

# Health Sciences (HLSC)

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## **HLSC 1055. Pilates I CoreMax Training. (1 Credit)**

Provides a total body workout that challenges and optimizes strength, flexibility and endurance. Incorporates FlexBands, BOSU, stability balls, weighted balls, fitness circle and mat work to assist individuals in achieving optimal health and well-being. Focuses on lengthening the body, strengthening the mid-section (core & spine), and improving posture and flexibility.

## **HLSC 1057. Power Yoga. (1 Credit)**

Provides a vigorous and powerful approach to many styles of Yoga, including Vinyasa, Ashtanga, Hatha among others. Incorporates flowing progressive postures, meditative awareness, and breath control.

## **HLSC 1200. First Aid. (3 Credits)**

Provides first aid and emergency care training as well as instruction with Automated External Defibrillators. Structured to meet National Safety Council First Aid requirements with successful completers being certified in First Aid and CPR. Includes lectures, hands-on experience with mannequins, audiovisuals, discussions, and field trips.

Course lab fee of \$15 applies.

## **HLSC 1300. Medical Terminology I. (3 Credits)**

Helps students read and understand the language of medical terminology and functional anatomical structures. Stresses terminology usage and accuracy. Studies elements, abbreviations, spelling, pronunciation, and logic of medical terminology. Includes lectures and audiovisual presentations. Canvas Course Mats \$86/Pearson applies.

## **HLSC 1405. Womens Safety Awareness and Self Defense. (1 Credit)**

Investigates self-awareness, self-empowerment, and self-defense for women. Emphasizes environmental awareness and strategies in avoiding dangerous situations. Teaches self-defense techniques that can be used in a crisis situation.

## **HLSC 1500. Mindfulness/Meditation/Breathwork. (1 Credit)**

Examines mindfulness, meditation and breathwork using evidence-based materials and programs. Meets students' needs by teaching mindfulness, meditation, and breathwork to help students meet lifestyle changes. Teaches skills that help calm and focus the mind, including breathing exercises, guided imagery, and body scanning.

## **HLSC 2200. Introduction to Health Professions. (2 Credits)**

For students planning to major in a health related field. Examines the historical and continuing evolution of health care. Explores work description, environment, employment opportunities, education, expectations, legal requirements, and expected earnings of each covered health profession. Focuses on, but not limited to medicine, dentistry, nursing, community health, optometry, respiratory care, dental hygiene, physical therapy, and social work.

## **HLSC 2400. Concepts of Stress Management. (3 Credits)**

For those interested in developing skills and techniques necessary to work with clients in stress reduction programs. Includes identifying, managing, and eliminating stress in individuals, families, and communities. Examines effects of stress on the immune, endocrine, and nervous systems and the relationship to disease. Teaches stress reduction application and methods in wellness and health care settings.

Canvas Course Mats \$49/Cengage applies.

## **HLSC 2450. Health Coaching. (3 Credits)**

Pre- or Corequisite(s): HLTH 1100

Provides an evidence-based introduction to the role of a health coach as an educator and motivator for change. Connects theory to behavior change and understanding the three main core coaching skills to help necessitate change in clients. Examines the communication skills necessary for health coaching and motivational interviewing.

## **HLSC 2550. Health Coaching II. (3 Credits)**

Prerequisite(s): HLSC 2450

Applies evidence-based learning as a continuance of Health Coaching I. Explores different communication styles and how they are used in motivational coaching. Focuses on the utilization of appropriate assessment tools, SMART goals, readiness to change models, positive psychology, generative moments, and how to create a coaching session. Practices the use of health coaching as a guide to support and motivate clients to make lasting lifestyle changes.

## **HLSC 2600. Drugs Behavior and Society SS. (3 Credits)**

For students interested in drug abuse prevention. Studies substance mis-use and abuse. Discusses addictive behaviors, dependence, and treatment modalities. Examines common substances of abuse and dependence and effects upon individuals and society. Investigates the use of psychotherapeutic drugs in the treatment of mental illness. Promotes awareness of personal and social decisions concerning drugs, behaviors, and habits.

## **HLSC 2750. Supervised Coaching. (1 Credit)**

Corequisite(s): HLSC 2550

Provides health coaching sessions with clients in a monitored teaching environment. Critically evaluates experiences and facilitates change, in a low stakes environment. May be Graded Credit/No Credit.

**HLSC 2800. Human Sexuality SS. (3 Credits)**

Cross-listed with: PSY 2800

Prerequisite(s): ENGL 1010 or ENGH 1005

Interdisciplinary course in human sexuality, exploring topics in biology, health, psychology, and sociology. Introduces basic concepts of human sexuality, including anatomy, reproduction, and sexual response across the life-cycle. Studies gender roles, sexual orientation, dysfunction, and sexually transmitted disease. Examines sexual behavior from the perspective of ethics, religion, the law, and education. Students assess their sexual attitudes and should be able to make responsible sexuality decisions.

