

# Health Sciences

## Overview

A major in Health Science prepares students for careers and graduate studies in the health sciences, including: medicine, allied health, rehabilitative science, and health promotion/preventive medicine. The Department offers a bachelor of science degree in Health Science. The curriculum integrates the sciences of biology, chemistry, physiology, social behavior, nutrition, and physics and applies them to the study of individual health. Courses combine traditional classroom lecture with experiential learning and the practical application of concepts through a variety of laboratory, clinical, and field experiences. The Department provides students a fully equipped, modern learning environment. Students complete senior research projects that are often presented at the annual spring Stetson Showcase and/or at professional regional and national conferences. Graduates pursue graduate and professional studies, as well as employment and research opportunities in the health sciences, including: medicine, physician assistant programs, physical therapy, occupational therapy, nursing, exercise physiology, chiropractic medicine, nutrition, cardiac rehabilitation, and other related fields. Graduates also work in corporate and hospital-affiliated wellness centers.

More information can be found online at <https://www.stetson.edu/other/academics/undergraduate/health-sciences.php>.

## Learning Outcomes

Student learning outcomes describe what students know, understand and are able to do as a result of completing a degree program. The learning outcomes for this program are:

1. Explain ways in which psychological, social, environmental, spiritual and physical factors influence and impact health
2. Demonstrate the ability to integrate concepts of anatomy and physiology to explain the unity of form and function in the human body and to be able to apply this knowledge to disease prevention in humans
3. Be able to explain macronutrients and metabolic processes used by the human body for energy production
4. Apply the scientific method to a research question and design and execute an appropriate scientific research study
5. Demonstrate the ability to write an effective scientific research paper including compiling and integrating relevant literature, collection and analysis of data, and interpretation of the data
6. Effectively present an oral scientific research study

## Majors

### Major in Health Sciences

- Bachelor of Science in Health Sciences (<https://catalog.stetson.edu/undergraduate/arts-sciences/health-sciences/health-sciences-bs/>)

## Minors

### Minor in Health Sciences - 5 Units

Code	Title	Units
<b>Requirements</b>		
HLSC 201	Anatomy & Physiology I	1
HLSC 202	Anatomy and Physiology II	1
HLSC 119V	Health and Wellness	1
Select two units from the following:		2
HLSC 200V	Introduction to Nutrition Science	
PUBH 140V	Introduction to Public Health	
PUBH 303	Global Health	
HLSC 313	Biomechanics	
HLSC 330	Aging of Physiological Systems	
HLSC 342V	Ethical Issues in Health Care	
HLSC 370	Seminar in Integrative Medicine	
HLSC 390	Special Topics in Health Science	
HLSC 397	Internship in Health Sciences	
HLSC 401	Advanced Human Anatomy	
HLSC 441	Medical Terminology and Pathology	
COMM 327V	Health Communication	
COMM 336V	Food and Nutrition in the Media	
PUBH 284	Foundations of Epidemiology	
<b>Total Units</b>		<b>5</b>

## Advising Course Plans

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The following advising course plans are available for Health Sciences majors who wish to pursue graduate and professional studies:

- Chiropractic Medicine (<https://catalog.stetson.edu/undergraduate/arts-sciences/health-sciences/chiropractic/>)
- Dental Medicine (<https://catalog.stetson.edu/undergraduate/arts-sciences/health-sciences/dental/>)
- Dietitian (<https://catalog.stetson.edu/undergraduate/arts-sciences/health-sciences/dietitian/>)
- Kinesiology-Exercise Science (<https://catalog.stetson.edu/undergraduate/arts-sciences/health-sciences/kinesiology-exercise-sci/>)
- Medicine (MD/DO) (<https://catalog.stetson.edu/undergraduate/arts-sciences/health-sciences/medicine/>)
- Physician Assistant (<https://catalog.stetson.edu/undergraduate/arts-sciences/health-sciences/physician-assistant/>)
- Physical Therapy (<https://catalog.stetson.edu/undergraduate/arts-sciences/health-sciences/pt/>)
- Optometry (<https://catalog.stetson.edu/undergraduate/arts-sciences/health-sciences/optometry/>)

Advising Plans for Students Switching to the Major or Transferring After the First Year

- Health Science Major 3-year Plan (<https://catalog.stetson.edu/undergraduate/arts-sciences/health-sciences/hlsc-3yr-plan/>)

- Health Science Major 2-year Plan (<https://catalog.stetson.edu/undergraduate/arts-sciences/health-sciences/hlsc-2yr-plan/>)

## Faculty

Schrager, Matthew

*Associate Professor and Chair of Health Sciences, 2009*

B.A., Grinnell College

M.S., Indiana University

Ph.D., University of Maryland

Dye, Kristine

*Assistant Professor of Health Sciences and Biology, 2021*

B.S., Brigham Young University

Ph.D., University of Washington

Evans Anderson, Heather

*Assistant Professor of Health Science, 2017*

B.S., Vanderbilt University

Ph.D., Vanderbilt University

Goldstein, Erica

*Assistant Professor of Health Sciences, 2022*

B.A., Elon University

B.S., University of North Florida

M.S., Florida Atlantic University

Ph.D., University of Central Florida

Lategan-Potgieter, Ronette

*Assistant Professor of Practice of Health Science, 2017*

B.Sc., M.Sc., Ph.D., University of the Free State, South Africa

Powers, Scott

*Distinguished Scholar in Health Sciences, 2021*

B.S, Carson Newman University

M.Ed., University of Georgia

Ed.D., University of Tennessee

Ph.D., Louisiana State University

Skelton, Michele S.

*Associate Professor of Health Sciences, 1993*

B.S., Stetson University

M.S., University of Tennessee

Ph.D., Auburn University

## Courses

### **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 180. Health Sci Elective. 1 Unit.**

### **HLSC 181. Health Sci Elective. 1 Unit.**

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

### **HLSC 200V. Introduction to Nutrition Science. 1 Unit.**

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Students will develop the ability to critically interpret nutrition and exercise information within the health and fitness industry. Learn to identify the red flags and logical fallacies utilized to market nutritional supplements and exercise-related programs and products routinely sold to enhance health and wellness. Sophomore standing or higher.

### **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 341. Advanced Topics in Nutrition Science. 1 Unit.**

This course explores advanced topics in nutrition and focus on new research and developments in the field of nutrition. This course will introduce students to various special areas of interest and focus on current issues in nutrition. The course will satisfy Health Sciences major elective requirements in the Natural Science or Wellness category. After successfully completing this course, students will be able to understand the important role that nutrient intake and modifications play in the prevention, management and treatment of identified conditions and how modifications can affect human health and performance. Students will be able to explain the role and functioning of nutrients in relevant metabolic processes in the human body and be able to apply this knowledge in the promotion of optimal health and performance. Prerequisite: HLSC 200V.

**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.

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**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.

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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.

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Pass/Fail only.

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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](mailto:career@stetson.edu) or 386-822-7315.

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