

397 Nutrition in Health Promotion and Disease Prevention (3) This course focuses on understanding the role of nutrition in health promotion and disease prevention. Health promotion and disease prevention theories and guidelines will be discussed. Students will have a better understanding of health and food consumption behaviors of diverse populations by evaluating population-based studies. Nutrition needs and current nutritional therapies for the promotion of health and disease prevention will be determined and translated into food choices and menus for people of diverse cultures and religions. Prereq: NUTR 376 and NUTR 396 recommended. Sp

412 Advanced Human Metabolism (4) This course focuses on understanding the relationship between food and nutrients, the science of chemistry of the living organism, and health. The course stresses the importance of nutrient interactions and regulation of metabolism. The methods used to assess both nutrient requirements and deficiencies will be studied. Prereq: NUTR 376, BIOL 122, and CHEM 241 or CHEM 354. F

415 Dietary Supplements and Herb Use in Nutrition (3) This course focuses on understanding the role of supplements from a nutrition standpoint in maintaining and promoting health. Common supplements used such as: vitamins, minerals, herbs and other substances will be discussed. Emphases are placed on understanding the history of their use, their proposed mechanisms of action, and safety concerns using the process of a critical review of the literature. Students will analyze the role of these supplements when making nutritional recommendations to individuals and groups. Prereq: NUTR. 376 F

420 Practicum in Food, Nutrition and Wellness (1-3) This course provides junior- and senior- level students who meet eligibility criteria with the opportunity to gain practical insight into the food and nutrition environments while applying their management knowledge skills. The experience will lead to deeper appreciation and valuable understanding of practical workplace situations. The students will be able to apply their leadership and teamwork skills. Repeatable to a maximum of six hours. Prereq: NUTR 376, NUTR 285, and NUTR 381. F, Sp, Su

427 Senior Project in Food and Nutrition (3) This course will provide application of the principles of food production and nutrition by designing a menu and serving a meal. Students will focus on assessing needs, planning, implementing, and evaluating a food service meal. Students will utilize their knowledge of food service management and apply food and nutrition principles in a group setting. Prereq: NUTR 285, NUTR 376, and NUTR 381. Sp

452 Nutrition and Health Assessment (3) This course will focus on the comprehensive scientific assessment of nutrition-related problems throughout the lifespan of both individuals and communities. Students will examine the steps in the assessment process. They will select appropriate assessment methods and interpret findings. Evaluation of the outcomes of assessment and quality improvement will be discussed. Prereq: NUTR 376 and NUTR 397. F

465 Community Nutrition (3) This course focuses on understanding the role of nutrition in public health. It will allow for an understanding of the tools used to design and implement community nutrition programs that promote and protect the public's health. Emphases are placed on community nutrition assessment, program planning and evaluation, nutrition policy making and the legislative process. Prereq: NUTR 376. Sp

481 Nutritional Counseling and Theory (3) This course focuses on the acquisition of nutrition counseling knowledge and the development of interpersonal skills that would enhance the translation of nutrition knowledge into healthy food choices. Employing a problem-solving

model, the course covers counseling strategies and techniques, interviewing methods, psychological theories, life span and cross-cultural considerations for counseling, emotional factors of nutrition, eating disorders, ethics, and professional aspects of practice. Students will be challenged to apply and think critically about different counseling techniques and situations. Appropriate educational materials and documentation methods will be evaluated and developed as needed. Prereq: Recommend PSY 201 and SPCH 107, and NURT 376 or consent of instructor. Sp

485 Medical Nutrition Therapy (4) This course focuses on understanding the diseases that are modifiable by medical nutrition therapy such as obesity, diabetes, hypertension, and hyperlipidemia across the lifespan. For each disease the pathophysiology, evidence supporting medical nutrition therapy, and dietary treatments will be discussed. Prereq: NUTR 376, BIOL 122 and NUTR 452. Sp

492 Food Service Operations Management (3) This course will be a systems approach to food service management. Program planning, forecasting, program evaluation, and marketing will be discussed. This course will cover cost control methods that are specific to managing food service operations, including food waste and theft. Prereq: NUTR 285, NUTR 381, and HP 411 or MNGT 201 or MNGT 305. Sp

