

HEALTH SCIENCE

College of Health and Human Services

Program Description

The academic area of study in Health Science is part of the total program of the College of Health and Human Services. Students pursue a Health Science concentration leading to a degree with specialization and job skills applicable to one of three professional areas of study: community health, healthcare administration, or occupational health and safety.

The faculty supports the idea of focused academic preparation in each concentration such that Health Science BS graduates will have job appeal in their chosen professional field.

Students can expect to be involved, both in class and field experiences, in areas that deal with significant issues within the specific concentration, such as health care costs, consumer health issues, alcohol and other drugs, human sexuality, unintentional injury causes and prevention, and other personal, occupational, and community health and safety issues as well as management, business and administration skills in the health care administration option.

Students interested in pursuing advanced degrees in the health sciences will find that the BS program provides the foundation upon which to undertake a MPH or MS in community, health care administration, or occupational health and safety degree programs.

The Health Science Bachelor of Science program at Sacramento State is a highly sought after degree. Due to the large number of applications, the program is currently impacted. Students wishing to become Health Science majors must complete a series of required lower division courses and apply for admission to the program. Check the Department website (<http://www.csus.edu/hhs/khs/hlsc/impaction.html>) for requirements, and it is highly recommended that interested students speak with the Health Science academic advisor.

Concentrations

- **BS:** Community Health Education / Health Care Administration / Occupational Health and Safety

Special Features

- A key feature of the program involves the diversity of the field experiences available. Students may select from state, county, city, or local health and safety related agencies, hospitals, as well as any private voluntary not-for-profit agency. This on-site experience continues to be a valuable professional experience that may lead to employment.
- Employment opportunities can be identified in any of the school/ community health/safety/health care related programs, as well as in the private sector. Employment opportunities often evolve from the networking that develops naturally from students' field experiences.
- Because of the unique location of the University in the state capital, students majoring in Health Science benefit from professional health resources of numerous state and local health agencies that include, but are not limited to the Sacramento County Department of Health and Human Services, California State Departments of Health Services, Mental Health, Aging and Alcohol and Drug Abuse. A variety of health/safety related agencies provide opportunities for field work experiences, internships, part-time, and summertime employment.

- Courses are offered on a schedule to accommodate both full-time and part-time students, including night courses and online options.
- The faculty consists of members with specialized preparation in the health science field. Our full-time faculty is augmented by the use of adjunct instructional staff selected from the above mentioned health science agencies.

Note: Students who have completed an allied health licensure program and who wish to obtain a BS degree in Health Science at California State University, Sacramento, should contact the Sacramento State Outreach Office for application and course requirements.

Career Possibilities

Alcohol Education Consultant · Community Health Educator · Community Program Director · Environmental Health & Safety Specialist · Family Planning Educator · Health Administration Assistant · Health Program Coordinator · Human Resources Specialist · Loss Control Consultant · Occupational Safety Specialist · OSHA Compliance · Patient Administration Specialist · Public Health Educator · Public Health Investigator

Contact Information

Katherine Jamieson, Director
 Stacie Tillman, Administrative Coordinator
 Solano Hall 3002
 (916) 278-6441
www.csus.edu/HHS/KHS (<http://www.csus.edu/HHS/KHS>)

AINSWORTH, DALE

DIAZ, HEATHER

NAVE, MICHAEL

PEREZ, SUSAN

WOODWARD, PATTY

Undergraduate Programs

BS Degree in Health Science

Units required for Major: 58-62

Minimum total units required for BS: 120

All courses must be completed with at least a "C" grade.

Note: Students graduating with a BS in Health Science (all concentrations) will not be subject to the University's Foreign Language Graduation Requirement. Students who change major may be subject to the University's Foreign Language Graduation Requirement.

Required Lower Division Courses (16 Units)

BIO 25	Human Anatomy and Physiology I	4
BIO 26	Human Anatomy and Physiology II	4
CHEM 6A	Introduction to General Chemistry ¹	5
STAT 1	Introduction to Statistics ¹	3

Required Upper Division Courses (12 Units)

HLSC 114	Human Ecology and Health ¹	3
HLSC 118	Community Health	3
HLSC 148	Epidemiology	3
HLSC 195	Fieldwork - Health or Safety	3

Concentrations (30-34 Units)

Select one concentration from the following:	30
	-
	34
Community Health Education	
Health Care Administration	
Occupational Health and Safety	
Total Units	58-62

¹ Fulfills General Education requirement

Note: Health Science courses depend upon concentration, permission of the faculty advisor, program coordinator, and department chair.

