

# HEALTH AND SPORT SCIENCE

## Majors:

- Bachelor of Science in Health Science, Dietetics (p. 1)
- Bachelor of Science in Nursing, Nursing (p. 3)
- Bachelor of Science in Health Science, Health Science (p. 4)
  - Integrative Physiology (p. 4)
  - Exercise and Movement Science (p. 4)
  - Occupational and Behavioral Studies (p. 4)
- Bachelor of Science in Sport and Wellness, Sport and Wellness (p. 6)
  - Sport Management (p. 6)
  - Community Health (p. 6)
  - Health and Fitness (p. 6)

The undergraduate mission of the Department of Health and Sport Science is to prepare students to be proficient and professional in a variety of disciplines related to health, wellness, and sport. The department offers four different majors: two that are pre-professional/graduate (Dietetics and Health Science) as well as those for students targeting employment immediately upon graduation (Nursing and Sport and Wellness).

The ACEND accredited **Dietetics** Program prepares students for post-baccalaureate dietetic internships or pre-professional practice programs. See the graduate catalog for information on our Master of Dietetics and Nutrition (<http://catalog.udayton.edu/graduate/schoolofeducationandhealthsciences/programsofstudy/healthandsportscience/>) program.

The **Nursing** Pathway Program is a collaborative program with Sinclair Community College (SCC) that prepares students to sit for NCLEX licensing as a registered nurse after year three (or SCC completion requirements), and bachelor of science in nursing preparation during year four.

The **Health Science** major focuses on preparing students who target continued post-baccalaureate education in professional or graduate programs in the health sciences. The concentrations focus on entry into graduate programs (2-4 years) that allow students to study:

- **Integrative Physiology:** medicine, physician assistant practice, MS/PhD in biomedical sciences
- **Exercise and Movement Science:** physical therapy, athletic training, prosthetics and orthotics, chiropractic
- **Occupational and Behavioral Studies:** occupational therapy, accelerated nursing, behavior analysis

Students can enter the university without a concentration but must declare one prior to their 5th semester of study or after 60 credit hours have been completed.

The **Sport and Wellness** major focuses on preparing students who are targeting employment opportunities upon graduation in industries that support multi-dimensional aspects of wellness in the world. The concentrations focus the areas of study to prepare for the following areas of employment or further study:

- **Sport Management:** collegiate and professional sport organizations, public and private recreation, athletic federations, event and media management
- **Community Health:** health promotion, public health agencies, nonprofit health organizations
- **Health and Fitness:** personal training, corporate wellness, coaching, studio/gym management

Students can enter the university without a concentration but must declare one prior to their 5th semester of study or after 60 credit hours have been completed.

Current UD students who desire to change their major should visit the departmental webpage ([https://udayton.edu/education/departments\\_and\\_programs/hss/](https://udayton.edu/education/departments_and_programs/hss/)) for more information.

## Faculty

Corinne Daprano, Interim Chairperson  
 Professors Emeriti: DeMarco, Drees, Laubach, Leonard, Roberts, Schleppli, Siciliano  
 Professor: Daprano, Linderman, Titlebaum  
 Associate Professors: Crecelius, Cuy Castellanos, Neeley  
 Assistant Professors: Beerse, Pu  
 Clinical Professor: Breymer  
 Associate Clinical Professor: Dalton  
 Assistant Clinical Professor: Gonter-Dray  
 Senior Lecturers: Gallo, Ritterhoff

## Bachelor of Science in Health Science, Dietetics (EHA)

This program leads to a Bachelor of Science in Health Science degree and a verification statement to apply to the required post-graduate accredited internship. The dietetics program prepares students who wish to become registered dietitians. It has a strong science foundation.

During the last semester of their senior year, students make application to an accredited dietetic internship program. These post-baccalaureate programs are usually eight to eleven months in length and will qualify students to sit for the credentialing examination to become registered dietitian nutritionists. Acceptance into the internship program is highly competitive and is based on the student's grades, work experience, recommendation letters, and extra-curricular activities. Selection is made through computer matching. In January 2024 a master's degree with completion of an accredited dietetic internship will be required for eligibility to sit for the RDN exam.

Costs of the didactic program in dietetics may also include laboratory fees, the purchase of a lab coat, and membership fees for the Student Dietetic Association and the Academy of Nutrition and Dietetics.

The didactic program in dietetics is currently granted initial accreditation by the Accreditation Council for Education in Nutrition and Dietetics (ACEND), Suite 2190, 120 South Riverside Plaza, Chicago, Illinois 60606-6995, Phone: (800) 877-1600 ext 5400.

### Common Academic Program (CAP) <sup>1</sup>

First-Year Humanities Commons <sup>2</sup>	12 cr. hrs.
HST 103	The West & the World

REL 103	Introduction to Religious and Theological Studies	
PHL 103	Introduction to Philosophy	
ENG 100	Writing Seminar I <sup>3</sup>	
Second-Year Writing Seminar <sup>4</sup>		0-3 cr. hrs.
ENG 200	Writing Seminar II	
Oral Communication		3 cr. hrs.
CMM 100	Principles of Oral Communication	
Mathematics		3 cr. hrs.
Social Science		3 cr. hrs.
SSC 200	Social Science Integrated	
Arts		3 cr. hrs.
Natural Sciences <sup>5</sup>		7 cr. hrs.
Crossing Boundaries		up to 12 cr. hrs.
Faith Traditions		
Practical Ethical Action Inquiry <sup>6</sup>		
Integrative		
Advanced Study		
Philosophy and/or Religious Studies (6 cr. hrs.)		
Historical Studies (3 cr. hrs.) <sup>7</sup>		
Diversity and Social Justice <sup>8</sup>		3 cr. hrs.
Major Capstone <sup>9</sup>		0-6 cr. hrs.

<sup>1</sup> The credit hours listed reflect what is needed to complete each CAP component. However, they should not be viewed as a cumulative addition to a student's degree requirements because many CAP courses are designed to satisfy more than one CAP component (e.g., Crossing Boundaries and Advanced Studies) and may also satisfy requirements in the student's major.

<sup>2</sup> May be completed with ASI 110 and ASI 120 through the Core Program.

<sup>3</sup> May be completed with ENG 100A and ENG 100B, by placement.

<sup>4</sup> May be completed with ENG 114 or ENG 198 or ASI 120.

<sup>5</sup> Must include two different disciplines and at least one accompanying lab.

<sup>6</sup> U.S. History AP and CLEP credit will not satisfy this requirement.

<sup>7</sup> May be completed with ASI 110 and ASI 120 through the Core Program. U.S. History AP and CLEP credit will not satisfy this requirement.

<sup>8</sup> May not double count with First-Year Humanities Commons, Second-Year Writing, Oral Communication, Social Science, Arts, or Natural Sciences CAP components, but may double count with courses taken to satisfy other CAP components and/or courses taken in the student's major.

<sup>9</sup> The course or experience is designed by faculty in each major; it may, or may not, be assigned credit hours.