496 Leadership and Professional Issues in Food and Nutrition (3) This course will explore current political, regulatory, ethical, training, quality improvement, management, and other important related issues facing food and nutrition professionals. Students will use their educational foundation to investigate, identify, and suggest alternative methods of resolving these problems. The course will examine the leadership roles of food and nutrition professionals. Students will apply this knowledge by investigating current controversial issues in food and nutrition and will develop solutions to these problems. Prereq: NUTR 285 and junior or senior standing. F

Bachelor of Science in Health Services

Bachelor of Science in Health Services graduates are prepared for entry into or advancement in the health care field. This degree program is designed to provide educational opportunities for students interested in gaining a knowledge base for positions in health care not requiring specialized clinical preparation, or for individuals who have completed a health professions clinical program and wish to increase their knowledge and skills to effectively respond to the rapidly changing needs of the American health care delivery system.

Admission Requirements

All applicants must first seek admission to the University by completing an application, having official transcripts of high school and other universities and colleges sent to the University of Southern Indiana and completing all other University admission requirements. Applicants with at least a 2.0 grade point average may make application to the Bachelor of Science in Health Services program by completing an admission packet available on the Health Services program Web site or in the department office.

Students who have attended health professions education programs which did not provide college credit may be granted professional training and clinical experience credit toward the bachelor's degree on the basis of the completion of a health professions program and work experience. Each candidate will be counseled and evaluated individually for the conferring of elective credit hours. Factors which will be considered are completed course work and work experience.

Guidelines for conferring elective credit:

- Completion of one-year program: 15 hours
- Completion of two or more years program: 30 hours
- Verified work experience one year or more: 3 hours
- Verified work experience two years or more: 6 hours

Health Services Major Requirements

Candidates for the Bachelor of Science in Health Services degree must meet the general requirements for graduation as outlined in this bulletin and successfully complete the three sections (50 credits) outlined to complete the Health Services major:

Section I

Required completion of Health Services Core Courses: 15 credit hours. Health Services majors must achieve a grade of **C or better** in all Health Services Core Courses in order to progress in their program major.

Health Services Core (15 hours) (Must be completed with a "C" grade or better.)

HP211	The Health Care Delivery System (3)
GERO315	Gerontology (3)
PH384	Public Health (3)
HP302	Biostatistics (3)
HP498	Current Concepts in the Health Professions (3)

Section II

All Health Services majors are required to complete at least one **health services concentration** (Health Administration, Gerontology, Health Promotion and Worksite Wellness, Public Health).

Health Administration Concentration (18 hours)

HA356	Ethics and Health Care (3)
HA405	Health Informatics (3)
HA411	Health Care Leadership (3)
HA421	Health Care Finance (3)
HA431	Health Care Quality (3)
HA496	Marketing and Competitive Strategy in Health Care (3)

Gerontology Concentration (15 hrs)

GERO316	Age-related Changes: Illness and Disease (3)
OR	
GERO319	Assessment and Management of Alzheimer's Disease (3)
GERO317	The Long Term Care Continuum (3)

GERO318	Healthy Aging (3)
GERO423	Clinical Problems in Older Adults (3)
GERO425	Health Facilities Administration (3)

Health Promotion & Worksite Wellness Concentration (24 hrs)

HP305	Struc&Theory:Worksite Wellness (3)
HP306	Eval.&Appl. - Worksite Wellness (3)
HP407	Health Prom/Worksite Well Practicum (3)
HP378	Schl & Comm Hlth Educ. Methods (3)
PH484	Environmental Health (3)

AND

9 credits from the following:

GERO318	Healthy Aging (3)
HP255	Human Sexuality (3)
HP265	Alcohol & Drug Abuse (3)
HP235	Eastern Med. & Alternative/Complementary Health care (3)
NUTR376	Principles & Applications in Nutrition (3)
CMST410	Health Communication (3)

Public Health Concentration (21 hrs)

PH 385	Disease Control (3)
PH 484	Environmental Health (3)
PH 485	Epidemiology (3)
PH 486	Public Health Administration (3)
NUTR376	Principles & Applications in Nutrition (3)

AND

6cr of PH (Environmental Health) Specialty Courses (PR: PH384)

OR

6cr of PH (Health Behavior and Education) Specialty Courses

Section III

Complete Health Services Elective Courses as needed (can be found in Course Descriptions)

General Requirements for HS degree

- A minimum of 124 credit hours;
- a minimum of 30 credit hours must be taken from the University of Southern Indiana;
- a minimum of 42 hours of 300/400 level credit hours; and
- obtain an average of 2.0 grade point average or better on all work taken at the University of Southern Indiana.