Concentration - Community Health Education

Units required for Concentration: 30

HLSC 100	Fundamentals of Safety and Health	3
HLSC 112	Disease Prevention	3
HLSC 116	Public Health Administration and Policy	3
HLSC 119	Community Health Education	3
HLSC 122	Health Psychology	3
HLSC 124	Consumer Health Education ¹	3
HLSC 130	Alcohol and Other Drugs ¹	3
HLSC 144	Community Health Planning and Evaluation	3
HLSC 147	Health Data Analysis	3
Select one of the following:		3
HLSC 117	Global Health	
HLSC 134	Understanding Human Sexuality ¹	
HLSC 150	Aging and Health	
Total Units		30

¹ Fulfills General Education requirement

Concentration - Health Care Administration

Units required for Concentration: 30

ACCY 1	Accounting Fundamentals	3
ECON 1A	Introduction to Macroeconomic Analysis ¹	3
or ECON 1B	Introduction to Macroeconomic Analysis	
HLSC 116	Public Health Administration and Policy	3
HLSC 144	Community Health Planning and Evaluation	3
MKTG 160	Principles of Quality Management	3
MGMT 102	Business Communications	3
or COMS 103	Presentational Speaking in the Organization	

Organizational Behavior Competencies (6 Units)

Select two of the following:		6
DS 101	Data Analysis for Managers	
HLSC 152	Healthcare Systems and Operations	
HROB 101	The Management of Contemporary Organizations	
HROB 151	Management of Human Resources	
HROB 159	Special Topics in Organizational Behavior	

PSYC 108	Organizational Psychology	
Ethical Issues in Healthcare (6 Units)		
Select two of the following:		6
COMS 116	Intercultural Communication	
COMS 161	Health Communication	
HLSC 151	Introduction to the U.S. Healthcare System	
PHIL 102	Professional and Public Service Ethics	
PHIL 104	Bioethics	
SWRK 151	Health Services and Systems	
Total Units		30

¹ Fulfills General Education requirement

Concentration - Occupational Health and Safety

Units required for Concentration: 30-34

CHEM 6B	Introduction to Organic and Biological Chemistry	3 -
		5
or CHEM 20	Organic Chemistry Lecture–Brief Course	
HLSC 100	Fundamentals of Safety and Health	3
HLSC 106	Occupational Health	3
HLSC 107	Occupational Safety	3
HLSC 108	Occupational Health and Safety Laws and Regulations	3
HLSC 109	Cause and Control of Occupational Loss	3
Select one of the following:		3
HLSC 116	Public Health Administration and Policy	
HLSC 122	Health Psychology	
Select three of the following:		9 -
		11
BIO 139	General Microbiology	
ENVS 130	Environmental Toxicology	
FIN 138	Principles of Risk Management and Insurance	
PHYS 5A	General Physics: Mechanics, Heat, Sound ¹	
or PHYS 10	Physics In Our World	
Total Units		30-34

¹ Fulfills General Education requirement

Additional Information

Repeat Policy: Health Science majors and minors can only repeat Health Science courses one time if they receive less than a "C." Students must meet with their academic advisor before petitioning the department to repeat the course. Refer to the Repeat Policy section of the Sacramento State Catalog for additional information.

Credit by Examination: A student who seeks course credit by examination is to enroll in the course to be challenged. No course may be challenged after the first two weeks of the semester. The instructor of the course will conduct an assessment of the student's readiness for the challenge for credit examination. Refer to Credit by Examination section of the Sacramento State Catalog.

Advising: It will be necessary to work very closely with an advisor to complete the BS degree in a timely manner. Therefore, the Health Science

faculty strongly recommends that all Health Science students consult with an advisor prior to enrollment for any course. This procedure should be followed each semester.

