Health Sciences (HLSC)

HLSC 119V. Health and Wellness. 1 Unit.
This course focuses on Stetson's Health and Wellness Value. This course examines health information and issues confronting each person and our society from the psychological, physical, intellectual, social, occupational, environmental, and spiritual dimensions.

HLSC 190. Special Topics in Health Sciences. 1 Unit.

HLSC 200V. Introduction to Nutrition Science. 1 Unit.
This course focuses on Stetson's Health and Wellness Value. Designed as an introductory course in nutrition for students pursuing careers in health-related fields, this course provides a scientifically-based introduction to nutrition and how it relates to health and disease. Students will acquire a thorough understanding of basic nutrition for their own health and wellness.

HLSC 201. Anatomy & Physiology I. 1 Unit.
Designed to augment and develop students' knowledge and understanding of the human body through the systemic study of structures and functions of the integumentary, skeletal, articular, muscular, and nervous systems, this course prepares students for curricular and clinical experiences in medicine, allied health, and advanced study of the human body (biomechanics, exercise physiology, pathology, and preventive medicine). Prerequisite: BIOL 141P and BIOL 142P.

HLSC 202. Anatomy and Physiology II. 1 Unit.
This course prepares students for clinical experiences in allied health and subsequent study of the human body; studies the structures and functioning of the cardiovascular, respiratory, digestive, urinary, lymphatic, and endocrine systems in depth; and explores applications of human physiology during exercise, pharmacological intervention, and disease. Prerequisite: BIOL 141P and BIOL 142P.

HLSC 209V. Cross-Cultural Aspects of Health Behavior. 1 Unit.
This course focuses on Stetson's Human Diversity Value. This course helps students develop international perspectives as they research, analyze, and compare similarities and differences in health behavior and wellness issues and applications around the world. By focusing on differences in cultural beliefs and models for cross-cultural health and communication, students learn effective ways to implement health promotion programs and program evaluation across cultures.

HLSC 285. Independent Study. 0.5 or 1 Units.

HLSC 290. Special Topics in Health Sciences. 1 Unit.

HLSC 301. Theories and Methods of Health Behavior Change. 1 Unit.
This course investigates the relationship between health and behavior. It explores the psychosocial determinants of behaviors risk factors that affect the health of individuals, groups, and the larger society. Students will develop a solid understanding in social/behavioral theories, not just as explanatory models of health behavior, but also how they impact the design of health intervention programs.

HLSC 303. Multicultural Health Behavior: The Challenges and Opportunities. 1 Unit.
This course explores the health-related societal and cultural issues of Serbia. Being culturally competent is essential in the role of health professionals who often times work in a diverse society that presents both opportunities and challenges.

HLSC 313. Biomechanics. 1 Unit.
Designed to develop a fundamental understanding of the anatomical, neuromuscular and biomechanical principles of human movement, this course applies these principles to evaluate human performance. Prerequisite: HLSC 201.

HLSC 330. Aging of Physiological Systems. 1 Unit.
The current trend in demography termed the “Graying of America” is now well under way, as Baby Boomers are entering their older years in great numbers. This course explores these shifting demographic trends in our society, as well as various biological/physiological theories of aging, the physiological components of the aging process, and the impact of exercise and other lifestyle choices on these components. Prerequisites: BIOL 141P and BIOL 142P.

HLSC 342V. Ethical Issues in Health Care. 1 Unit.
This course focuses on Stetson's Ethical or Spiritual Inquiry Value. This junior seminar addresses the moral issues facing health-care practitioners from a philosophical point of view by presenting an array of ethical theories that can be used to analyze both general issues and particular cases. It introduces students to current ethical dilemmas in the health-care field and develops their ability to think critically about these matters, such as patients' rights, maternal-fetal conflicts (including abortion), euthanasia, stem cell research, genetic engineering, human and animal experimentation, and the right to health care. Junior Seminar.

HLSC 370. Seminar in Integrative Medicine. 1 Unit.
This course presents the methodologies of both conventional and alternative medicine and emphasizes the history and integration of these systems: allopathic medicine, naturopathy, energy therapies, chiropractic medicine, homeopathy, osteopathy, herbal medicine, and Chinese medicine. Students learn to describe the historical background, theory on health and disease, and the treatments promoted by each system.
HLSC 375. Community Health Care Seminar. 0.5 Units.
Offered in collaboration with practitioners from Florida Hospital, this course provides an academic foundation for expected subsequent one-year Health Coach Practicum I and II experiences with Florida Hospital. Topics include: challenges of delivering adequate healthcare in communities; population health; specific problems posed by diabetes, obesity and cardiovascular disease; ethical dimensions of “underinsurance”; community medicine and the law; and methods of improving compliance and measuring outcomes. Prerequisite: Permission of instructor.

