HEALTH SCIENCE
The Health Science major leading to a Bachelor of Science in Health Science (BSHS) builds on the University core curriculum to allow students to pursue individual interests through a constellation of health science and designated track electives that address contemporary issues and topics in health care. Students will be offered opportunities to develop themselves as holistic health care practitioners and pre-professionals, which includes their spiritual, ethical, affective, and intellectual development. The HS curriculum will provide exposure to contemporary health care policy and practices, health delivery organizations, health disciplines and roles, cultural competence, health care finance, legal and ethical issues in health care, health information technology, disparities in health care, professional interactions, and leadership.

The HS major consists of two distinct tracks: the HS Leadership Track and the HS Pre Professional Track. The HS Pre-Professional Track prepares students for continuation into graduate health science education programs. HS Pre-Professional Track graduates will be well equipped to pursue graduate study in the health profession education program of their choice; including occupational therapy, speech-language pathology, physical therapy, medicine or dentistry, pharmacology, nutrition, and others.

The HS Leadership Track is for health professionals holding an Associate’s degree in a health profession or two year’s work experience in a health care environment who are interested in obtaining a bachelor’s degree, developing leadership skills specific to health care environments, and advancing their careers. Graduates of the HS Leadership Track will be well poised to assume roles as department heads, hospital or clinic administrators, and/or supervisors of department personnel.

Faculty

JODY BORTONE ED.D., O.T./L
Chair, Department of Occupational Therapy and Health Science
Clinical Associate Professor

CAROLYN SHIFFMAN PH.D.
Program Director, Health Science Assistant Professor

JANET BETTS, M.A.R.S.
Adjunct Instructor

WENDY BJERKE, M.S.
Clinical Assistant Professor

CLOTILDE DUDLEY SMITH, ED.D., MPA, RDH
Assistant Professor

RAJA STAGGERS-HAKIM, PH.D. MPH
Assistant Professor

PATRICIA W. WALKER ED. D.,
Dean, College of Education and Health Professions

Requirements
The HS major consists of 18 credits of required major core courses and 30 credits of electives.

Pre-Professional Track majors must take 18 credits of required major core courses, 12 credits of HS designated courses, and 18 credits as approved by HS advisor and as appropriate to pre professional interests. HS Pre-Professional Track students will need to take Arts and Science courses in other disciplines including, biology, chemistry, sociology, psychology, and religious studies to meet graduate program prerequisite requirements. Prerequisite course and GPA requirements vary greatly for the various graduate professional programs; therefore, students are strongly advised to discuss plans of study with the HS academic advisor to prepare for the specific program of
interest. Pre Professional Track students are required to maintain a 3.0 cumulative GPA to remain in the major with no individual HS major core or elective course grade below a C.

Health Science Leadership Track majors must take 18 credits of HS required major core courses and 30 credits electives. Some of the 30 major elective credits may include professional courses transferred into the University from the health science associate’s degree program. The remaining credits of electives will be drawn from HS designated electives and/or Arts and Science courses as approved by the HS advisor.

3 + 2 Health Science/Occupational Therapy Option
Sacred Heart University offers qualified University undergraduates the opportunity to complete an undergraduate degree in Health Science and a graduated degree in Occupational Therapy in 5 years. Students choosing the 3 + 2 option must work carefully with their undergraduate advisor to follow a specific sequence of study. All summer courses must be taken at Sacred Heart University. A specific plan of study can be found on our website.

Required Health Science Major Core Courses (18 Credits)

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<tr>
<th>Course Code</th>
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<tbody>
<tr>
<td>HS 302</td>
<td>Health Care Administration Practice</td>
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<tr>
<td>HS 350</td>
<td>Health Care Policy, Politics, and Advocacy</td>
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<tr>
<td>HS 351</td>
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<tr>
<td>HS 353</td>
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<tr>
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<td>Improving Health Care Quality and Safety</td>
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<tr>
<td>HS 355</td>
<td>Health Research Capstone</td>
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Health Science Electives

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<td>HS 301</td>
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<td>HS 303</td>
<td>Health Education and Promotion for Healthy Lifestyles</td>
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<tr>
<td>HS 304</td>
<td>Community and Public Health</td>
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<td>HS 306</td>
<td>Health Management Information Systems</td>
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<td>HS 307</td>
<td>Alternative Healing Modalities</td>
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<td>HS 309</td>
<td>Professional Interactions in Health Care Settings</td>
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<td>HS 310</td>
<td>Human Growth and Development</td>
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<td>HS 352</td>
<td>Health Care Leadership</td>
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Pre-Professional Track: 30 major elective credits; 12 HS designated electives plus 18 credits as approved by HS advisor.

