

ALLIED HEALTH SCIENCES

Program Description

The Allied Health Science programming includes a Bachelor of Science (B.S.) degree in Health Science, and a Bachelor of Science (B.S.) degree in Recreation Therapy. These degrees prepare students for careers that promote health, wellness, and quality of life. Students gain the knowledge and skills in healthcare, rehabilitation, and therapeutic settings.

Degree Programs

BS in Health Science (<https://catalog.csus.edu/colleges/health-human-services/allied-health-sciences/bs-in-health-science/>)

BS in Recreation Therapy

Notice to Students RE: Professional Licensure and Certification

California State University programs for professions that require licensure or certification are intended to prepare the student for California licensure and certification requirements. Admission into programs for professions that require licensure and certification does not guarantee that students will obtain a license or certificate. Licensure and certification requirements are set by agencies that are not controlled by or affiliated with the California State University and licensure and certification requirements can change at any time.

The California State University has not determined whether its programs meet other states' educational or professional requirements for licensure and certification. Students planning to pursue licensure or certification in other states are responsible for determining whether, if they complete a California State University program, they will meet their state's requirements for licensure or certification. This disclosure is made pursuant to 34 CFR §668.43(a)(5)(v)(C).

Career Possibilities

Nurse · Physician Assistant · Occupational Therapist · Recreation Therapist · Cardiovascular Technician · Anesthesia Technician · Dental Hygienist · Respiratory Therapist · Occupational Therapy Assistant · Surgical Technician · Medical Lab Technician · Biomedical Equipment Technician · EKG Technician · Cancer Registrar · Pharmacy Technician · Paramedic · Veterinary Technician · Medical Assistant · Health and Wellness Consultant · Research Assistant · Medical Device Sales · Health Information Manager · Medical Coder · Health Communication Specialist · Rehabilitation Therapist, Activity Coordinator, Life Enrichment Director

Contact Information

Andrea Becker, Chair

David Gleason, Analyst

Solano Hall 4000

(916) 278-6752

Allied Health Science Website (<https://www.csus.edu/college/health-human-services/health-science/>)

HLTH 6. Medical Terminology for Health Professions. 3 Units
Term Typically Offered: Fall, Spring, Summer

Introduction to medical terminologies for health professions will provide students the opportunity to recognize and apply the use of medical terms with the necessary primary knowledge to work in a variety of health professions. Students will learn medical root words, prefixes, and suffixes and apply them to the body systems. This will also develop competencies required to read and understand medical reports and communicate with physicians and other allied medical professionals.

HLTH 22. Happiness, Quality of Life, and Recreation Over the Lifespan. 3 Units

Term Typically Offered: Fall, Spring

This course focuses on the interrelationship between happiness, positive leisure, recreation, one's personal growth and development, and quality of life. Emphasis is placed on the interplay between psychological, physical, and social factors that affect one's development and lifestyle choices. The course offers a survey of philosophical and scientific concepts linked to happiness and well-being as pertains to important components of the life experience ranging from conception to the end of life.

HLTH 100. Introduction to Health Science. 3 Units
Term Typically Offered: Fall, Spring, Summer

HLTH 100 is an introduction to health science, an exploration of theoretical and practical issues, exposure to professional organizations and resources, and pathways to a variety of career options. It is also designed to engage students in critical thinking, problem solving, and discourse relevant to emerging trends in the health care industry as well as applications of the latest research.

HLTH 140. Diversity, Equity, and Inclusion in Healthcare. 3 Units
Term Typically Offered: Fall, Spring

HHS 140 examines the broad impact of health disparities in the United States on various populations including, People of Color, LGBTQ, Veterans, and People with Disabilities. Heavily influenced by the perspectives of those with lived experiences, students will explore topics around prejudice and discrimination in healthcare while considering how intersectionality envelops interdependent identities. Current events and case studies will assist students with exploring how to promote health equity through community-based models and programs.

HLTH 141. Interpersonal Dynamics in Healthcare. 3 Units
Term Typically Offered: Fall, Spring, Summer

Effective interpersonal relationships are essential for delivering high-quality patient care and fostering a collaborative work environment. This course provides an in-depth exploration of the interpersonal skills necessary for success in healthcare settings. Through a blend of theoretical knowledge and practical application, students will learn how to exhibit respect and professionalism across a wide spectrum of people and healthcare environments.

HLTH 142. Leadership in Healthcare. 3 Units
Term Typically Offered: Fall, Spring, Summer

This course introduces students to leadership principles and practices in healthcare settings. Students will explore key leadership theories, develop conflict resolution and decision-making skills, and learn strategies to lead diverse healthcare teams effectively. Additional topics include emotional intelligence, quality improvement, and strategies for managing change.