### Major Requirements

ACC 200	Introduction to Accounting (Satisfies CAP Inquiry)	3
BIO 151	Concepts of Biology I: Cellular & Molecular Biology	3
BIO 152	Concepts of Biology II: Evolution & Ecology	3
BIO 312	General Genetics	3
BIO 411	General Microbiology	3
CHM 123 & 123L	General Chemistry and General Chemistry Laboratory	4
CHM 124 & 124L	General Chemistry and General Chemistry Laboratory	4
CHM 313	Organic Chemistry	3
ENG 370	Report & Proposal Writing	3
or ENG 371	Technical Communication	
or ENG 372	Business and Professional Writing	
or ENG 373	Writing in the Health Professions	
or ENG 366	Health Literacy and Social Justice	
HSS 101	Introduction to the University Experience	1
HSS 113	Introduction to Dietetics & Nutrition	2
HSS 201	Medical Terminology	2
HSS 210 & 210L	Introductory Foods and Introductory Foods Laboratory	4
HSS 295	Nutrition & Health (Satisfies CAP Integrative)	3
HSS 302	Community Nutrition (Satisfies CAP Diversity and Social Justice)	3
HSS 303	Food Service Systems Management	2
HSS 304	Institutional Quantity Food Buying	3
HSS 305	Human Anatomy	3
HSS 305L	Human Anatomy Laboratory	1
HSS 307	Human Physiology	3
HSS 395	Nutrition through the Lifecycle	3
HSS 401	Nutritional Biochemistry I	3
HSS 428	Research in Sport and Health Sciences (Satisfies CAP Capstone)	3
HSS 439	Professional Seminar in Dietetics	2
HSS 456	Nutritional Biochemistry II	3
HSS 494	Assessment of Nutritional Status	3
HSS 495	Medical Nutrition Therapy I	3
HSS 496	Medical Nutrition Therapy II	3
MGT 300	Survey of Organizational Behavior	3
or HSS 356	Organizational Behavior in Health & Sport	
MTH 207	Introduction to Statistics (Satisfies CAP Mathematics)	3
PSY 101	Introductory Psychology	3
PSY 431	Interviewing & Counseling	3

PHL 313	Business Ethics (Satisfies CAP Practical Ethical Action )	3
or PHL 315	Medical Ethics	
or REL 367	Christian Ethics & Health Care Issues	
or REL 368	Christian Ethics & the Business World	
CAP Arts Elective		3
CAP Adv. HST Elective		
CAP Faith Traditions/ADV REL		

## Bachelor of Science in Nursing, Nursing (NSG)

The University of Dayton Nursing Program prepares students to practice as Baccalaureate generalist nurses through a rigorous and transformative liberal arts and sciences curriculum in concert with nursing courses that are in alignment with the American Association of Colleges of Nursing Essentials for Baccalaureate Education for Professional Nursing Practice. The program is a Pathway program in collaboration with Sinclair Community College where students complete their first year at UD; second and third year students are dually enrolled at UD and Sinclair, then upon successful completion of the Sinclair nursing program and passing NCLEX (RN licensure) after year three, students will complete year 4 at UD while transitioning to practice as licensed RN's.

University of Dayton BSN program learning goals are:

**Goal 1:** Apply critical thinking skills to leadership roles in order to improve patient safety and quality of care by utilizing interdisciplinary communication skills.

**Goal 2:** Use clinical reasoning to enhance nursing practice by understanding appropriate application and dissemination of Evidence-Based research and practice.

**Goal 3:** Evaluate policies related to healthcare in terms of finance, regulations, and community/public health through the use of professional competence and values.

**Goal 4:** Choose appropriate communication styles and venues that will enhance interdisciplinary collaboration and patient-centered care incorporating the principles surrounding organizational environments and management.

**Goal 5:** Demonstrate customer service to stakeholders within the nursing profession through professional competence and ethical behaviors.

**Goal 6:** Combine skills learned regarding evidence-based practice, information literacy, research, and healthcare informatics to advocate for and provide quality care to multiple patient populations across the lifespan.

### Common Academic Program (CAP) <sup>1</sup>

First-Year Humanities Commons <sup>2</sup>		12
		cr.
		hrs.
HST 103	The West & the World	
REL 103	Introduction to Religious and Theological Studies	
PHL 103	Introduction to Philosophy	
ENG 100	Writing Seminar I <sup>3</sup>	

Second-Year Writing Seminar <sup>4</sup>		0-3
		cr.
		hrs.

ENG 200	Writing Seminar II	
Oral Communication		3
		cr.
		hrs.

CMM 100	Principles of Oral Communication	
Mathematics		3
		cr.
		hrs.

Social Science		3
		cr.
		hrs.

SSC 200	Social Science Integrated	
Arts		3
		cr.
		hrs.

Natural Sciences <sup>5</sup>		7
		cr.
		hrs.

Crossing Boundaries		up
		to
		12
		cr.
		hrs.

Faith Traditions		
Practical Ethical Action Inquiry <sup>6</sup>		
Integrative		

Advanced Study		
Philosophy and/or Religious Studies (6 cr. hrs.)		
Historical Studies (3 cr. hrs.) <sup>7</sup>		
Diversity and Social Justice <sup>8</sup>		3
		cr.
		hrs.

Major Capstone <sup>9</sup>		0-6
		cr.
		hrs.

<sup>1</sup> The credit hours listed reflect what is needed to complete each CAP component. However, they should not be viewed as a cumulative addition to a student's degree requirements because many CAP courses are designed to satisfy more than one CAP component (e.g., Crossing Boundaries and Advanced Studies) and may also satisfy requirements in the student's major.

<sup>2</sup> May be completed with ASI 110 and ASI 120 through the Core Program.

<sup>3</sup> May be completed with ENG 100A and ENG 100B, by placement.

<sup>4</sup> May be completed with ENG 114 or ENG 198 or ASI 120.

<sup>5</sup> Must include two different disciplines and at least one accompanying lab.

<sup>6</sup> U.S. History AP and CLEP credit will not satisfy this requirement.

<sup>7</sup> May be completed with ASI 110 and ASI 120 through the Core Program. U.S. History AP and CLEP credit will not satisfy this requirement.

<sup>8</sup> May not double count with First-Year Humanities Commons, Second-Year Writing, Oral Communication, Social Science, Arts, or Natural Sciences CAP components, but may double count with courses taken to satisfy other CAP components and/or courses taken in the student's major.

<sup>9</sup> The course or experience is designed by faculty in each major; it may, or may not, be assigned credit hours.

### Major Requirements

REL 103	Introduction to Religious and Theological Studies	3
MTH 207	Introduction to Statistics	3
CHM 101	Introductory General, Organic, and Biochemistry I	3
CHM 101L	Introductory General, Organic, and Biochemistry Laboratory I	1
HST 103	The West & the World	3
PHL 103	Introduction to Philosophy	3
HSS 101	Introduction to the University Experience	1
HSS 197	Introduction to Healthcare Delivery	3
HSS 202	Healthcare Professionalism and Contemporary Issues Seminar I	1
HSS 203	Healthcare Professionalism and Contemporary Issues Seminar II	1
SSC 200	Social Science Integrated	3
HSS 301	Healthcare Professionalism and Contemporary Issues Seminar III	1
HSS 428	Research in Sport and Health Sciences	3
HST 355	American Urban History	3
MUS/REL 352	Understanding Sacred Music & Worship in the Local Church	3
NSG 401	Professional Roles and Standards	3
NSG 402	Interdisciplinary Health Assessment	3
NSG 404	Nursing Informatics and Technology	3
NSG 405	Systems Based Leadership for Nursing	3
NSG 406	Activism and Advocacy for Nursing	3
NSG 407	Population Based Health for Nursing	3
NSG 408	RN-BSN Practicum Project	3
CAP Arts Elective		3
EDT 305	Philosophy and History of American Education	3
Sinclair Coursework		42

## Bachelor of Science in Health Science, Health Science (HSC)

The focus of the major in Health Science, with its multiple concentrations: Integrative Physiology, Exercise and Movement Sciences, and Occupational and Behavioral Studies will be to build upon the Common Academic Program to create graduates who can:

- # Demonstrate an understanding of the scientific foundations of health-related disciplines;
- # Demonstrate an appreciation and commitment to physical activity practice and sociocultural factors that influence this practice; and
- # Develop professionally and identify relevant professional goals and necessary action steps.

Specifically, this program serves a significant disciplinary purpose by preparing students primarily for continued study in high demand rapidly growing graduate health professional schools. Given some students may not matriculate to graduate health programs, this program will also

provide sufficient preparation for select entry-level career options in health related industries.