HLSC 385. Independent Study. 0.5 or 1 Units.
HLSC 390. Special Topics in Health Science. 0.5 or 1 Units.
A lecture/discussion course designed to enhance the curriculum by allowing students an opportunity to gain knowledge and understanding in a specialized topic within their field of study, such as sport nutrition, strength and conditioning, eating disorders and body image, and advanced exercise physiology. Prerequisites may apply.

HLSC 395. Teaching Apprenticeship. 0.5 Units.
Pass/Fail only.

HLSC 397. Internship in Health Sciences. 0.5 or 1 Units.
This course provides students an opportunity to enrich their classroom knowledge, develop skills, and gain practical experience in a field of health science (such as medicine, physical therapy, occupational therapy, physician assistant, nursing, chiropractic medicine, cardiac rehabilitation, health promotion/preventive medicine, public health, wellness/fitness). Students will be required to maintain a record of hours, complete journal assignments, participate in workshops/seminars/discussion forums, complete a topical paper, and obtain a letter of evaluation from the student’s intern site supervisor. Specific requirements will be presented by way of a contract signed by the students. Full unit internships require approximately 60-80 patient/client contact hours for the semester and a total of 140 hours. Prerequisites: HLSC 201 and instructor permission for non-majors. Enrollment in an internship course requires students to attend an orientation prior to beginning work at their internship site. For more information regarding internship orientations, please contact Career & Professional Development at career@stetson.edu or 386-822-7315.

HLSC 401. Advanced Human Anatomy. 1 Unit.
Designed to enhance students’ knowledge and understanding of the human body, this experiential course allows them to study and examine human tissue/histology, organ systems, and pathophysiology on a human cadaver. It provides an opportunity for the advanced study of anatomical and physiological concepts needed to prepare students for clinical experiences and advanced/graduate study of the human body in fields such as medicine/allied health, biophysics/biomechanics, exercise physiology, and preventive/integrative medicine. Prerequisites: HLSC 201 and HLSC 202 (C or higher in these courses), junior or senior standing, or permission of instructor. Note: This course meets mid-fall semester to mid-spring semester at the University of Central Florida College of Medicine.

HLSC 411. Exercise Physiology. 1 Unit.
This class analyzes the physiological responses of the human body to the demands of exercise and the effects of exercise training on the human body; supporting topics include principles of exercise testing, assessment, and prescription, preventive medicine, nutrition, and ergogenic aids. Prerequisites: HLSC 201 and HLSC 202.

HLSC 413. Sport Nutrition. 1 Unit.
Introduces basic concepts of Sport Nutrition in order to integrate knowledge of exercise science and nutrition into practical applications for active individuals. Prerequisite: HLSC 200V.

HLSC 441. Medical Terminology and Pathology. 1 Unit.
This introductory course prepares students who are pursuing careers that require an understanding of medical terms, such as physical therapy, athletic training, emergency medical technician, rehabilitative services, medicine, medical technology, and pharmacy. Prerequisite: BIOL 142P, HLSC 201, or HLSC 202.

HLSC 485. Independent Study. 0.5 or 1 Units.
HLSC 490. Special Topics in Health Sciences. 1 Unit.

HLSC 498. Senior Research Proposal. 1 Unit.
Students will become familiar with both general and specific research methods training that is relevant to their mentor’s research area (e.g., human subjects/safety/confidentiality training; Institutional Animal Use and Care Committee (IACUC) training). Students will also identify a topic in a selected field of study, prepare a review of pertinent literature, formulate a research question, and propose a research design for the studies they will execute in HLSC 499. Writing-intensive course.

HLSC 499. Senior Research Project. 1 Unit.
Students will demonstrate competency in the research process by conducting the research study proposed in IHSC 498 in their field of expertise. The project includes data collection, statistical analysis and interpretation, a scholarly research paper, and an oral or poster presentation. Prerequisite: HLSC 498.