Minor

The Health Science Minor and Occupational Health and Safety minor will be suspended due to the impact of the Health Science Program that begins Fall 2012. The suspension of the Health Science Minor and Occupational Health and Safety Minor will begin Fall 2012 and conclude Spring 2014.

Note: All Health Science courses must be completed with a "C" grade or better.

Minor in Health Science

Units required for the Minor: 18, all of which must be Health Science courses. The 18 units selected require approval by a Health Science faculty advisor.

Minor in Occupational Health and Safety

Units required for the Minor: 18, all of which must be Health Science courses.

Required Upper Division Courses (12 Units)

HLSC 100	Fundamentals of Safety and Health	3
HLSC 106	Occupational Health	3
HLSC 107	Occupational Safety	3
HLSC 108	Occupational Health and Safety Laws and Regulations	3

Additional Upper Division Requirements (6 Units)

Select two of the following:		6
HLSC 109	Cause and Control of Occupational Loss	
HLSC 116	Public Health Administration and Policy	
HLSC 118	Community Health	
HLSC 195	Fieldwork - Health or Safety	
Total Units		18

HLSC 50. Healthy Lifestyles. 3 Units

General Education Area/Graduation Requirement: Understanding Personal Development (E)

Examines the concepts of: health and wellness; the determinants of health and wellness; and the concept of self-responsibility for health and wellness. These health and wellness concepts shall be applied to the areas of: mental wellness, nutrition, fitness, human sexuality, and drugs. The lecture/discussion format provides for a sharing of views regarding the integrated concepts of health that emphasizes the physical, mental, emotional, social, spiritual, and environmental factors that influence an individual's health status.

HLSC 98. Health Science ProSeminar. 3 Units

Potential and beginning Health Science students become oriented to the Health Science discipline. They will acquire and develop the knowledge and understanding needed to fulfill the Health Science major learning outcomes. Students will develop their individual learning plans designed to assure fulfillment of the Health Science major, General Education, and University graduation requirements.

HLSC 100. Fundamentals of Safety and Health. 3 Units

Prerequisite(s): must be a Health Sciences or a Fire Service Management major or minor to enroll in this class

Explores global and national issues in occupational and non-occupational safety and health. Subjects include motor vehicle, consumer, workplace, fire, school, and home safety. Examines concepts and principles related to the cause, control, and mitigation of unintentional injuries and illnesses. Emphasizes the development, implementation, and integration of effective safety and health program strategies in the prevention and control of loss.

HLSC 106. Occupational Health. 3 Units

Prerequisite(s): Health Science majors or minors only, or instructor permission.

Concepts of occupational health as they pertain to appraising and controlling occupational health hazards, including occupational diseases, chemical, biological, and physical agents. Discusses techniques for the recognition, evaluation, prevention, and control of occupational health hazards.

HLSC 107. Occupational Safety. 3 Units

Prerequisite(s): Health Science majors or minors only; or instructor permission.

Examines common hazards and problems encountered in the workplace, including concepts and principles related to the control and mitigation of occupational safety hazards. Emphasizes the development, implementation, and integration of effective occupational safety and health program components.

HLSC 108. Occupational Health and Safety Laws and Regulations. 3 Units

Prerequisite(s): Health Science majors or minors only; or instructor permission.

Overview of regulatory agencies involved in occupational health and safety and their functions in the enforcement of regulation and/or compliance of safety laws. Special emphasis on Cal/OSHA. Other topics: application of surveillance, research, control technology, and trained personnel to maintain compliance. Recognizes that strategies to achieve a safe workplace includes an analysis of economic and employment impacts on the employer.

HLSC 109. Cause and Control of Occupational Loss. 3 Units

Prerequisite(s): Health Science majors or minors only; or instructor permission.

Study of the characteristics, causes, and control of occupational loss; influence of the work environment and system structure on incident outcomes; and analysis of occupational injuries and illnesses through the application of incident investigation and system safety techniques. Course will use occupational injuries and illnesses to focus on the process of problem identification and analysis, including the development and implementation of control measures.