### Common Academic Program (CAP) <sup>1</sup>

First-Year Humanities Commons <sup>2</sup>	12 cr. hrs.
HST 103 The West & the World	
REL 103 Introduction to Religious and Theological Studies	
PHL 103 Introduction to Philosophy	
ENG 100 Writing Seminar I <sup>3</sup>	
Second-Year Writing Seminar <sup>4</sup>	0-3 cr. hrs.
ENG 200 Writing Seminar II	
Oral Communication	3 cr. hrs.
CMM 100 Principles of Oral Communication	
Mathematics	3 cr. hrs.
Social Science	3 cr. hrs.
SSC 200 Social Science Integrated	
Arts	3 cr. hrs.
Natural Sciences <sup>5</sup>	7 cr. hrs.
Crossing Boundaries	up to 12 cr. hrs.
Faith Traditions	
Practical Ethical Action Inquiry <sup>6</sup>	
Integrative	
Advanced Study	
Philosophy and/or Religious Studies (6 cr. hrs.)	
Historical Studies (3 cr. hrs.) <sup>7</sup>	
Diversity and Social Justice <sup>8</sup>	3 cr. hrs.
Major Capstone <sup>9</sup>	0-6 cr. hrs.

<sup>1</sup> The credit hours listed reflect what is needed to complete each CAP component. However, they should not be viewed as a cumulative addition to a student's degree requirements because many CAP courses are designed to satisfy more than one CAP component (e.g., Crossing Boundaries and Advanced Studies) and may also satisfy requirements in the student's major.

- <sup>2</sup> May be completed with ASI 110 and ASI 120 through the Core Program.
- <sup>3</sup> May be completed with ENG 100A and ENG 100B, by placement.
- <sup>4</sup> May be completed with ENG 114 or ENG 198 or ASI 120.
- <sup>5</sup> Must include two different disciplines and at least one accompanying lab.
- <sup>6</sup> U.S. History AP and CLEP credit will not satisfy this requirement.
- <sup>7</sup> May be completed with ASI 110 and ASI 120 through the Core Program. U.S. History AP and CLEP credit will not satisfy this requirement.
- <sup>8</sup> May not double count with First-Year Humanities Commons, Second-Year Writing, Oral Communication, Social Science, Arts, or Natural Sciences CAP components, but may double count with courses taken to satisfy other CAP components and/or courses taken in the student's major.
- <sup>9</sup> The course or experience is designed by faculty in each major; it may, or may not, be assigned credit hours.

### Health and Sport Science Core

Must have minimum major GPA 2.0

HSS 101	Introduction to the University Experience	1
HSS 114	Introduction to Health Professions	2
HSS 201	Medical Terminology	2
HSS 295	Nutrition & Health	3
HSS 305 & 305L	Human Anatomy and Human Anatomy Laboratory	4
HSS 307 & 307L	Human Physiology and Physiology Laboratory	4
HSS 408 & 408L	Physiology of Exercise and Physiology of Exercise Laboratory	4
HSS 428	Research in Sport and Health Sciences	3

### Mathematics and Natural Sciences

MTH 207	Introduction to Statistics	3
BIO 151 & 151L	Concepts of Biology I: Cellular & Molecular Biology and Concepts of Biology Laboratory I: Cellular & Molecular Biology	4
BIO 152 & 152L	Concepts of Biology II: Evolution & Ecology and Concepts of Biology Laboratory II: Evolution & Ecology	4
CHM 123 & 123L	General Chemistry and General Chemistry Laboratory	4
CHM 124 & 124L	General Chemistry and General Chemistry Laboratory	4

### Psychology

PSY 101	Introductory Psychology	3
PSY 251 or (PSY 351 and PSY 353) <sup>1</sup>		3

or  
6

Upper-Level Psychology PSY 3/4XX<sup>2</sup>

### Professional Skills

ENG 373 or ENG 366	Writing in the Health Professions Health Literacy and Social Justice	3
HSS 465	Health Science Seminar	1

### Ethics for Health Professionals

PHL 315	Medical Ethics	3
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or REL 367 Christian Ethics & Health Care Issues

### +Concentration Requirements

- Students interested in a Psychology minor should take the 2 semester sequence
- Abnormal Psychology is preferred for Exercise and Movement Science and Occupational and Behavioral Studies

**PLUS Concentration Area** ( Integrative Physiology (p. 5), Exercise & Movement Science (p. 5), Occupational & Behavioral Studies (p. 6))

## Integrative Physiology Concentration (IPH)

Building upon the learning outcomes of the Health Science major, the Integrative Physiology concentration seeks to prepare graduates that are able to:

- Demonstrate advanced knowledge of physical, chemical and biological sciences, including subdisciplines.
- Identify core concepts in physiology and describe how they relate to human health and disease.
- Demonstrate extensive knowledge of human anatomy, physiology, and applied physiology.
- Understand and utilize research design and techniques with specific attention to implications on human health and disease.

Targeted destinations for graduates are graduate programs (medicine, physician assistant, biosciences, health sciences) and employment (clinical research, medical sales, and corporate wellness).

### Health and Sport Science

HSS 346	Clinical Assessment and Electrocardiography	3
HSS 488 or HSS 497	Special Topics in Health and Sport Science Advanced Experimental Methods in Health Science	3

### Mathematics and Natural Sciences

MTH 148	Introductory Calculus I	3
PHY 201 & 201L	College Physics I and College Physics Laboratory I	4
PHY 202 & 202L	College Physics II and General Physics Laboratory	4
BIO 312	General Genetics	3
CHM 313 & 313L	Organic Chemistry and Organic Chemistry Laboratory	4
CHM 314 & 314L	Organic Chemistry and Organic Chemistry Laboratory	4
CHM 420	Biochemistry	3
BIO 411	General Microbiology	3
Additional Laboratory (BIO or CHM)	Typically BIO 411L or CHM 420L	1

## Exercise and Movement Science Concentration (EXM)

Building upon the learning outcomes of the Health Science major, the Exercise and Movement Science concentration seeks to prepare graduates who are able to:

- Demonstrate advanced knowledge of physical and biological sciences

- Demonstrate comprehensive knowledge of human anatomy, physiology, and applied physiology.
- Understand and utilize techniques related to movement sciences such as kinesiology and biomechanics.
- Apply collective knowledge to human populations with a variety of physical abilities.

Targeted destinations for graduates are: graduate programs (physical therapy, athletic training, prosthetics/orthotics, chiropractic) and employment (clinical research, medical sales, corporate wellness).

#### Health and Sport Science

HSS 200	Motor Control and Learning	Choose 1, other can be an elective, cannot fulfill both requirement and elective	3
or HSS 220	Adapted Physical Activity		
HSS 409 & 409L	Kinesiology and Kinesiology Laboratory		4
HSS 422	Exercise for Special Populations		3
<b>HSS Electives</b>	Choose at least 2		<b>6</b>
HSS 320	Essentials of Strength Conditioning		3
or HSS 200	Motor Control and Learning		
or HSS 220	Adapted Physical Activity		
or HSS 321	Essentials of Personal Training		
or HSS 330	Leadership in Sport		
or HSS 335	Introduction to Athletic Training		
or HSS 346	Clinical Assessment and Electrocardiography		
or HSS 356	Organizational Behavior in Health & Sport		
or HSS 360	Sport and Bodies		
or HSS 370	Healthcare Administration		
or HSS 371	Foundations of Epidemiology		
or HSS 384	Food Justice		
or HSS 431	Nutrition for Exercise & Sport Science		
or HSS 445	Pharmacology		
or HSS 448	Safety & the Law in Health & Sport		
or HSS 488	Special Topics in Health and Sport Science		
or HSS 497	Advanced Experimental Methods in Health Science		

#### Mathematics and Natural Sciences

MTH 148	Introductory Calculus I		3
PHY 201 & 201L	College Physics I and College Physics Laboratory I		4
PHY 202 & 202L	College Physics II and General Physics Laboratory		4
<b>Additional Electives</b>	Consult advisor, may also apply to a minor		<b>6</b>

## Occupational and Behavioral Studies Concentration (OBS)

Building upon the learning outcomes of the Health Science major, the Occupational and Behavioral Studies concentration seeks to prepare graduates that are able to:

- Demonstrate comprehensive knowledge in biological sciences.
- Apply understanding of applied human studies in exercise physiology, nutrition, kinesiology, and health and wellness to daily life.
- Demonstrate comprehensive knowledge in behavioral and social sciences including special needs populations.

