Pillars of Public Health: Saving the World on a Population Level. 3 Credits.
This course defines the concept of public health, with a focus on introducing what public health is, its foundations and a brief discussion of the historical context. Course content includes basic material related to all six public health foundational areas: Biostatistics, Epidemiology, Environmental Health, Sociomedical Science, Health Policy and Management, and Population and Family Health, along with select specialized topics and current events.
Prerequisites: Course is designed for Online BS/HSC Completion Program Students. Take BIO 102, BIO 102L or BIO 151.
Offered: Every year, Spring

HSC 281. Health Science (HSC) 2 Credits.

HSC 299. Independent Study. 1-6 Credits.
HSC 300. Special Topics in Health Science. 2 Credits.
This Special Topics course covers emerging issues or specialized content in the area of health science or health care. Students examine multiple perspectives of the current or emerging topic through readings, discussions and projects. The course guides student discovery on how the issue has evolved, and examines current advancements, problems and breakthroughs.
Prerequisites: Take BIO 102, BIO 102L or BIO 151; and HSC 202.
Offered: As needed

HSC 301. Health Care Challenges and Team-Based Solutions. 1 Credit.
This interactive seminar focuses on common challenges in health care and how those challenges may be more effectively met utilizing a team approach to health care. The common health challenges are different each week, exploring the challenges that students may experience in their own personal, family or college life. The central outcomes of this course are to: 1) Recognize how a health care team can work together; 2) Develop strategies to react responsibly and ethically to health care issues (social intelligence); 3) Develop ideas for community action as a citizen, and 4) Identify the influence of all aspects of diversity on health care delivery.
Prerequisites: Take BIO 102, BIO 102L or BIO 151.
Offered: Every year, Fall and Spring

HSC 305. Emotional/Social Intelligence for the Health Sciences. 2 Credits.
This course provides the student with an appreciation and understanding of the role of emotional/social intelligence in everyday living and especially in the health sciences. Topics include how emotional intelligence differs from IQ, anatomy of emotions and the mind-body connection, education for and development of emotional literacy, assessing one’s own social intelligence level, applying social intelligence skills to one’s personal and professional lives. Personal assessments, small group experiential activities, case studies, journaling and project development are the essential methodology for this course. Prerequisite may be waived with permission of instructor.
Prerequisites: Take BIO 102 or BIO 151.
Offered: Every year, Fall and Spring

HSC 308. Community Engagement Leadership. 2 Credits.
This two-credit course involves experiential learning through the development and implementation of a service program in collaboration with a local community partner. During this course, students will have the opportunity to learn to be leaders for community engagement projects. This course will promote the development of critical thinking and assessment skills through observation, research, design, and implementation of a program that addresses future program sustainability for a population or organization.
Offered: As needed

HSC 315. Bioethical Issues in the 21st Century. 3 Credits.
Students gain a solid understanding of bioethical principles and examine ethical dilemmas in medicine and the moral arguments that accompany them. Controversial bioethics issues such as assisted-suicide, stem-cell research, medical marijuana, organ donation and designer babies are explored through research, contemporary media and the students' own moral compasses. They study the role of public policy on bioethics and investigate cases that shaped the way modern medicine is practiced today. The course stimulates discussion leading to final group debate projects.
Prerequisites: Take EN 102 or EN 103H and BIO 102 or BIO 151.
Offered: Every year, All

HSC 317. Nutrition Across the Life Cycle. 3 Credits.
The class explores the nutritional needs of humans prior to and beyond adulthood to look at other portions of the life cycle. Beginning with women's nutritional needs for conception and throughout pregnancy and lactation, the class progresses to discuss the nutritional needs of infants, adolescents and older adults over age 65. Each cycle is discussed with an understanding of the physiological changes and the implications for nutritional factors.
Prerequisites: Take HSC 262.
Offered: Every year, Fall

HSC 318. Community Nutrition. 3 Credits.
This course provides an introduction to the development of community nutrition programs including planning, needs assessment, implementation and evaluation. Students learn to describe nutrition programs and policies for varying population groups, including cultural, economic and social health practices. The implication of public policy legislation on food and nutrition services is introduced.
Prerequisites: Take HSC 262.
Offered: Every year, Spring

HSC 320. The Environment and Human Health. 3 Credits.
This course examines the connection between our environment and human health and disease. Topics include an overview of toxicology, carcinogenesis, risk assessments, precautionary principle and bioaccumulation. Environmental connections to infectious diseases, emerging viruses, food production practices, loss of biodiversity, and endocrine disruptors also are discussed along with bioethical concerns of these topics. The course touches on health policies and regulations addressing environmental health issues. Students apply critical thinking skills to current environmental situations affecting our health as well as exploring the role individuals and professional health organizations have in accountability.
Prerequisites: Course is designed for Online BS/HSC Completion Program students. Take BIO 101 BIO 150 or BIO 211.
Offered: Every year, Spring