Pre professional track credits may be taken from HS electives and/or approved Arts and Science courses as determined by pre professional interests.

Leadership Track: 30 credits electives as approved by HS advisor.

Leadership track courses may be taken from HS electives, and or Arts and Science as approved by the HS advisor, and or professional courses transferred from health profession associates degree program.

Transfer of Credits
A maximum of sixty-six (66) credits may be applied to a baccalaureate degree from a two-year college and a maximum of ninety (90) credits may be applied from a four-year college or university. Sacred Heart University accepts a maximum of 15 credits as “free electives” for transfer and a maximum of 50% of the major’s course credits for transfer. For the HS major, graduates of an associate’s degree health science program can transfer a maximum of 24 professional course credits toward the HS major, plus 15 free elective course credits, plus credits that
Minor in Health Science

DESCRIPTION
The H.S. minor is sequenced to help students explore critical issues related to the health care environment including; health care policy, advocacy, administrative practices, and legal and ethical issues. The HS minor will provide exposure to contemporary health policy, issues, practices, including the organization of health delivery, health disciplines and roles, cultural competence and health disparities among others. Depending upon selected electives, the HS minor will facilitate development of skills in leadership, health care information systems, and supervision and management in health care environments. Students must have sophomore status or above to declare the HS minor. The minor in Health Science consists of 18 credits including 9 credits of required HS designated courses; HS 302 Health Care Administrations and Practice, HS 351 Legal and Ethical Aspects of Health Care, and HS 350 Health Care Policy, Politics and Advocacy, and, 9 credits of HS designated electives and/or electives from the approved list in any combination. (These electives are listed below).

CURRICULUM

Required Courses
- HS 302 Health Care Administrations and Practice
- HS 351 Legal and Ethical Aspects of Health Care
- HS 350 Health Care Policy, Politics and Advocacy

Electives
Choose three:
- HS 353 Diversity and Disparities in Health Care (3 CR)
- NU 210 Health & Wellness & Cultural Diversity (2 CR)
- SO239 Diversity and Oppression in Contemporary Society (3 CR),
- BU/IB 203 Intercultural Management (3 CR)
- HS 301 Spirituality in Health Care
- HS 303 Health Education and Promotion of Healthly Lifestyles (3 CR)
- HS 304 Community and Public Health
- NU 381 Public Health Nursing (5 CR) (Nursing Majors only)
- NU 375 Populations and Public Health Nursing (3 CR) (Nursing majors only)
- HS 306 Health Management Information Systems (3 CR)
- HS 307 Alternative Healing Modalities (3 CR)
- PS 295 Health Psychology (3 CR)
- HS 309 Professional Interactions in Health Care (3 CR)
- HS 310 Human Growth and Development (3 CR)
- HS 352 Health Care Leadership (3 CR)
- BU 201 Organizational Management (3 CR)

Meet transfer criteria for University core course requirements up to a maximum of 66 credits. Remedial courses, courses where the student earned a grade of C- or lower, and professional level internships are not accepted for transfer credit.
Health Science  
**Course Descriptions**

**HS 302 Health Care Administration Practice**  
3 CR
This course will examine selected administration practices to prepare students for management roles including budget and finance, supervision and management of personnel, unions, strategic planning, departmental organization, goals, and plans of operation. Individual leadership styles and other assessment tools along with case studies of common challenges in health care environments will be presented. Considerations of differences between for-profit and not-for-profit organizations will be discussed.

**HS 350 Health Care Policy, Politics, and Advocacy**  
3 CR
Virtually all health services and careers are influenced by health care policy at the local, regional, national, and even international levels. The implications of health policy principles and decisions will be explored along with the resulting impact on financing of health care services. Consideration to current policy and finance priorities in health care will be used to structure the examination and debate along with application of ethical principles and advocacy toward influencing health care policy.

**HS 351 Legal and Ethical Aspects of Health Care**  
3 CR
The planning and delivery of health care is strongly affected by legal issues and ethical aspects of professional roles and care delivery in various settings. Basic legal and ethical principles will be presented and applied to selected scenarios to illustrate the role that the law and ethics have on health care practice. The regulation of health care at national and state levels will also be reviewed.