HLSC 110. Issues in Occupational Health and Safety. 3 Units

Prerequisite(s): HLSC 100 or instructor permission

Examines current and emerging issues in occupational health and safety, including historical, philosophical, and conceptual factors that serve as a basis for predicting, understanding, and resolving occupational health and safety issues. Examples include: Issues in high hazard industries, special populations at risk, emerging technologies, occupational hazards, and traumatic injuries.

- HLSC 112. Disease Prevention. 3 Units**
Prerequisite(s): Health Science majors or minors only; or instructor permission
 Surveys the current methods of promoting high level wellness through a preventive medicine approach for the promotion of more enjoyable and productive living. Attention directed toward the specific methods of promoting personal health through various current methodologies including the "holistic health" movement. Meets the needs of major students as well as those in allied fields such as nursing, social work and other interested students.
- HLSC 114. Human Ecology and Health. 3 Units**
General Education Area/Graduation Requirement: GE AREA D
 Emphasizes the social and natural environmental influences that have a direct impact upon the health of the individual. Primary consideration is directed to an analysis of health as influenced by a person's interaction with his/her environment.
- HLSC 116. Public Health Administration and Policy. 3 Units**
Prerequisite(s): Must be a Health Science or Gerontology major or minor
Understanding: of the management of public health programs; pattern of health organization; the scope of public health concern of environmental health and health service marketing. Consideration of the various administration factors involved in the practice of public health by department, division or agency unit.
- HLSC 117. Global Health. 3 Units**
Prerequisite(s): Health Science majors or minors only; or instructor permission
 Introduction to the globalization of public health and the critical health issues facing all citizens of the world, with special emphasis on health concerns of developing countries. Topics include global malnutrition, primary health care, maternal and child health, international environmental health, comparative health care systems, epidemiology and international health threats, and sustainable health and development programs undertaken by nongovernmental organizations.
- HLSC 118. Community Health. 3 Units**
Prerequisite(s): Must be a Health Science major or minor
 Insights into comprehensive planning for health by community health agencies and organizations in implementing their programs.
- HLSC 119. Community Health Education. 3 Units**
Prerequisite(s): Must be a Health Science major or minor with a minimum "C" grade or better in HLSC 118 or have instructor permission
 In addition to the current practice in community health education, examines the philosophical, conceptual and theoretical constructs that serve as a basis for understanding, predicting and facilitating change in health-related behavior. Explores the use of health communication processes, selected instructional media, health planning, community organization techniques, and mass communications in community health education.
- HLSC 122. Health Psychology. 3 Units**
Prerequisite(s): Must be a Health Science or Child Development major or minor
 Introduction to behavioral and social factors which influence health and illness. Explores the causes of premature death, the relationships between personality and health, and the development of health problems. Includes an overview of psychological principles in behavioral medicine, physiological foundations of health psychology, the role of emotions in immune function, and topical theories of, techniques for, and research on how psychology can help people live longer, healthier lives.
- HLSC 124. Consumer Health Education. 3 Units**
General Education Area/Graduation Requirement: Understanding Personal Development (E)
 Introduction to the processes and methods of conducting health education within the clinical setting and the integration of educational theory and applied health knowledge specific to common health disorders. Topics to include the dimensions of quackery in health treatments, efficacy of safety standards, and the elements of deceptive advertising and bogus claims. Emphasis on how to distinguish health facts from bogus claims, make effective consumer decisions of health care services, and the basics of self-health care.
- HLSC 130. Alcohol and Other Drugs. 3 Units**
General Education Area/Graduation Requirement: Understanding Personal Development (E)
 Examines the scientific facts about drugs. Contemporary problems of alcoholism and drug abuse will be discussed. Various aspects of all drug usage will be studied with emphasis on prevention and the role of health education.
- HLSC 134. Understanding Human Sexuality. 3 Units**
General Education Area/Graduation Requirement: Understanding Personal Development (E)
 Provides a variety of information about the physiological, psychological, social, and cultural differences and similarities of the sexes. Sexual myths and misconceptions will be explored. Contemporary sex rules and patterns of interactions currently practiced in our society will be discussed.
- HLSC 136. School Health Education. 2 Units**
Prerequisite(s): CPR training; may be taken concurrently.
 Provides teacher candidates, social workers, and nurses an understanding of the educational methods, processes, and content of the scope of health education as provided in the Framework for Health Instruction of the California State Department of Education. Offers an understanding of current problems related to personal, family and community health. General theories and organization for teaching health education will be discussed. Meets the requirement for teacher candidates under the SB2042.
Note: Not open to lower division students.
- HLSC 144. Community Health Planning and Evaluation. 3 Units**
Prerequisite(s): HLSC 118, HLSC 148; GWAR certification before Fall 09; or WPJ score of 80+; or 3-unit placement in ENGL 109M or ENGL 109W; or 4-unit placement in ENGL 109M or ENGL 109W and co-enrollment in ENGL 109X; or WPJ score 70 or 71 and co-enrollment in ENGL 109X; or instructor permission; restricted to Health Science majors and minors.
 Introduces students to the process and practice of program planning and evaluation. Examines the social and physical determinants of health; the impact of the community structure on health status; and, the influence of personal health behavior on community health education practice. These concepts shall be applied in the planning, implementation, and evaluation of health education services.
- HLSC 147. Health Data Analysis. 3 Units**
Prerequisite(s): STAT 1, HLSC (Health Ed) majors only
 Introduction to methods and statistical practices used in the health sciences. Emphasis on the methods of collection, analysis, interpretation, and presentation of health data. Conceptual learning will be facilitated by sessions using computational software.