HSC 322. Health Care Law (LE 322). 3 Credits.
This course provides an overview of the legal issues faced by health care providers and patients. Students explore various topics arising from the organization and financing of health care, provider liability, bioethics and public health. The course focuses on the way in which law impacts the delivery of health care in the United States.
Prerequisites: Take LE 101, HSC 220.
Offered: Every other year, Spring

HSC 324. Gut Microbes and Human Health. 3 Credits.
Maintaining a balance of healthy microbes can be the difference between health and disease. Our microbiome changes with the method of delivery (vaginal or C-section) as you entered this world, with what we eat, our lifestyles, stress and aging. Obesity, cardiovascular disease, cancer, autism and many other illnesses are now correlated with our gut bacteria. Explore this invisible world and learn about our health and microbes.
Prerequisites: Course is designed for Online BS/HSC Completion Program students. Take BIO 102 BIO 151 or BIO 212.
Offered: Every year, Spring
HSC 326. Therapeutic Exercise. 3 Credits.
This course provides a systemic approach to therapeutic exercise program development. Students review exercise techniques, indications, contraindications, progression as related to injury, prevention, reconditioning, and return to work/participation guidelines. The course provides the student with a strong foundation in physical rehabilitative medicine and examines various goals concerning the return to functional activity.
Prerequisites: Take BIO 211, BIO 211L.
Offered: Every year, All

HSC 330. Leadership: Creating Adaptive Cultures. 3 Credits.
In this course, students explore leadership theory and practice. This is a problem-based learning course that requires students to develop new insights around leadership and leading from the literature and from each other. Students spend the first week defining the term, and the subsequent weeks applying and refining their ideas through case-method vignettes and biographies. The culminating project of the course is to create a simple leadership development workshop, one that might be used by health care professionals.
Offered: Every year, Fall

HSC 334. Clinical Skills Patient Communication. 1 Credit.
This 1-credit course is dedicated to teaching fundamental clinical skills for patient interviewing. Students learn how to foster patient relationships and gather information during a medical interview using verbal and nonverbal communication skills in a professional and respectful manner. This course is designed for junior or senior students with a premedical designation and prehealth students majoring in health science studies or biomedical sciences.
Prerequisites: Take BIO 102, BIO 102L or BIO 151, BIO 151L.
Offered: Every year, Fall and Spring

HSC 350. Language Development. 3 Credits.
This course explores all areas of typical language development from birth through adulthood. Students examine literacy development and how it is impacted by language development. Students learn how to obtain and analyze language samples.
Prerequisites: Take BIO 211, BIO 211L.
Offered: Every year, Fall and Spring

HSC 351. Pharmacological Interventions for Common Medical Conditions. 3 Credits.
This course enables the student to recognize, evaluate and differentiate common systemic diseases, understand appropriate pharmacological interventions, understand the principles of pharmacology and common issues that arise when specific pharmacological agents are employed. Students may not receive credit for AT 351 also.
Prerequisites: Take BIO 212, BIO 212L.
Offered: Every year, Fall and Spring

HSC 354. Health Science Education. 3 Credits.
This course explores several topics designed to prepare the student for the transition from undergraduate to graduate education in a health care field. Topics include metacognitive processes, communication, medical literacy and interprofessional health care. Assignments are designed to promote critical thinking and problem-solving skills and shifting toward graduate level thought processes.
Prerequisites: Take BIO 212.
Offered: Every year, Spring

HSC 375. Immunology. 3 Credits.
This immunology course examines topics related to the immune system, particularly the human immune system. The immune system is designed to differentiate self and non-self in order to prevent infection, disease and/or death. Students examine and discuss the current understanding of the immune response and discover why we are not sick all the time and how the body's immune system remembers "enemies" that it has seen in the past. This course covers the innate immune system, plus the two arms of the adaptive immune system—humoral immunity and cellular immunity. Immunodeficiencies, immunopathologies and immunotherapies also are discussed. Students may receive credit for BMS 375 or HSC 375, but not both.
Prerequisites: Take BIO 102. BIO 102L or BIO 151.
Offered: Every year, Summer Online

HSC 378. Vaccines and Vaccine-Preventable Diseases. 3 Credits.
This immunology course involves the investigation of vaccines and vaccine-preventable diseases (VPDs). The purpose of the course is to examine and discuss the current understanding of vaccinations and how they work, as well as the historical and current implication of VPDs. Student gain knowledge about VPDs, the childhood vaccination schedule, why they are still necessary and, most importantly, how to explain why they are safe, and to be able to debunk the current myths and misconceptions regarding vaccines. Students may only take one of the following for credit: BMS 378 or HSC 378.
Prerequisites: Take BIO 102 or BIO 151.
Offered: Every year, Summer Online