Targeted destinations for graduates are graduate programs (occupational therapy, applied behavior analysis, accelerated nursing) and employment (clinical research, medical sales, corporate wellness).

#### Health and Sport Science

HSS 200	Motor Control and Learning		3
or HSS 220	Adapted Physical Activity		
HSS 409 & 409L	Kinesiology and Kinesiology Laboratory		4
<b>Psychology (also applies to required minor)</b>			
PSY 321	Cognition	Required for minor	3
or PSY 322	Learning		
or PSY 323	Psychology of Perception		
or PSY 422	Biopsychology		
Upper Level Psychology PSY 3/4XX			3
<b>Other Social Science</b>			
SOC 101	Principles of Sociology		3
<b>Electives</b>	Consult advisor, may also apply to a minor		<b>12</b>

## Bachelor of Science in Sport and Wellness, Sport and Wellness (SPW)

The focus of the major in Sport and Wellness, with its multiple concentrations: Health and Fitness, Community Health, and Sport Management will be to build upon the Common Academic Program to create graduates who can:

- # Articulate the concepts of management and leadership as well the various skills, roles, and functions of leaders in health and sport,
- # identify and analyze ethical, economic, legal, and socio-cultural issues, and formulate responses for use in planning, decision making and policy determinations in sport and wellness.
- # develop professionally and identify relevant professional goals and necessary action steps.

Specifically, this program serves a significant disciplinary purpose by preparing students for entry-level career options in sport and wellness related industries. These fields are in high demand and there is expected growth. In addition, courses in the major, concentrations, and electives provide relevant prerequisite courses for students interested in pursuing graduate education.

#### Common Academic Program (CAP) <sup>1</sup>

First-Year Humanities Commons <sup>2</sup>		12	cr. hrs.
HST 103	The West & the World		
REL 103	Introduction to Religious and Theological Studies		
PHL 103	Introduction to Philosophy		
ENG 100	Writing Seminar I <sup>3</sup>		
Second-Year Writing Seminar <sup>4</sup>		0-3	cr. hrs.
ENG 200	Writing Seminar II		
Oral Communication		3	cr. hrs.
CMM 100	Principles of Oral Communication		

Mathematics	3	cr. hrs.
Social Science	3	cr. hrs.
SSC 200 Social Science Integrated		
Arts	3	cr. hrs.
Natural Sciences <sup>5</sup>	7	cr. hrs.
Crossing Boundaries	up to 12	cr. hrs.
Faith Traditions		
Practical Ethical Action Inquiry <sup>6</sup>		
Integrative		
Advanced Study		
Philosophy and/or Religious Studies (6 cr. hrs.)		
Historical Studies (3 cr. hrs.) <sup>7</sup>		
Diversity and Social Justice <sup>8</sup>	3	cr. hrs.
Major Capstone <sup>9</sup>	0-6	cr. hrs.

<sup>1</sup> The credit hours listed reflect what is needed to complete each CAP component. However, they should not be viewed as a cumulative addition to a student's degree requirements because many CAP courses are designed to satisfy more than one CAP component (e.g., Crossing Boundaries and Advanced Studies) and may also satisfy requirements in the student's major.

<sup>2</sup> May be completed with ASI 110 and ASI 120 through the Core Program.

<sup>3</sup> May be completed with ENG 100A and ENG 100B, by placement.

<sup>4</sup> May be completed with ENG 114 or ENG 198 or ASI 120.

<sup>5</sup> Must include two different disciplines and at least one accompanying lab.

<sup>6</sup> U.S. History AP and CLEP credit will not satisfy this requirement.

<sup>7</sup> May be completed with ASI 110 and ASI 120 through the Core Program. U.S. History AP and CLEP credit will not satisfy this requirement.

<sup>8</sup> May not double count with First-Year Humanities Commons, Second-Year Writing, Oral Communication, Social Science, Arts, or Natural Sciences CAP components, but may double count with courses taken to satisfy other CAP components and/or courses taken in the student's major.

<sup>9</sup> The course or experience is designed by faculty in each major; it may, or may not, be assigned credit hours.

### Health and Sport Science Core

Must have minimum major GPA 2.0

HSS 101	Introduction to the University Experience	1
HSS 111	Introduction to Sport & Wellness	2
HSS 250	Principles of Management in Health & Sport	3
HSS 356 or HSS 330	Organizational Behavior in Health & Sport Leadership in Sport	3
HSS 357 or HSS 358	Sports Marketing Sales & Fundraising in Sport	3
HSS 448	Safety & the Law in Health & Sport	3
HSS 428	Research in Sport and Health Sciences	3
HSS 444	Sport and Wellness Seminar	2

### Mathematics

MTH 207	Introduction to Statistics	3
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### Business Courses

ACC 200	Introduction to Accounting	3
ECO 203	Principles of Microeconomics	3

### Experiential Learning

HSS 255	Practicum in Health & Sport Science	3
HSS 485	Health & Sport Science Internship	1

### + Concentration Requirements

**PLUS Concentration Area** ( Sport Management (p. 7), Community Health (p. 8), Health and Fitness (p. 8))

## Sport Management Concentration (SPM)

Building upon the learning outcomes of the Sport and Wellness major, the Sport Management concentration seeks to prepare graduates that are able to:

- Practice marketing and selling within the sport industry.
- Describe the role and influence of media in the sport industry.
- Establish a diverse set of fundamental principles and skills, including skills in business, finance, operations, and marketing used for producing a sport-industry events from beginning to end.
- Develop an understanding of the sports industry in relationship to the legal sector as well as the broader relationship between the industry and society.

Targeted destinations for graduates are: collegiate and professional organizations, sport clubs, athletic federations, public and private recreation, event management, media, marketing, sales, and graduate programs (law, business management).

### Health and Sport Science

HSS 330	Leadership in Sport	3
HSS 331	Sport Ethics	3
HSS 349	Sport Finance	3
HSS 353	Sport Media	3
HSS 354	Sport in the Global Community	3
HSS 356	Organizational Behavior in Health & Sport	3
HSS 357	Sports Marketing	3
HSS 358	Sales & Fundraising in Sport	3
HSS/SOC 360	Sport and Bodies	3

### Professional Competencies

PSY 101 or SOC 101	Introductory Psychology Principles of Sociology	3
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**Business Administration Minor** must take with Sport Management Concentration

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## Community Health Concentration (CMH)

Building upon the learning outcomes of the Sport and Wellness major, the Community Health concentration seeks to prepare graduates who are able to:

- Assess individual and community needs for health education and promotion
- Understand the concept of health disparity/inequality and factors that might lead to differences in health outcomes across populations
- Explain how different areas of health are interrelated (i.e., a holistic view of health).
- Understand connections between health and the environment.
- Apply clinical and epidemiological evidence linking physical activity and exercise to mental and physical health and approaches to the delivery physical activity and health programs in clinical and community settings.
- Communicate and advocate for health and health education.

Targeted destinations for graduates are: worksite and health promotion programs, schools, public health agencies, nonprofit health organizations, voluntary health agencies, and graduate programs (public health, health education, and health policy).

**Health and Sport Science**

HSS 217	Community Health	3
HSS 206	Fundamentals of Human Anatomy and Physiology	3
HSS 295	Nutrition & Health	3
HSS 302	Community Nutrition	3
HSS/SOC 360	Sport and Bodies	3
HSS 370	Healthcare Administration	3
HSS 371	Foundations of Epidemiology	3
HSS/SOC 384	Food Justice	3

**Professional Competencies**

PSY 101	Introductory Psychology	3
PSY 366	Health Psychology	3
CMM 411	Health Communication	3
CMM 419	Communicating Health Disparities	3
or CMM 374	Media and Health	
SWK 305	Social Services in the Health Field	3
or SOC 380	Health and Inequality	
POL 309	Health Policy	3
ENG 370	Report & Proposal Writing	3
or ENG 392	Writing for Grants and Non-Profits	
POL 426	Leadership in Building Communities	3

## Health and Fitness Concentration (HFT)

Building upon the learning outcomes of the Sport and Wellness major, the Health and Fitness concentration seeks to prepare graduates who are able to:

- Apply understanding of applied human studies in anatomy, physiology, and nutrition to improvements in physical status
- Evaluate health behaviors and risk factors.