HLTH 143. Personal Wellness for Healthcare Professionals. 3 Units
Term Typically Offered: Fall, Spring, Summer

This course focuses on the importance of self-care for healthcare professionals and its impact on professional efficacy. By emphasizing strategies to promote physical, mental, and emotional well-being, it equips students with the knowledge and tools necessary to improve their overall health, manage stress, minimize burnout, and develop habits that foster resilience in high-pressure environments.

HLTH 147. Alternative Health Practices. 3 Units
Term Typically Offered: Fall, Spring, Summer

This course introduces students to alternative health practices, with a focus on mind-body integration, complementary therapies, and energy healing systems. Students will study the physiological mechanisms behind mind-body medicine, examine the scientific research on alternative therapies, and gain insight into a range of practices including chiropractic care, acupuncture, homeopathy, massage therapy, and aromatherapy. The course will also delve into spirituality, energetic healing, and self-help strategies as integral components of wellness.

HLTH 149. Health and Disease Pathology. 3 Units
Prerequisite(s): BIO 26 or BIO 131 or Equivalent.
Term Typically Offered: Fall, Spring

Examines the physiological underpinnings of human disease. Students will develop a firm understanding of organ systems (genetic, cellular, physiological levels) as they pertain to the pathological basis of disease, a basic understanding of epidemiology, and an appreciation for biotechnology and pharmacology in medicine.

HLTH 151. Neurodiversity. 3 Units
Term Typically Offered: Fall, Spring

All humans are neurodiverse, which means that each of us has a unique neurology or set of brain wiring. Recognizing and embracing neurodiversity is essential for fostering inclusivity, creativity, productivity, and equity in the work environment. This course is designed to provide students with an understanding of neurodiversity, its various facets, and how it relates to the modern professional landscape.

HLTH 154. Traumatology: An Introduction to Posttraumatic Growth. 3 Units
General Education Area/Graduation Requirement: Biological Science (5-B)
Term Typically Offered: Fall, Spring

Traumatic and challenging life events occur. Although there are levels and degrees of significance and damage, when these events happen, individual survivors, families, friends, health care professionals and communities are affected. This life science course uses critical experiences and observations, pre-existing assumptions, trauma informed care, neuroscience, genetics and contemporary research to analyze and compare ideas and practices involving current rehabilitation models in an effort to guide survivors toward personal resilience, grit and posttraumatic growth (PTG).

HLTH 155. Perspectives on Health and Wellness. 3 Units
Prerequisite(s): Junior standing; a WPJ Portfolio score, OR passing ENGL 109M or ENGL 109W.

General Education Area/Graduation Requirement: Social and Behavioral Sciences (4-A), Writing Intensive Graduation Requirement (WI)
Term Typically Offered: Fall, Spring, Summer

This course explores health and wellness as social, cultural, and political phenomena in contemporary society. Students examine how personal and community health are shaped by philosophical, ethical, economic, and historical contexts, as well as by systems of power and inequality. Topics include the impact of race, ethnicity, gender, sexuality, age, socioeconomic status, and disability on health outcomes. Through interdisciplinary readings and writing-intensive analysis, students will critically evaluate societal influences on health and wellness and develop strategies for promoting equity and resilience in diverse communities.

HLTH 157. Leisure Education. 3 Units
Prerequisite(s): RPTA 106.
Term Typically Offered: Fall, Spring

History, scope and process of leisure education. A survey of guidance theories and procedures, including assessment techniques, program development, implementation and evaluations. The role of leisure education in diverse leisure delivery systems and with diverse populations. Legal, ethical, and professional aspects of leisure education.

HLTH 158. Special Populations in Healthcare. 3 Units
Term Typically Offered: Fall, Spring, Summer

This course explores the health challenges faced by populations such as children, the elderly, pregnant individuals, racial/ethnic minorities, LGBTQ + people, those with disabilities, and more. It emphasizes the importance of personalized, culturally competent care for these groups, who often encounter barriers to accessing quality healthcare. Students will learn to address distinct clinical needs, identify healthcare barriers, and develop strategies for delivering effective, compassionate care. By the end of the course, students will be equipped to advocate for these populations and promote equitable, patient-centered healthcare.

HLTH 159. Innovations in Health and Wellness. 3 Units
Term Typically Offered: Fall, Spring

This course introduces students to the principles and practices of innovation in healthcare settings. Students will explore topics such as healthcare business models, patient-centered innovation, design thinking, and strategies for starting and sustaining healthcare businesses and practices. Students will learn to identify entrepreneurial opportunities in healthcare, develop innovative solutions, and apply strategic leadership principles to drive change and growth in healthcare organizations.