**HS 353 Diversity and Disparities in Health Care**  
3 CR
The rapidly changing demographics of the country and the world call for increased attention to disparities relative to health status, including issues around diversity, socio-economic status, geography, and access. The effects of facility utilization and uncompensated care has on access will be discussed. This course will provide a framework for exploring diversity and disparities with emphasis on culturally competent care and mediation of differences in health outcomes among diverse populations with regards to accessing quality health care.

**HS 354 Improving Health Care Quality and Safety**  
3 CR
Health care organizations are committed to improving the quality and safety of services both to achieve their missions and to comply with various regulatory requirements. This course will review the major sources of quality and safety standards, present some of the major approaches to improving quality and safety, and discuss the role of all health care workers in creating a culture of safety. Leadership implications of the quality and safety of the environment, movement, and handling will be explored.

**HS 355 Health Research Capstone**  
3 CR
The Health Research Capstone course will provide an overview of health research principles and the role of research in the delivery of health care, showing connections to the other BS HS major core courses on leadership and management, diversity, improving quality and safety, and legal/ethical principles and issues. Specifically, the Capstone process will emphasize finding the best available current research and applying evidence-based practices to selected scenarios. The capstone experience will involve selection of an approved topic
from the major core courses and design of a project to enhance knowledge and skills in that area.

Health Science Designated Elective Courses

**HS 301/HS 501 Spirituality in Health Care**  
3 CR  
Explores the spiritual dimension of health care and the incorporation of spirituality into the caring relationship. The intersection of religion, spiritual practices, culture, diversity, life stages and health issues are examined. Other topics include the identification of one’s personal spirituality, discussion of the ethical provision of spiritual care by the health care professional, importance of the consideration of spiritual care needs by the health care team, and the difference in the roles of the health care professional and pastoral care professional. Prerequisite: Sophomore standing.

**HS 303 Health Education and Promotion for Healthy Lifestyles**  
3 CR  
Health education and promotion activities are increasingly supported by evidence showing positive impacts on various health indicators. Using nationally published population health goals as a framework, this course will use frequently occurring health conditions to explore health education models and health promotion interventions. Attention will also be given to measuring health and the impact of lifestyle choices on health care needs and costs within the context of ethical principles.

**HS 304 Community and Public Health**  
3 CR  
This course focuses on the family and community as consumers of health services. The different perspectives, sensitivities and application of knowledge unique to families and the community are identified.

**HS 306 Health Management Information Systems**  
3 CR  
This course introduces the current status of information systems and technology in the healthcare industry. We will examine the clinical and administrative applications that are fundamental to the industry. Information systems topics such as process flow, systems analysis, database management, hardware and software will also be discussed and examined in the context of the industry. Students will also explore emerging technologies and how they relate to the healthcare industry.

**HS 307 Alternative Healing Modalities**  
3 CR  
This course examines holistic forms of health care that can add to the effectiveness of traditional allopathic care, including energy systems, art, imagery, meditation, and hands-on healing approaches. Integrative medicine is the term to describe the interdisciplinary approach to client care, which borrows from Eastern and Western medical traditions. Assignments will include first-hand experiences of techniques for subjective and objective assessment.

**HS 309 Professional Interactions in Health Care Settings**  
3 CR  
This course will present a model for interacting with people seeking health care services and health care personnel with consideration of roles, expectations, communication, and mutual goal setting. Commonly used assessment skills such as general interviews/talking with clients, conflict resolution, and communication skills will be included as will more advanced professional interaction skills of conflict.
resolution, negotiation, and mediation.

**HS 310 Human Growth and Development across the Lifespan**

3 CR

This course covers the psychological, biological, cognitive, social and emotional changes that occur throughout the human lifespan. It includes pre-natal stages through death and dying. Students will be introduced to both classic and new and emerging theories of development as they gain an understanding of the dynamic interrelatedness and relationship between biology and environment in human growth and development.

**HS 352 Health Care Leadership**

3 CR

This survey course will review leadership theories practices commonly applied in health care environments. The course will emphasize leading diverse organizations, collaborating with colleagues on creating and communicating a vision for the organization, and ethical leadership. Analyzing organizational frames and leading change to adapt to emerging health care environments will be explored.