HSC 380. International Health Care - Field Research. 3 Credits.
This course provides health science students with an overview of the health care structure, systems and delivery in another country. Field research is conducted during a semester break trip, during which time students interact with the local community members and health professionals. Prior to the trip, students research the factors that influence the quality, access and finance of health care. Common health issues and their social determinants are explored as they relate to the subpopulation of interest. The goal of this course is to increase students' knowledge and abilities to analyze and address health care issues specific to a population while in the field.
Prerequisites: Take BIO 101, BIO 102 or BIO 150, BIO 151 and MA 275 or MA 206.
Offered: Every year, Fall and Spring

HSC 388. EMT I Training. 2 Credits.
This course includes both lecture and clinical experience, and provides students with an opportunity to develop the knowledge and skills required for Emergency Medical Technician National Certification. Successful completion of HSC 388-389 (two-semester sequence) and fulfillment of the state-mandated hours of instruction are required to be eligible for certification. This course must be taken in conjunction with HSC 388L.
Prerequisites: Take BIO 102, BIO 102L or BIO 151.
Corequisites: Take HSC 388L.
Offered: Every year, Fall

HSC 388L. EMT I Training Lab. 1 Credit.
This is the laboratory component of HSC 388. It includes learning the techniques necessary to develop the knowledge and skills required for Emergency Medical Technician National Certification. This course must be taken in conjunction with HSC 388.
Prerequisites: Take BIO 102, BIO 102L or BIO 151.
Corequisites: Take HSC 388.
Offered: Every year, Fall
HSC 389. EMT Training II. 2 Credits.
This course includes both lecture and clinical experience, and provides students with an opportunity to develop the knowledge and skills required for Emergency Medical Technician National Certification. Successful completion of the HSC 388-389 (two-semester sequence) and fulfillment of the state-mandated hours of instruction are required to be eligible for certification. This course must be taken in conjunction with HSC 389L.
Prerequisites: Take HSC 388, HSC 388L.
Corequisites: Take HSC 389L.
Offered: Every year, Spring

HSC 389L. EMT Training II Lab. 1 Credit.
This is the laboratory component of HSC 389. It includes learning the techniques necessary to develop the knowledge and skills required for Emergency Medical Technician National Certification. This course must be taken in conjunction with HSC 389.
Prerequisites: Take HSC 388, HSC 388L.
Corequisites: Take HSC 389.
Offered: Every year, Spring

HSC 397. Pre-Health Professions Clinical Affiliation. 3 Credits.
This course provides an opportunity to observe a health professional in a student's field of interest for a minimum of 36 hours. Students observe social, ethical and medical issues in a clinical setting. Professional dress is required, and some sites may require a background check. Students are responsible to arrange their site and are provided with guidance and contacts to do so. For HSC or BMS majors only, Junior or Senior Status, with minimum 2.5 GPA
Prerequisites: Take BIO 102, BIO 102L or BIO 151.
Offered: Every year, Fall and Spring

HSC 398. Health Professions Career Practicum. 1-3 Credits.
This course is designed to provide an introduction to a health sciences career through supervised fieldwork. Course involves supervised work (paid or unpaid) in an employment setting and career development research and reflection. A one, two or three-credit pass/fail course. A maximum of 6 credits can be obtained through pass/fail courses (FLW and workshop courses including HSC 398).
Prerequisites: Take BIO 102 or BIO 151.
Offered: Every year, Summer

HSC 399. Health & Science Studies Independent Study. 1-6 Credits.

HSC 401. Introduction to Medical Problem-Solving. 3 Credits.
This course offers pre-medical and pre-physician assistant students the tools necessary for developing a systematic approach to a patient and his or her medical condition. Students learn to access and evaluate the medical literature for identification of the signs and symptoms of disease presentation, the components of a history and physical, and the understanding of a differential diagnosis. In addition, students are taught the basis for developing a patient treatment plan. Students may not receive credit for both PY 401 and HSC 401.
Prerequisites: Take BIO 212. Shadowing in a health care setting is highly recommended prior to taking this course.
Offered: Every year, Fall and Spring

HSC 460. Advanced Nutrition (AT 460). 3 Credits.
This advanced-level food and nutrition course examines the composition and physiological role of nutrients and their relationships to health and the body. Macronutrient metabolism as well as a detailed examination of the role of vitamin and mineral metabolism are explored. Current nutrition issues of supplement use, weight management, sports nutrition, nutritional ecology and the application of nutrition directly to food and its preparation also are addressed.
Prerequisites: Take AT 330 or HSC 262.
Offered: Every year, Spring

HSC 498. Independent Study in Health Sciences. 1-4 Credits.
This course consists of health sciences content not offered by another QU catalog course. It must involve contact hours and scholarly activities equivalent to any regularly offered course. This course often includes a review of the scientific literature in the field of the research project and creating a "product," such as a term essay, a series of short papers, laboratory or project reports, a portfolio or presentation at a scientific meeting. Students cannot register online; registration is via a paper form only. BMS students may take up to 8 credits of BMS 482, BMS 483, BMS 498, BMS 499, HSC 498, HSC 499.
Offered: As needed