- Conduct fitness assessments and develop appropriate exercise prescriptions.
- Motivate individuals to modify negative health habits and maintain positive lifestyle behaviors for health promotion.
- Gain relevant certification (NCCA recognized)
- Complete training in First Aid, Automated External Defibrillator (AED), HIPAA training, and appropriate OSHA blood-borne pathogens training

Targeted destinations for graduates are: personal training, corporate wellness, coaching, studio/gym management, and graduate programs (public health, health promotion).

**Health and Sport Science**

HSS 121	Essentials of Youth Fitness	3
HSS 201	Medical Terminology	2
HSS 206	Fundamentals of Human Anatomy and Physiology	3
HSS 295	Nutrition & Health	3
HSS 320	Essentials of Strength Conditioning	3
or HSS 321	Essentials of Personal Training	
HSS 335	Introduction to Athletic Training	3
HSS 405	Tests & Measurements in Sport Science	3
HSS 422	Exercise for Special Populations	3
HSS 431	Nutrition for Exercise & Sport Science	3

**Professional Competencies**

PSY 101	Introductory Psychology	3
PSY 251	Human Growth & Development	3
PSY 366	Health Psychology	3
or PSY 431	Interviewing & Counseling	
CMM 411	Health Communication	3
or CMM 372	Communication for Health Professionals	

Upper Level English ENG 3/4XX 3

**Advisor Approved Electives 6**

- Bachelor of Science in Health Science, Dietetics (p. 8)
- Bachelor of Science in Nursing, Nursing (p. 9)
- Bachelor of Science in Health Science, Health Science
  - Integrative Physiology (p. 9)
  - Exercise and Movement Science (p. 10)
  - Occupational and Behavioral Studies (p. 10)
- Bachelor of Science in Sport and Wellness, Sport and Wellness
  - Sport Management (p. 10)
  - Community Health (p. 11)
  - Health and Fitness (p. 11)

## Dietetics

First Year	Hours	Spring	Hours
Fall			
HSS 101		1 BIO 152	3
HSS 113		2 CHM 124 & 124L	4
BIO 151		3 ENG 100	3



CHM 123 & 123L	4	HST 103	3
CMM 100	3	PHL 103	3
REL 103	3		
		16	16

**Second Year**

Fall	Hours	Spring	Hours
HSS 295		3 HSS 307	3
HSS 305 & 305L		4 CHM 313	3
ACC 200		3 ENG 200	3
PSY 101		3 MTH 207	3
SSC 200		3 Arts elective	3
HSS 201		2	
		18	15

**Third Year**

Fall	Hours	Spring	Hours
HSS 210 & 210L		4 HSS 494	3
HSS 395		3 HSS 356	3
ENG 370, 371, 372, 373, or 366		3 HSS 304	3
BIO 312		3 PSY 431	3
ADV HST		3 HSS 302	3
		16	15

**Fourth Year**

Fall	Hours	Spring	Hours
HSS 303		2 HSS 456	3
HSS 428		3 HSS 496	3
HSS 401		3 PHL 312, 313, 315, REL 367, or REL 368	3
HSS 439		2 Faith Traditions/ ADV REL	3
HSS 495		3	
BIO 411		3	
		16	12

Total credit hours: 124

## Nursing

**First Year**

Fall	Hours	Spring	Hours
HSS 101		1 HST 103	3
ENG 100		3 REL 103	3
HSS 197		2 Arts Elective	3
PHL 103		3 COM 2206 @ SC	3
CHM 101 & 101L		4 BIO 1141 & Lab @ SC	4
MTH 207		3 NSG 1200 @ SC <sup>8 Weeks</sup>	1
		CNA Class Req prior to Year 2 Fall	
		16	17

**Second Year**

Fall	Hours	Spring	Hours
ALH 2202 @ SC		3 NSG 1600 @ SC	7
NSG 1400 @ SC		7 NSG 1650 @ SC	2
NSG 1450 @ SC		2 PSY 1100 @ SC	3

BIO 1242 & Lab @ SC	4	HSS 203	1
HSS 202		1	
		17	13

**Third Year**

Fall	Hours	Spring	Hours
NSG 2400 @ SC		7 NSG 2600 @ SC	8
NSG 2450 @ SC		2 SSC 200	3
ENG 1201 @ SC		3 MUS 352	3
HSS 301		1	
		13	14

**Fourth Year**

Fall	Hours	Spring	Hours
NSG 401 <sup>2nd 8 Weeks</sup>		3 NSG 405 <sup>2nd 8 Weeks</sup>	3
NSG 402 <sup>1st 8 Weeks</sup>		3 NSG 406 <sup>2nd 8 Weeks</sup>	3
NSG 404 <sup>2nd 8 Weeks</sup>		3 NSG 407 <sup>1st 8 Weeks</sup>	3
HSS 428 <sup>1st 8 Weeks</sup>		3 NSG 408 <sup>1st 8 Weeks</sup>	3
HST 355		3 EDT 305	3
		15	15

Total credit hours: 120

## Health Science, Integrative Physiology

**First Year**

Fall	Hours	Spring	Hours
HSS 101		1 BIO 152 & 152L	4
HSS 114		2 CHM 124 & 124L	4
BIO 151 & 151L		4 ENG 100	3
CHM 123 & 123L		4 MTH 148	3
CMM 100		3 REL 103	3
PHL 103		3	
		17	17

**Second Year**

Fall	Hours	Spring	Hours
HSS 201		2 CHM 314 & 314L	4
HSS 295		3 ENG 200	3
CHM 313 & 313L		4 HSS 305 & 305L	4
HST 103		3 PSY 251	3
PSY 101		3 SSC 200	3
MTH 207		3	
		18	17

**Third Year**

Fall	Hours	Spring	Hours
HSS 307 & 307L		4 ENG 373 or 366	3
PHY 201 & 201L		4 BIO 312	3
PHL 315 or REL 367		3 BIO 411	3
CHM 420		3 PHY 202 & 202L	4
PSY 3/4XX		3 HSS 465	1

		Add'l BIO or CHM Lab <sup>Typically</sup> CHM 420L or BIO 411L	1	
			17	15

**Fourth Year**

Fall	Hours	Spring	Hours	
CAP Adv. HST		3 CAP Arts	3	
CAP Faith Trad.		3 CAP ADV REL/PHL	3	
HSS 346		3 CAP D&SJ	3	
HSS 408 & 408L		4 HSS 488 or 497	3	
HSS 428		3		
			16	12

Total credit hours: 129

## Health Science, Exercise and Movement Science

**First Year**

Fall	Hours	Spring	Hours	
HSS 101		1 BIO 152 & 152L	4	
HSS 114		2 CHM 124 & 124L	4	
BIO 151 & 151L		4 ENG 100	3	
CHM 123 & 123L		4 MTH 148	3	
CMM 100		3 REL 103	3	
PHL 103		3		
			17	17

**Second Year**

Fall	Hours	Spring	Hours	
HSS 200 or 220		3 PHY 202 & 202L	4	
HSS 201		2 ENG 200	3	
HSS 295		3 HSS 305 & 305L	4	
PHY 201 & 201L		4 PSY 251 <sup>Replace with PSY 351/353 for PSY Minor</sup>	3	
HST 103		3 SSC 200	3	
PSY 101		3		
			18	17

**Third Year**

Fall	Hours	Spring	Hours	
HSS 307 & 307L		4 ENG 373 or 366	3	
MTH 207		3 PSY 363	3	
PHL 315 or REL 367		3 HSS 408 & 408L	4	
HSS Elective		3 HSS 465	1	
Advisor Approved Elective		3 HSS Elective	3	
			16	14

