HEALTH SCIENCE

Department of Health Science

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.

Degree Programs
BS in Health Science (Community Health Education) (http://catalog.csus.edu/colleges/health-human-services/health-science/bs-in-health-science-community-health-education)

BS in Health Science (Health Care Administration) (http://catalog.csus.edu/colleges/health-human-services/health-science/bs-in-health-science-health-care-administration)


Minor in Health Science (http://catalog.csus.edu/colleges/health-human-services/health-science/minor-in-health-science)

Minor in Occupational Health and Safety (http://catalog.csus.edu/colleges/health-human-services/health-science/minor-occupational-health-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
Michael Mink, Chair
Ruth Hansen, Administrative Coordinator
Solano Hall 3002
(916) 278-6441
Department of Kinesiology & Health Science Website (http://www.csus.edu/khs)

Faculty
AINSWORTH, DALE W.
DIAZ, HEATHER J.
MANSYUR, CAROL L.
MATTHEUS, CHARL
MINK, MICHAEL D.
PEREZ, SUSAN L.
WOODWARD, PATRICIA J.
HLSC 50. Healthy Lifestyles.  3 Units
General Education Area/Graduation Requirement: Understanding Personal Development (E)
Term Typically Offered: Fall, Spring
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
Term Typically Offered: Fall, Spring
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
Term Typically Offered: Fall, Spring
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
Term Typically Offered: Spring only
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
Term Typically Offered: Spring only
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.
Term Typically Offered: Fall only
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.
Term Typically Offered: Fall only
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
Term Typically Offered: Fall, Spring
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
Term Typically Offered: Fall, Spring
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
Term Typically Offered: Fall, Spring, Summer
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.
**Health Science**

**HLSC 116.** Public Health Administration and Policy. 3 Units  
**Prerequisite(s):** Must be a Health Science or Gerontology major or minor  
**Term Typically Offered:** Fall, Spring  

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  
**Term Typically Offered:** Fall, Spring  

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  
**Term Typically Offered:** Fall, Spring  

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  
**Term Typically Offered:** Fall, Spring  

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  
**Term Typically Offered:** Fall, Spring  

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)  
**Term Typically Offered:** Fall, Spring, Summer  

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:** GE AREA D  
**Term Typically Offered:** Fall, Spring, Summer  

Various aspects of drug usage will be studied with emphasis on the role of health education in reducing abuse. This course is designed to explore contemporary issues related to alcohol and other drugs. The course will examine the physiological, psychological, social, and cultural impact of licit and illicit drugs.

**HLSC 134.** Understanding Human Sexuality. 3 Units  
**General Education Area/Graduation Requirement:** Understanding Personal Development (E)  
**Term Typically Offered:** Fall, Spring  

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  
**Term Typically Offered:** Fall, Spring, Summer  

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  
**Term Typically Offered:** Fall, Spring  

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, Health Science major or instructor permission.
Term Typically Offered: Fall, Spring

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.
Term Typically Offered: Fall, Spring, Summer

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.
Term Typically Offered: Fall, Spring

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.
Term Typically Offered: Fall, Spring

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
Term Typically Offered: Fall, Spring

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 153. Administration of Healthcare Organizations. 3 Units
Prerequisite(s): Health Science majors only
Term Typically Offered: Fall, Spring

Introduction to the study of healthcare administration. Examines the broad field of healthcare administration. Topics include healthcare management, leading healthcare professionals, strategic planning in healthcare, healthcare budgeting and finance, healthcare insurance, healthcare marketing, healthcare information technology, healthcare ethics and law, and healthcare fraud and abuse.

HLSC 154. Healthcare Organizational Behavior. 3 Units
Prerequisite(s): Health Science (Health Care Administration) majors only

The study of healthcare organizational behavior including individual and group dynamics in the context of healthcare settings. Examines the impact of organizational contexts on the behavior of individuals and groups in healthcare organizations. Topics include individual motivation, power and influence, leadership theory, stress in the workplace, decision-making, conflict and negotiation, group dynamics, and change planning in healthcare.

HLSC 155. Introduction to Healthcare Process Improvement. 3 Units
Prerequisite(s): Health Science majors only
Term Typically Offered: Fall, Spring

An exploration of the basic principles and techniques of process improvement in healthcare through a range of topics, including measurement of health care system performance to creating high-quality services that result in organizational improvement and customer satisfaction.

HLSC 156. Fieldwork - Health or Safety. 2 - 4 Units
Prerequisite(s): Permission of faculty advisor, program coordinator and Department chair.
Term Typically Offered: Fall, Spring, Summer

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 157. Experimental Offerings in Health Science. 1 - 3 Units
Term Typically Offered: Fall, Spring

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 159. 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.
Term Typically Offered: Fall, Spring

Note: Open only to HLSC majors and minors who appear competent to conduct independent work such as

Credit/No Credit
HLSC 222. Health Communication Strategies. 3 Units  
Prerequisite(s): Master of Public Health major or instructor permission.  
Term Typically Offered: Fall only  
Provides students with knowledge and understanding of health communication theory and research. Students will examine the effects of media, including mass media, social media, and participatory media, in promoting or impeding public health goals and achievements. This course emphasizes the importance of public engagement and the development of effective communication with public health stakeholders including consumers, community goals, policy makers, health care providers, news media, and the general public.

HLSC 224. Program Planning. 3 Units  
Prerequisite(s): Master of Public Health majors or instructor permission and HLSC 201  
Term Typically Offered: Fall only  
Covers the elements needed for successfully planning and implementing a health promotion program including the application of health behavior theory and program planning models. Students will apply concepts of social and physical determinants of health, community structure on health status, social/health policies of communities and personal health behaviors in program planning design and implementation.

HLSC 295. Seminar and Practicum Experience. 3 Units  
Prerequisite(s): Master of Public Health or instructor permission  
Term Typically Offered: Spring only  
Provides students with in-depth supervised experience in an approved organization during their graduating semester. The practicum will require students to complete an applied practice experience related to a public health issue that is a focus within the organization. Seminars will discuss and review the integration of core public health concepts with the practicum. Students will create materials that demonstrate the analysis, synthesis, and intersection of course work and practicum work, while demonstrating mastery of the broad field of public health. Field Trip. Credit/No Credit  
Field trip(s) may be required.