Health Services Minor Requirements

Non-Health Services majors may pursue a **health services minor** in 4 areas of the program: Health Administration, Gerontology, Health Promotion, and Worksite Wellness or Public Health. Required courses:

Health Administration Minor (21hrs)

HP211	The Health Care Delivery System (3)
HA356	Ethics and Health Care (3)
HA405	Health Informatics (3)
HA411	Health Care Leadership (3)
HA421	Health Care Finance (3)
HA431	Health Care Quality (3)
HA496	Marketing and Competitive Strategy in Health Care (3)

Gerontology Minor (21 hrs)

HP211 The Health Care Delivery System (3)
 GERO315 Health Care Aspects of Gerontology (3)
 GERO316 Age-related Changes: Illness and Disease (3)

OR

GERO319 Assessment and Management of Alzheimer's Disease (3)
 GERO317 The Long Term Care Continuum (3)
 GERO318 Healthy Aging (3)
 GERO423 Clinical Problems in Older Adults (3)
 GERO425 Health Facilities Administration (3)

Health Promotion & Worksite Wellness Minor (27 hrs)

HP305 Struc & Theory: Worksite Wellness (3)
 HP306 Eval. & Appl. - Worksite Wellness (3)
 HP407 Health Prom/Worksite Well Practicum (3)
 HP302 Biostatistics (3)
 HP378 School & Community Health Education Methods (3)
 PH484 Environmental Health (3)

AND**9 credits from the following:**

GERO318 Healthy Aging (3)
 HP255 Human Sexuality (3)
 HP265 Alcohol & Drug Abuse (3)
 HP235 Eastern Med. & Alt. Compl Health Care (3)
 NUTR376 Princ & Appl in Nutrition (3)
 CMST410 Health Communication (3)

Public Health Minor (21 hrs)

HP 211 The Health Care Delivery System (3)
 PH 384 Public Health (3)
 PH 385 Disease Control (3)
 HP 302 Biostatistics (3)
 PH 484 Environmental Health (3)
 PH 485 Epidemiology (3)
 PH 486 Public Health Administration (3)

Double Major

Students from another major wishing to double major in Health Services are required to complete the Health Services Core Courses (15cr) and choose one concentration (15-24cr). Depending on the chosen concentration, double majors will require 30 to 39 credits.

Course Descriptions**Gerontology (GERO)**

315 Health Care Aspects of Gerontology (3) This course focuses on aging and health. Major health problems are identified and treatment strategies are studied. The dimensions of aging are explored. Health Care issues pertinent to the older adult are discussed.

316 Age Related Body Changes: Illness and Disease (3) This course focuses on aging and health. Major health problems are identified and treatment strategies are studied. Prereq: GERO 315 and BIOL 121 or consent of instructor.

317 The Long Term Care Continuum (3) This course examines the conceptual framework for creating an ideal integrated continuum of care, as well as information about the components for the continuum as they exist today. Students will examine the various residential options for seniors and will analyze issues of cost, access, and quality for each. Prereq: GERO 315.

318 Healthy Aging (3) This course emphasizes the relationship between aging and healthy lifestyle. Theories of aging and development will be reviewed. The student will learn about the role of nutrition and exercise in the older population. This knowledge will be applied by assessing an older adult's nutritional status and exercise behavior for the purpose of developing an individualized strategy for change. Prereq: Recommended NUTR 376.