- HLSC 148. Epidemiology. 3 Units**
Prerequisite(s): STAT 1 or instructor permission; Health Sciences or Biological Sciences major or minor.
 Designed to offer cognitive insights into community health epidemiology. Provides understanding of the study of the distribution and determinants of communicable, infectious and chronic disease, and of injuries in the human population.
- HLSC 150. Aging and Health. 3 Units**
Prerequisite(s): Student must be admitted to the Health Science, Kinesiology, or Gerontology major or minor, or have instructor permission to enroll in this course.
 Designed to introduce students to the basic aging and health concerns of older people and to broader issues of aging, health and society. Examines the: demography of the aging population, biological theories of aging, social and psychological aspects of aging. Includes such issues as nutrition, drugs, exercise, sexuality, patterns of health services utilization, institutionalization, alternatives to the provision of long-term care in institutions, and dying.
- HLSC 151. Introduction to the U.S. Healthcare System. 3 Units**
Prerequisite(s): Student must be admitted to the Health Science major or minor, or have instructor permission to enroll in this course.
 This course presents an overview of the historical, structural, and operational aspects of the nation's healthcare systems. Students will examine the factors that shape public policy regarding the allocation of health care resources and will gain an understanding of the relationship between healthcare costs, quality of care, and the access to health services. The influence of professional associations, medical technology, and social values in health reform initiatives is discussed.
- HLSC 152. Healthcare Systems and Operations. 3 Units**
Prerequisite(s): Health Science majors and minors only; or instructor permission
 Introduce students to a broad range of issues related to managing healthcare organizations. Students will explore areas such as organizational behavior and theory applied to healthcare organizations and the role of administrators in planning, organizing, and overseeing the delivery of healthcare services. Organizational principles and decision-making strategies are applied to functional areas of health administration including finance, human resources, performance improvement, strategic planning, and healthcare information systems.
- HLSC 195. Fieldwork - Health or Safety. 2 - 4 Units**
Prerequisite(s): Permission of faculty advisor, program coordinator and Department chair.
 To obtain insights into the practical application of the classroom teachings, fieldwork experiences are required of those preparing for a career in community health education or other areas of health and safety studies.
Note: Submit an application for field work no later than the fourth week of the semester prior to taking HLSC 195. May be repeated once for credit.
- Credit/No Credit
- HLSC 196. Experimental Offerings in Health Science. 1 - 3 Units**
 Undergraduate seminar designed to provide an in-depth examination and discussion of current topics in the area of personal and community health and safety.
- HLSC 199. Special Problems. 1 - 3 Units**
Prerequisite(s): Permission of faculty under whom individual work will be conducted, program coordinator, and Department chair; HLSC 116, HLSC 118, HLSC 119, and HLSC 148 are strongly recommended.
Note: Open only to HLSC majors and minors who appear competent to conduct independent work such as
 Credit/No Credit