HLTH 160. Health Professions, Research, and Services. 3 Units
Prerequisite(s): HLTH 100.
Term Typically Offered: Fall, Spring

This course provides an overview of professional opportunities in health-related professions, and what it means to work and serve in healthcare services. Students will explore public and private healthcare systems, why it is important to have a comprehensive and interdisciplinary understanding of services, and how to continue advancing the field through research, technology, and professional development.

- HLTH 195. Health Science Internship. 1 - 15 Units**
Prerequisite(s): Instructor permission.
Term Typically Offered: Fall, Spring, Summer
- The Health Science Internship is designed to provide students with an opportunity to obtain health-related work experience and apply theories and principles learned from within the classroom in a practical life setting. Supervision will be provided by the faculty and supporting agencies.
 Credit/No Credit
- HLTH 199. Independent Study. 1 - 3 Units**
Term Typically Offered: Fall, Spring, Summer
- The Health Science independent study is designed to provide students with an opportunity to deeply explore health science related theories, principles, practices, or topics. Approval and sponsorship of a supervising faculty member is required for admission.
Note: Open to students judged capable of carrying out individual work.
 Credit/No Credit
- TH 110. Foundations of Therapeutic Recreation. 3 Units**
Term Typically Offered: Fall, Spring
- This course explores the principles and practices of using recreation and leisure to improve the well-being of diverse populations. Students will examine the history, philosophy, and ethical considerations of the field, focusing on the assessment, planning, implementation, and evaluation of therapeutic recreation interventions. Students will examine issues of leisure participation and inclusive practices including: attitudinal barriers, advocacy, universal design and legislation. Students will learn about adaptations, and evidence-based research to promote leisure participation and inclusive practices to enhance quality of life for various populations.
- TH 111. Science of Disability. 3 Units**
Term Typically Offered: Fall, Spring
- This course examines a variety of disabilities and diseases, including physical disabilities, intellectual and developmental disabilities, mental health, sensory impairments, and disabilities related to aging. The content will focus on etiology, diagnosis, prognosis, symptomatic conditions, and how these factors impact therapeutic health and therapeutic recreation services and interventions.
- TH 112. Assessment and Documentation in Therapeutic Health. 3 Units**
Term Typically Offered: Fall, Spring
- Students will learn about therapeutic health and therapeutic recreation principles and processes as implemented in various clinical and community settings. Students will use professional standards of practice in various therapeutic health professions and identify relevant standards of care and professional guidelines. Students will practice using medical terminology and abbreviations through documentation in rehabilitation. Documentation includes: clinical assessments, individual treatment plans, goals and objectives, progress notes, and discharge plans.
- TH 113. Therapeutic Health Interventions I. 3 Units**
Term Typically Offered: Fall, Spring
- This course explores the rehabilitation and therapeutic recreation process in promoting overall functioning and well-being for aging populations and individuals with physical, intellectual, and developmental disabilities. Students will develop skills in group dynamics, leadership, facilitation, and intervention design using evidence-based methods, including activity analysis, task analysis, and the therapeutic health planning process. Emphasizing person-centered care, students will implement diverse rehabilitation techniques tailored to various ages, ability levels, and settings.
- TH 114. Therapeutic Health Interventions II. 3 Units**
Prerequisite(s): TH 113 is a pre- or co-requisite, or instructor permission.
Term Typically Offered: Fall, Spring
- This course explores the rehabilitation and therapeutic recreation process in promoting treatment for individuals with mental health, substance use, and addiction diagnoses. Students will develop clinical skills in group dynamics, including psychoeducation, health education, and trauma-informed care, utilizing evidence-based methods in harm reduction and prevention strategies. Emphasizing person-centered care, students will implement diverse rehabilitation techniques, including activity analysis and the therapeutic health planning process, in various settings and acuity levels.
- TH 115. Management in Therapeutic Health. 3 Units**
Prerequisite(s): TH 113 is a pre- or co-requisite, or instructor permission.
Term Typically Offered: Fall, Spring
- This course examines healthcare systems and organizational structure through the lens of rehabilitation, therapeutic recreation and health. Students examine existing programs in various facilities (hospitals, rehab centers, etc.), review relevant standards and regulations, and develop new programs. The course explores intervention techniques, program organization, management strategies, and professional ethics within healthcare systems. It also covers the roles of interdisciplinary teams and strategies for advancing the rehabilitation and therapeutic recreation or health professions.
- TH 195. Therapeutic Recreation Internship. 10 - 15 Units**
Prerequisite(s): TH 114 and instructor permission.
Term Typically Offered: Fall, Spring
- Students will complete at least 540 supervised internship hours in a therapeutic recreation setting that meets the National Council for Therapeutic Recreation Certification (NCTRC) requirements. Student will gain professional practice experience in all areas of the NCTRC Job Task Analysis and work toward fulfilling national level professional certification requirements at the national level.
Note: Refer to the Allied Health Sciences department website for additional internship information.