**Fourth Year**

Fall	Hours	Spring	Hours
CAP ADV HST		3 CAP ARTS	3
CAP FAITH TRAD		3 CAP ADV REL/PHL	3
HSS 422		3 HSS 428	3

HSS 409 & 409L		4 Advisor Approved Elective	3
			13

Total credit hours: 124

## Health Science, Occupational and Behavioral Studies

**First Year**

Fall	Hours	Spring	Hours	
HSS 101		1 BIO 152 & 152L	4	
HSS 114		2 CHM 123 & 123L	4	
BIO 151 & 151L		4 ENG 100	3	
MTH 207		3 REL 103	3	
CMM 100		3 PHL 103	3	
PSY 101		3		
			16	17

**Second Year**

Fall	Hours	Spring	Hours	
HSS 200 or 220		3 HSS 295	3	
HSS 201		2 HSS 305 & 305L	4	
CHM 124 & 124L		4 ENG 200	3	
HST 103		3 SSC 200	3	
SOC 101		3 PSY Minor Course	3	
			15	16

**Third Year**

Fall	Hours	Spring	Hours	
HSS 307 & 307L		4 CAP FAITH TRAD	3	
PHL 315 or REL 367		3 ENG 373 or 366	3	
PSY 351		3 HSS 408 & 408L	4	
Elective		3 PSY 353	3	
Elective		3 HSS 465	1	
			16	14

**Fourth Year**

Fall	Hours	Spring	Hours	
CAP ADV HST		3 CAP ART	3	
HSS 428		3 CAP ADV REL/PHL	3	
HSS 409 & 409L		4 PSY Minor Course	3	
PSY Minor Course		3 Elective	3	
Elective		3		
			16	12

Total credit hours: 122

## Sport and Wellness, Sport Management

**First Year**

Fall	Hour	Spring	Hours
HSS 101		1 PSY 101 or SOC 101	3
HSS 111		2 MTH 207	3
CMM 100		3 ENG 100	3
HST 103		3 PHL 103	3
REL 103		3 Natural Science	3

Natural Science	3 Natural Science Lab	1
		15
		16

**Second Year**

Fall	Hour	Spring	Hours
HSS 250	3	HSS 330	3
HSS 255	3	HSS 353	3
ECO 203	3	ACC 200	3
ENG 200	3	Arts Elective	3
SSC 200	3	MGT 201	3
		15	15

**Third Year**

Fall	Hour	Spring	Hour	Summer	Hours
HSS 331	3	HSS 349	3	HSS 485	1
HSS 356	3	HSS 360	3		
HSS 358	3	BUS minor elective	3		
Advisor Approved Elective	3	Practical Ethical Action & Advanced Philosophy	3		
BUS minor elective	3	Electives	3		
		15	15		1

Total credit hours: 121

## Sport and Wellness, Community Health

**First Year**

Fall	Hours	Spring	Hours
HSS 101	1	HSS 121	3
HSS 111	2	PSY 101	3
CMM 100	3	ENG 100	3
HST 103	3	PHL 103	3
REL 103	3	Natural Science	3
Natural Science	3		
Natural Science Lab	1		
		16	15

**Second Year**

Fall	Hours	Spring	Hours
HSS 206	3	HSS 217	3
HSS 250	3	HSS 255	3
HSS 295	3	HSS 302	3
ENG 200	3	MTH 207	3
SSC 200	3	CAP ARTS	3
		15	15

**Third Year**

Fall	Hours	Spring	Hours
CMM 411	3	HSS 371	3
PSY 366	3	HSS 384	3
POL 309	3	HSS 360	3
SOC 380	3	CMM 419	3
HSS 405	3	CAP PRAC	3
		ETH ACT & ADV PHL	
		15	15

**Fourth Year**

Fall	Hours	Spring	Hours
HSS 370	3	HSS 444	2
HSS 428	3	HSS 485	1
POL 426	3	ENG 392	3
CAP ADV HST	3	CAP FT & ADV REL	3
Advisor Approved Elective	3	Advisor Approved Elective	6
		15	15

Total credit hours: 121

## Sport and Wellness, Health and Fitness

**First Year**

Fall	Hours	Spring	Hours
HSS 101	1	HSS 121	3
HSS 111	2	HSS 201	2
CMM 100	3	PSY 101	3
HST 103	3	ENG 100	3
REL 103	3	PHL 103	3
Natural Science	3	Natural Science	3
Natural Science Lab	1		
		16	17

**Second Year**

Fall	Hours	Spring	Hours
HSS 206	3	HSS 255	3
HSS 250	3	HSS 320 or 321	3
HSS 295	3	ACC 200	3
ECO 203	3	MTH 207	3
SSC 200	3	PSY 251	3
ENG 200	3		
		18	15

**Third Year**

Fall	Hours	Spring	Hours
HSS 330 or 356	3	HSS 358 or 357	3
HSS 335	3	HSS 405	3
CMM 372 or 411	3	HSS 431	3
Upper Level English	3	CAP INT/DSJ	3
CAP ARTS	3	CAP PEA & ADV PHL	3
		15	15

**Fourth Year**

Fall	Hours	Spring	Hours
HSS 422	3	HSS 485	1
HSS 428	3	PSY 366 or 431	3
HSS 448	3	Advisor Approved Elective	3
CAP ADV HST	3	CAP FT & ADV REL	3
Advisor Approved Elective	3		
		15	10

Total credit hours: 121

## Health & Sport Science Courses

### HSS 101. Introduction to the University Experience. 1 Hour

Examination of the values that foster academic progress in the College, discussion of strategies for taking full advantage of academic opportunities, and integrating formal and experiential learning.

### HSS 111. Introduction to Sport & Wellness. 2 Hours

An introduction to the professions, roles, responsibilities, and opportunities afforded to students in the sport and wellness major. The course will help the student define professional goals and assess personal strengths and weaknesses in the light of competencies deemed essential for their career.

### HSS 113. Introduction to Dietetics & Nutrition. 2 Hours

This course guides students through vocation and profession specific discernment through reflective, observational and mentoring opportunities. Students will be exposed to the diverse practice areas in the dietetics profession throughout the semester. This is a required course for students admitted into the dietetics major. Must be admitted to the dietetics program.

### HSS 114. Introduction to Health Professions. 2 Hours

An introduction to the professions, roles, responsibilities, and opportunities afforded to students in the health sciences. The course will help the student define professional goals and assess personal strengths and weaknesses in the light of competencies deemed essential for a health science career.

### HSS 121. Essentials of Youth Fitness. 3 Hours

Introduction to fitness concepts and developmental differences between youth and adults, with a focus on applying fitness programs within a youth population. Prerequisites: HSS 111 or HSS 114.

### HSS 197. Introduction to Healthcare Delivery. 2 Hours

This course serves as an orientation to the United States health care delivery system. The student will be introduced to medical/legal issues, professionalism, and ethics. The orientation will also help develop interdisciplinary collaboration, critical thinking, and problem-solving skills.

### HSS 200. Motor Control and Learning. 3 Hours

Introduction to the Dynamical Systems Theory of motor control and motor learning, with a focus on practical applications for skill acquisition, instruction, and feedback.

### HSS 201. Medical Terminology. 2 Hours

This course is designed to introduce and build the skills and knowledge needed to develop an understanding of the terminology used in medical and health professions. The mechanism of building a medical vocabulary, utilizing roots, prefixes, suffixes, and the combining forms, and the spelling, pronunciation, and abbreviations are emphasized.

### HSS 202. Healthcare Professionalism and Contemporary Issues Seminar I. 1 Hour

This seminar is first in a sequence of three developed with the intent to build community and identity for BSN pathway students during the period when they are primarily studying at Sinclair Community College. The three seminars promote involvement with the University of Dayton community, encourage reflective practice, and prepare students to be successful 4th year UD BSN students. This seminar will focus on what it means to have a profession, how different professions are defined in healthcare, and how professionalism relates to our individual practice. Each week the student will reflect on contemporary issues related to health and healthcare professions. The issues will include topics that are relevant to the University of Dayton community as well as regional, national, and global issues pulled from the headlines. There will also be a reflection on the Marianist values with regard to professionalism.