319 Assessment and Management of Alzheimer's Disease (3) This course focuses on assessment and management of Alzheimer's disease from diagnosis until death. Assessment and strategies identify stage of progression and are the basis for planning effective management. Management is by stage, using retrogenesis theory, and includes interventions related to environment, behavior, interaction, and medication. The course is appropriate for both formal and informal care givers. Prereq: GERO 315 and (BIOL 121 or Consent of Instructor)

423 Clinical Problems of Older Adults (3) This course focuses on major clinical problems of older adults in society. Emphasis is on prevention, early recognition, and management of problems. Environmental, behavioral, physical, and educational approaches are included. Prereq: GERO 315 and (GERO 316 or GERO 319).

425 Health Facilities Administration (3) This course focuses on the purpose, organization and management of long-term care facilities and related organizations. The importance of long-term care facilities in the continuum of care for the elderly or developmentally disabled is examined. The typical structure, by functional area, of such a facility is presented, and federal and state regulations by area are reviewed. Contemporary issues and current legislation/regulations impacting the long-term care industry are analyzed. This course assists the student to prepare for successful completion of the federal and state examination leading to licensure as a health facilities administrator. Prereq: HP 211 and GERO 315.

Health Administration (HA)

356 Ethics and Health Care in a Pluralistic Society (3) The course will provide students with an ethical framework for decision-making in the context of a pluralistic society. Models and principles of ethical justification among a diversity of cultures and belief systems will be analyzed. Specific applications are made to concerns in clinical and health care management. Topics include the right to health care, community health ethics, end-of-life issues, and organizational ethics. Prereq: Sophomore standing or consent of instructor.

405 Health Informatics (3) This course provides the foundation for the study of health informatics and covers topics such as health information management, clinical information systems (inpatient, outpatient, nursing, laboratory, pharmacy, radiology, etc.), decision support systems, clinical research and health-assessment systems, technology assessment, and health care accounting. The focus of the class content is on the U.S. health care and the role of informatics within the U.S. system. Prereq: HP 211.

411 Health Care Leadership (3) This course includes an overview of leadership, administration, decision-making, and organization within the health care system. Emphasis is placed upon leadership styles and application of the functions of leadership to situations in the health care environment. Prereq: HP 211.

421 Health Care Finance (3) This course provides an overview of financial systems. Selected health care financial management concepts including payment incentives, integrated systems, cost management, pricing and marketing, productivity monitoring, insurance coding, and quality improvement will be studied as they relate to various types of

health care organizations. Selected computer applications to demonstrate budgeting, forecasting, data base integration and variance analysis will be used. Prereq: HP 211.

431 Health Care Quality (3) This course will provide the knowledge base and the tools required to understand and analyze the importance of issues of quality in health care. Topics to be covered include: dimensions of quality care and performance, including outcomes, overuse, and under use; errors and threats to patient safety; service flaws; and forms of waste in the health care environment. Prereq: HP 211.

496 Marketing and Competitive Strategy in Health Care (3) This course focuses on health care marketing and strategic planning in health care. The increasing complexity of the health care system dictates a need for an organized approach to strategy, and one that ties key market issues and needs to a definitive market position, quantifiable objectives, and finally to strategies and actions aimed at achieving the position and objectives. This course allows the student to learn such an organized approach to marketing and strategy. A strategic analysis and plan, as a means to introduce the principles and concepts of strategy applicable to health care, will be conducted. Prereq: HP 211.

Health Professions (HP)

115 Medical Terminology For The Health Professions (2) This course focuses on the study of the prefixes, suffixes, and root words commonly found in the field of medicine and health care.

211 The Health Care Delivery System (3) This course provides an overview of the health care delivery system from a historical, economic, legal/ethical, and political framework.

235 Eastern Medicine and Alternative/Complimentary Health Care (3) This is a course designed to study Eastern Medicine and its influence on complementary health care therapies. Emphasis is on historical, cultural, social, research, and consumer interest influences on the evolving model of east-west healing and health care. Specific modalities will be studied with emphasis on utilization for self-care and their use in health care. Implications for changes in health care environments and health care provider roles also will be analyzed.

255 Human Sexuality: A Health Perspective (3) This course focuses on interdisciplinary approach to the study of individual and societal determinants in the expression of human sexuality in relationship to health. Changing social values, sexual behaviors, contraception, sexually-contracted diseases, and problems in sexual development in relationship to health are explored.