**HLSC 282R. Health Coaching Experience. (1-6 Credits)**

Provides practical application of the skills learned in the health coaching courses, by allowing students to meet one-on-one with clients. Helps students coach others to create lifestyle change programs. May be repeated for a maximum of 6 credits toward graduation. May be graded credit/no credit.

**HLSC 2900. Health Education for Elementary Teachers. (2 Credits)**

For Elementary Education majors. Emphasizes the role of the teacher as a health educator and team member in providing a healthy school environment. Studies the basic Utah health core curriculum. Develops learning activities applicable to the health needs of the elementary school student. Canvas Course Mats of \$70/McGraw applies.

**HLSC 3050. Healthcare Quality and Safety. (3 Credits)**

Prerequisite(s): University Advanced Standing

Develops a foundation of skills and techniques for understanding quality and safety. Analyzes current issues of improving clinical and service quality in healthcare organizations.

**HLSC 3230. Professional Development. (3 Credits)**

Prerequisite(s): Matriculation into BS Public Health or BS School Health Education or Healthcare Administration and University Advanced Standing

Provides students with preparation for an internship, job, or graduate school in public health, healthcare administration, or school health.

**HLSC 3400. Human Diseases. (3 Credits)**

Prerequisite(s): HLSC 1300 and University Advanced Standing

Introduces the study of human disease including general principles of disease and major diseases of body systems and organs. Applies genetic, behavioral and environmental issues to the study of human diseases.

**HLSC 4100. Health Education Curriculum for Secondary Teachers. (3 Credits)**

Prerequisite(s): University Advanced Standing and matriculation into the BS School Health program

For secondary education majors. Emphasizes the role of the teacher as a health educator and team member in providing a healthy school environment. Examines comprehensive school health education and studies the basic Utah health core curriculum for secondary education. Develops learning activities applicable to the health needs of secondary education students. Course fee of \$10 for materials applies.

**HLSC 4200. Health Education Teaching Methods WE. (3 Credits)**

Prerequisite(s): HLSC 4100, University Advanced Standing and matriculation into BS School Health

For secondary education school health majors. Examines teaching methods, materials and techniques. Studies secondary education health curriculum, program planning, development, implementation, and evaluation. Helps students develop lesson plans and present them in secondary education settings.

**HLSC 4250. Health Organization and Policy WE. (3 Credits)**

Prerequisite(s): University Advanced Standing

Focuses on U.S. health policy and policy analysis. Describes the basic machinery of policymaking and legal processes that underpin the individual health care and public health systems. Analyzes the fundamental problems and contemporary issues in health policy and teaches students how to properly develop and analyze health policy.

**HLSC 4330. Healthcare financial management. (3 Credits)**

Prerequisite(s): University Advanced Standing

Introduces students to the specifics of healthcare financial management including healthcare systems and payment models. Develops students' understanding of cost, quality, and access as it relates to the healthcare world.

**HLSC 4500. Healthcare Administration. (3 Credits)**

Prerequisite(s): University Advanced Standing

Gives individuals a working and practical look at numerous aspects of healthcare administration and management. Increases knowledge of the foundations of healthcare administration including the importance of culture, communication, and diversity as it relates to healthcare.

**HLSC 4560. Introduction to Healthcare Systems. (3 Credits)**

Prerequisite(s): University Advanced Standing

Examines the history, structure, operation, function, major components, and direction of healthcare systems. Highlights national systems and explores how systems across the U.S. are addressing healthcare issues. Assesses operational components such as physician issues, billing, and common terminology. Explores global models of healthcare.

**HLSC 4640. Population Health and Strategic Management. (3 Credits)**

Prerequisite(s): University Advanced Standing

Examines the determinants of population health, outcomes in a community, payment models, and strategies to improve management of healthcare resources. Highlights the importance of quality improvement, health insurance (commercial and government), concepts of risk in insurance, utilization management, patient engagement, accountable care organizations, and social determinants of health. Uses basic data analysis to apply course concepts.

**HLSC 4780. Strategic Planning and Operations Management. (3 Credits)**

Prerequisite(s): University Advanced Standing

Introduces strategic planning and operations management in relation to current and future topics and trends in healthcare. Examines historical and current quality improvement models and applies them to current industry topics. Discusses the relationship between industry and healthcare.

**HLSC 480R. Healthcare Administration Internship. (2 Credits)**

Prerequisite(s): University Advanced Standing

Provides field experience and enhanced knowledge in healthcare administration, under the preceptorship of an individual qualified by education and/or experience. May be repeated for 6 credits towards graduation. May be graded credit/no credit.

**HLSC 4840. Healthcare Law WE. (3 Credits)**

Prerequisite(s): University Advanced Standing

Explores the impact of laws, regulations, and social policies on the management and delivery of healthcare. Includes provider liability, managed healthcare contracts, HIV-related concerns, assisted suicide, and other issues.