HEALTH SCIENCE (HLSC)

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 or 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.
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.

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.

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.

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.

Not open to lower division students.

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 159. 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 159. May be repeated once for credit.

Credit/No Credit

HLSC 195. 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 159. May be repeated once for credit.

Credit/No Credit

HLSC 196. 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 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.
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.