265 Alcohol And Drug Abuse: A Health Perspective (3) This course focuses on an interdisciplinary approach to the study of alcohol and drug abuse from a health perspective. Etiological theories and the physiological and social consequences of alcoholism and drug abuse are studied. Current approaches to prevention, identification, and treatment of alcoholism and drug abuse are analyzed.

302 Biostatistics (3) The course provides students with an introduction to assessing the magnitude, reliability, validity, and precision of associations (e.g., between exposures and disease) and making inferences about target populations using data from samples in the health professions. Topics include probability and sampling distribution, research design and analysis of variance, regression and correlation, stochastic processes, and frequency distributions. Prereq: MATH 111.

305 Structure and Theory: Worksite Wellness and Health

Promotion (3) This course provides the student with knowledge about health and wellness concepts and strategies to implement them in the workplace. Theoretical models will be the basis used to explore why individuals choose healthy or unhealthy behaviors and what motivates them to change their choices. Effective assessment techniques for the individual and organization will be presented. Utilization of the assessment data to develop an effective health promotion plan will be studied. Prereq: HP 211.

306 Evaluation and Application: Worksite Wellness and Health

Promotion (3) This course provides the student with knowledge on the development of a health promotion plan for the worksite. Designing interventions to meet the needs of the workforce and the organization will be explored extensively. Examination of the evaluation process including methods, data gathering, data analysis, and outcome analysis. Prereq: HP 305.

314 Audiology and Hearing Impairment (3) This course covers topics in basic audiology and hearing impairment. Information covered will be informative for professionals who come in contact with hearing-impaired individuals. Approximately 5 of every 1,000 babies are born with significant hearing loss. Hearing loss frequently accompanies other disabilities and is a normal development with the process of aging. Topics to be studied include: types and causes of hearing loss, social and emotional factors related to hearing loss, helpful communication strategies to use with hearing impaired persons, different types of amplification and management of such, and other equipment and services available for those who are hearing impaired.

325 Pharmacology And Therapeutics (3) This course provides an introduction to modern therapeutic drugs. Dosage forms, sources, prescriptions, and metabolism are covered first, then students study human physiological systems and the most important drugs used to affect these systems. Emergency and new drugs are included. Open to all health professions and biology students. Prereq: BIOL 121 or consent of the instructor.

335 Mechanisms Of Pathophysiology (3) This course utilizes a systems approach to understand underlying mechanisms of the disease process and how these mechanisms relate to and cause overt signs and symptoms. The content emphasizes normal homeostasis controlling mechanisms and how pathophysiological mechanisms disturb homeostasis and cause dysfunction. Prereq: BIOL 121 and CHEM 107 or consent of the instructor.

378 School And Community Health Education Methods (3) This course focuses on education principles and procedures for health profession programs and community health teaching. Lesson plan formulation, course organization, teaching strategies, and test construction are studied. Prereq: Junior standing.

407 Health Promotion and Worksite Wellness Practicum (3) This practicum provides the student with practical experience in needs assessment, individual and organizational assessment, program planning, implementation, evaluation, and problem solving of health promotion programs. The student will complete a program negotiated with the instructor and gain additional experience under the supervision of an experienced health promotion professional. Prereq: HP 305 and HP 306 or permission of instructor.

408/508 HIV/AIDS: Biological, Medical, Psychosocial, and Legal Perspectives (3) This course provides a physiological and psychosocial base for health professionals and concerned others to provide care and support to children and adults with HIV disease. Theories and concepts

relevant to the disease process and care giving will be examined. Societal issues related to HIV disease will be studied.

480 Internship in Health Services (1, 2, or 3) This course provides an internship for junior or senior student Health Services majors who meet the eligibility criteria. An opportunity to gain valuable insight and understanding of current topics in the health care environment while they assist the health care business reach its organizational goals will be provided. Interns will function as a valuable, student member of a health care-related management team. The experience will lead the student to a deeper appreciation of the nature of the health care field. Both leadership and team work opportunities will be sought, and the student intern will have a chance to think on his/her feet while participating in practical workplace situations. The University will work closely with the participating health care organization to customize an experience for the intern that meets the needs of the health care organization without compromising academic goals or the student's academic progress. Prereq: consent of program director required. Repeatable to a maximum of six credit hours.