### HSS 203. Healthcare Professionalism and Contemporary Issues Seminar II. 1 Hour

This seminar is second in a sequence of three developed with the intent to build community and identity for BSN pathway students during the period when they are primarily studying at Sinclair Community College. The three seminars promote involvement with the University of Dayton community, encourage reflective practice, and prepare students to be successful 4th year UD BSN students. This seminar will focus on ethics and ethical issues related to health, health care, and practice in health-related professions. Students will reflect on an ethical issue related to health and healthcare. The issues will include topics that are relevant to the University of Dayton community as well as state, national, and global issues pulled from the headlines. There will also be reflection on the Marianist values with regard to ethical decision-making. Prerequisites: HSS 202.

### HSS 206. Fundamentals of Human Anatomy and Physiology. 3 Hours

Fundamental-level coverage of human anatomy and physiology. Major topics include: basic chemistry and metabolism, cells and tissues, skeletal, muscular, nervous, endocrine, cardiovascular, and respiratory systems. Prerequisite(s): BIO 101, OR BIO 151, OR CHM 123, OR CHM 200, OR PHY 105, OR PHY 201, OR PHY 206, OR SCI 180, OR SCI 190.

### HSS 210. Introductory Foods. 3 Hours

Study of scientific principles applied to the processing and preparation of food to maintain nutritional quality and aesthetic value. Development of skills using tools for menu planning and evaluating the nutrition composition of meals and delivering health messages to the consumer. Prerequisites: CHM 123, CHM 123L, HSS 295. Corequisites: HSS 210L.

### HSS 210L. Introductory Foods Laboratory. 1 Hour

The study of food, its nutritional benefits and preparation which includes the scientific principles applied to the processing and preparation of food to maintain nutritional quality and aesthetic value. This course will accompany the HSS 210 lecture. Prerequisite(s): HSS 295. Corequisite(s): HSS 210.

### HSS 217. Community Health. 3 Hours

An introduction to the principles and theories of community health. The course uses the Social Ecological Model to examine community and population-level health markers, goals, disparities and the factors that may impact these aspects. Attention is also given to prevention strategies and the role of evidence-based health promotion and health education in increasing health status of populations.

**HSS 220. Adapted Physical Activity. 3 Hours**

Course to prepare prospective teachers to adapt a physical education program so all children and youth can successfully participate in activity programs. Study of the atypical child in order to organize and administer a program which will meet individual needs.

**HSS 250. Principles of Management in Health & Sport. 3 Hours**

The nature of management is examined from a theoretical and practical perspective in a variety of sport and wellness settings. Managerial functions and skills are the focus of study in this course.

**HSS 253. Sport Facility Operations. 3 Hours**

The processes of planning, constructing, equipping, maintaining, and operating sport facilities are investigated in this course.

**HSS 255. Practicum in Health & Sport Science. 3 Hours**

The practicum class is designed to expose students to work within sport and wellness management settings. Students can work within a variety of settings in proximity to the university campus. In conjunction, weekly class offer an opportunity for students to compare, contrast, analyze, and evaluate their experience in the various settings. Students are required to work/volunteer approximately 8 hours a week during the semester that they are taking the class.

**HSS 275. History of Physical Education & Sport. 3 Hours**

Study of the historical development of physical education, sport, and associated disciplines as they relate to significant people and events in the history of Western civilization. Prerequisite(s): HST 103 The West and the World or approved equivalent/ substitute.

**HSS 285. Sport Management Field Experience. 3 Hours**

This experience is done after completion of HSS 255. 150 clock hours need to be completed for the 3 semester hour experience.

**HSS 295. Nutrition & Health. 3 Hours**

Study of the nutrient needs of humans and of their choices as modified by socioeconomic, cultural, and life cycle factors. Sophomore standing.

**HSS 301. Healthcare Professionalism and Contemporary Issues Seminar III. 1 Hour**

This seminar is third in a sequence of three developed with the intent to build community and identity for BSN pathway students during the period when they are primarily studying at Sinclair Community College. The three seminars promote involvement with the University of Dayton community, encourage reflective practice, and prepare students to be successful 4th year UD BSN students. This seminar will focus on professional identity development for healthcare professionals. Each week the student will reflect on contemporary issues related to health and health care and relate these to professional identity development. The issues will include topics that are relevant to the University of Dayton community as well as regional, national, and global issues pulled from the headlines. There will also be a reflection on the Marianist values with regard to the development of a professional identity. Prerequisite(s): HSS 203.

**HSS 302. Community Nutrition. 3 Hours**

Study of the social, cultural and environmental factors relating to dietary behaviors and best practices to addressing nutrition-related needs. Prerequisite(s): HSS 295.

**HSS 303. Food Service Systems Management. 2 Hours**

This course provides an overview of topics related to the management of foodservice organizations in health care, school, hospitality, and other foodservice settings. The major focus includes human resources management, quality management, financial management, regulatory agencies, customer satisfaction, and marketing. Students will demonstrate the importance of menu as the primary control of the food service system - factors affecting menu planning, customer satisfaction, and management decisions. Prerequisites: HSS 356 or MGT 300.

**HSS 304. Institutional Quantity Food Buying. 3 Hours**

To study quantity food production in foodservice system through application of principles for determining needs and procuring, producing and storing foods in quantity, along with institutional equipment selection, maintenance, and layout. ServSafe® Food Protection Manager Course will be taught in this course, students will be required to successfully complete the certification exam as their final exam for this course. Prerequisites: HSS 210; HSS 210L.

**HSS 305. Human Anatomy. 3 Hours**

A comprehensive view of human anatomy in all systems, incorporating both macro (gross) and micro (histology) levels. This course will also cover the embryological development of particular structures and look at how variations or changes in structure affect function. Prerequisites: CHM 123, BIO 151.

**HSS 305L. Human Anatomy Laboratory. 1 Hour**

A study of human gross anatomy in a laboratory setting. It requires the identification of anatomical structures within human cadavers, focusing on the correct use of anatomical terminology and anatomical relationships. Prerequisites: BIO 151, CHM 123.

**HSS 307. Human Physiology. 3 Hours**

Survey of the functions of major human body systems with respect to general cell physiology, specialization into tissues, organ, and organ system physiology. The course is taught primarily from an integrative, systems-based approach, emphasizing common themes of physiology. Prerequisite(s): HSS 305.

**HSS 307L. Physiology Laboratory. 1 Hour**

Systematic approach to the acquisition and interpretation of information about the physiology of living systems. One three-hour laboratory per week. Corequisite(s): HSS 307.

**HSS 320. Essentials of Strength Conditioning. 3 Hours**

Course designed to prepare students for the certified strength and conditioning specialist (NSCA) exam. Topics included will pertain to muscular strength and endurance conditioning, physiology of strength conditioning, muscular strength testing and evaluation, and organization/administration of strength training programs.

**HSS 321. Essentials of Personal Training. 3 Hours**

To provide students with specific, real-world information regarding the knowledge, skills, and expectations associated with a competent personal trainer or fitness professional. Additionally, this course is designed to prepare students for the nationally accredited Certified Personal Trainer (CPT) certification exam. Prerequisite(s): HSS 305 or BIO 475.

**HSS 330. Leadership in Sport. 3 Hours**

As our society and industries adapt and reinvent themselves, especially in the sport (service) industry, there is a need for individuals within organizations to step up to the role of a leader, independent of their formal position. Therefore, the purpose of this course is for students to start (or continue) to develop their self-awareness, understanding, knowledge and practice of leadership.

**HSS 331. Sport Ethics. 3 Hours**

Study of the ethical decisions in sport and athletics, using case analysis and real world examples to assist future sport management professionals to develop a set of moral reasoning skills to self-evaluate, examine, and critically analyze ethical issues they will encounter in their professional careers. Prerequisite(s): Junior/Senior status.

**HSS 335. Introduction to Athletic Training. 3 Hours**

Application of principles and methods of injury prevention, evaluation, immediate care, treatment, and rehabilitation. Prerequisites: HSS 206 or HSS 305.