490 Special Topics In Health Professions (1, 2 or 3) This is an advanced course for majors in health professions. Special topics are considered. Prereq: consent of faculty required. Repeatable to a maximum of six credit hours.

492 Transcultural Health Care in the Global Community (3) This multi-disciplinary course is designed for students interested in learning about transcultural populations of people and the relationship of culture to health and health care. Included in the course will be a visit to examine transcultural health in the global community. Services projects included during the visit will provide clinical and community education opportunities in a variety of sites and will promote interdisciplinary responses to health care issues in the cultural context of the community.

497 Ethical and Legal Issues in the Management of Health Services (3) This course provides the student an opportunity to examine and analyze common occurrences in the management of the health care system that are affected by laws, standards, and/or regulations; and which may call into question the ethical decisions leaders in health care organizations are frequently required to make. Particular emphasis will be placed on ethical business decisions. The role of ethics committees and institutional review boards will be addressed as they relate to both clinical decisions and the administration of health care facilities.

498 Current Concepts In The Health Professions (3) This course examines the issues important to the health care professional from a historical, economical, legal/ethical, political, and multicultural framework. Professionalism, negotiation, change agent, leadership, role theory, and role strategies are studied in relation to the health care professional. Topics will be selected based upon current trends in health care. Prereq: Senior standing or consent of instructor.

Public Health (PH)

384 Public Health (3) This course introduces the services and measures that are used to safeguard public health. Content included in the course is: history, development and organization of public health; an introduction to the scientific concepts and analytical tools used in public health; and overviews of the major areas of public health intervention. Prereq: HP 211.

385 Disease Control (3) This course provides systematic coverage of the determinants of disease and control methods by major disease groupings, such as respiratory diseases, and animal-associated diseases. Prereq: PH 384.

484 Environmental Health (3) This course introduces various environmental risks to health status, and the role of public health controls in safeguarding at-risk populations. These areas include: food production, water purity, wastewater and solid waste handling, arthropod and pest control, air quality, and occupational and industrial hazards to health. Prereq: PH 384.

485/585 Epidemiology (3) This course introduces the principles and methods of epidemiology used to study health-related issues in populations. Covers models of disease causation and the association of health-risk factors. Includes: common epidemiological measures, epidemiologic study designs, disease surveillance, and outbreak investigation. Applies epidemiological principles and methods to health service organizations and clinical settings by developing critical literature review and study design skills. Prereq: HP 302.

486 Public Health Administration (3) This course describes the setting for public health practice; the structure of public health policies and regulations; and the organizations responsible for public health services. Public health funding and the administration of public health services at the local, state, national, and international levels are reviewed and analyzed. Prereq: HP 211 and PH 384.

Occupational Therapy Program

The occupational therapist is the professional-level practitioner who provides services that include evaluating, developing, improving, sustaining, or restoring skills in ADL, IADL, work, school, play, leisure, and social participation as well as lifestyle redesign.

To comply with the occupational therapy profession's change in entry-level to post-baccalaureate degree, USI students must complete the Bachelor of Science followed by the Master of Science in Occupational Therapy (MSOT) in a curriculum design known in the occupational therapy profession as a combined BS/MSOT curriculum. USI students must complete the requirements of both degrees to be eligible to take the national certification examination.

At USI students interested in occupational therapy are classified as pre-occupational therapy (PROT) majors until they successfully complete the selection process required for entry into the combined BS/MSOT curriculum. Most PROT students spend the first two years taking prerequisite courses; essentially, University Core Curriculum courses that provide a broad foundation of science, social science, and humanities. Students complete the selection process to the combined BS/MSOT curriculum between the fall and spring semesters of their second year. Those students who successfully complete the selection process are reclassified as occupational therapy majors and enter the combined BS/MSOT curriculum.

Once students enter into the combined BS/MS curriculum, courses begin in the fall semester. In the third and fourth years, students complete the professional compo-