**HSS 341. Extreme Sports. 3 Hours**

No description available.

**HSS 346. Clinical Assessment and Electrocardiography. 3 Hours**

This course takes an interdisciplinary, patient-centered approach to basic clinical assessment. Elements of the exam, process of data gathering, and conducting a physical exam will be covered for various populations and situations. Basics in 12-lead electrocardiography (ECG) interpretation will be covered with a focus on conducting cardiac stress tests. Prerequisite(s): HSS 307 or BIO 403.

**HSS 349. Sport Finance. 3 Hours**

A survey of concepts and theories in financial management and their applications in sport and wellness industries. Specific topic areas covered include both techniques in financial analysis and financial issues in intercollegiate, recreational and commercial sport industries.

**HSS 350. Business of Soccer. 3 Hours**

Study of international sport management issues through the perspective of European soccer with particular reference to professional soccer in England including the Premier League, Spain (La Liga), Italy (Serie A), Germany (Bundesliga), the UEFA Champions League, as well as major international governing bodies such as FIFA and UEFA.

**HSS 353. Sport Media. 3 Hours**

This course examines the unique role and impact of the media in global sport industry. Identification of the grand spectrum of activities and mediums comprising the media is explored from both theoretical and practical perspectives. The ever-growing role of both traditional and new media are investigated. This course also orients students to the academic and professional literature accessible in the field of sport management and develop knowledge and skills necessary for students to effectively pursue career opportunities in the field. Students will gain an understanding of the commercialized nature of sport media and exercise the analytical skills to “read” and “develop” media products in sport management. The class will also critically explore the interrelationship between sports and media in modern society and how that interrelationship reinforces social values and cultural representation of politics, race, and gender. Prerequisites: HSS 250.

**HSS 354. Sport in the Global Community. 3 Hours**

Analyze the growth and development of sport throughout the global community with an emphasis on the structure and organization of sport. Additionally the production of major sport events, such as the Olympics and World Cup Soccer Tournament, will be examined. Prerequisite(s): HSS 250.

**HSS 356. Organizational Behavior in Health & Sport. 3 Hours**

Overview of the individual, group, and organization level factors utilized to manage people for personal, team, and organizational effectiveness in health, wellness, and sport organizations. Prerequisite(s): HSS 255 for ESM majors; None for EHA majors.

**HSS 357. Sports Marketing. 3 Hours**

Course content is designed to give students an understanding of marketing principles applied to sport, sport events, and sport products. Marketing strategies including the sales, promotions, and advertising of sport will be emphasized.

**HSS 358. Sales & Fundraising in Sport. 3 Hours**

Examination and understanding of sales and fundraising techniques. Students will gain first-hand experience in developing new skills for the job market.

**HSS 360. Sport and Bodies. 3 Hours**

Critical examination of the historical and contemporary ways in which the human body is altered/modified, displayed/portrayed, valued/devalued, and included/excluded in terms of gender, race, social class, and ability status within sports. This course will examine how sport and bodies function in the political, social, and economic systems of the U.S. and globally. Using the perspectives of health and sport sciences and sociology, this course examines sport and bodies from macro and micro perspectives.

**HSS 370. Health Administration. 3 Hours**

This course provides an introduction to foundational concepts in Health Administration. The course introduces students to the roles, skills and functions of a health administrator. Additionally, it provides an overview of the critical issues facing U.S. healthcare. Attention is given to the factors that impact decision making in healthcare settings.

**HSS 371. Foundations of Epidemiology. 3 Hours**

The purpose of this course is to provide students with an introduction to epidemiology, including essential concepts, calculations, data interpretations and applications. Prerequisites: MTH 207 or PSY 216 or by permission of instructor.

**HSS 384. Food Justice. 3 Hours**

Diversity, social inequality and social justice are integral aspects of the fields of health science, sociology, and humanities. These issues particular to food are relevant in thinking about the challenges that people in Dayton and around the globe face. Through the combined analysis of at least two academic units, students will learn how to perform descriptive and normative analysis, as well as how to focus on pragmatic opportunities to address and ameliorate food injustice. Prerequisite(s): Sophomore-status.

**HSS 395. Nutrition through the Lifecycle. 3 Hours**

An examination of the role of nutrition in growth, development, and health across the life cycle. Includes a study of nutrient requirements, nutrition assessment, and nutritional care for those in each life stage. Prerequisite(s): HSS 295.

**HSS 401. Nutritional Biochemistry I. 3 Hours**

Extension of the student's knowledge of the science of nutrition, highlighting the biological roles of macronutrients and their metabolism. This course integrates information on the roles of macronutrients in nutrition and health as it relates to various health conditions. Prerequisites: CHM 313, HSS 307.

**HSS 405. Tests & Measurements in Sport Science. 3 Hours**

This course is designed to provide students with the skills required to identify and implement various fitness testing protocols related to the components of health and skill related fitness.

**HSS 408. Physiology of Exercise. 3 Hours**

Detailed study of the effects of exercise on human functions, as a basis for the study of physical fitness, motor skills, and athletic training. Prerequisite(s): HSS 305; (HSS 306 or HSS 307).

**HSS 408L. Physiology of Exercise Laboratory. 1 Hour**

Course to accompany HSS 408. Weekly two-hour laboratory stressing practical applications of exercise physiology. Prerequisite(s): HSS 305; (HSS 306 or HSS 307).

**HSS 409. Kinesiology. 3 Hours**

An investigation and analysis of the basic biomechanical principles underlying human movement. Prerequisites: HSS 305; HSS 307.

**HSS 409L. Kinesiology Laboratory. 1 Hour**

Hands-on kinesiology laboratory course to accompany HSS 409 - Kinesiology enabling the assessment and application of biomechanical analysis. Prerequisites: HSS 305; HSS 307.

**HSS 422. Exercise for Special Populations. 3 Hours**

Course designed to prepare prospective exercise specialists to adapt physical education and exercise so that all individuals can successfully participate in activity programs. A study of various disabilities and conditions in order to organize and administer a program which will meet individual needs.

**HSS 428. Research in Sport and Health Sciences. 3 Hours**

Application and practice of research in student's chosen profession. Emphasis will be on designing and evaluating research studies, collection, analysis, interpretation, and communication of data, and role of research in professional practice. Senior standing or with instructor permission. Prerequisites: MTH 207.

**HSS 431. Nutrition for Exercise & Sport Science. 3 Hours**

Investigation of current research in the nutritional assessment of the athlete. Topics include dietary needs, fluid replenishment, pre-game meals, and "fad" diets for the athlete. Pre-requisite(s): HSS 295.

**HSS 439. Professional Seminar in Dietetics. 2 Hours**

The focus of this course is on a critical reflection of students' past, present, and future contributions to their communities in the context of their vocation. Students in this course will provide mentoring to HSS 113 students and prepare an internship portfolio. Prerequisites: HSS 494.

**HSS 444. Sport and Wellness Seminar. 2 Hours**

The focus of the course is on critical reflection of students' past, present, and future contributions to their communities in the context of their vocation. Students will prepare an artifact that represents these efforts that will be archived by the department. Strategies that will be beneficial to making a seamless transition post-graduation will be emphasized. Students should have taken at least 90 credit hours prior to enrolling in the class.

**HSS 445. Pharmacology. 3 Hours**

This course is a survey of pharmacology principles relevant to the future health professional. Pharmacokinetics and dosing principles will be introduced. Specific common drugs affecting the major body systems will be covered. Prerequisite(s): HSS 307 or BIO 403.

**HSS 448. Safety & the Law in Health & Sport. 3 Hours**

This course is a study of the legal aspects of sport, athletics, exercise, and wellness as well as the analysis of specific court cases and the formulation of preventative law policies and procedures. Prerequisites: MGT 201.

**HSS 455. Selected Studies in Exercise Science. 1-3 Hours**

Investigating, analyzing, and reporting on a problem in physical education. Prerequisite(s): Permission of department chairperson.

**HSS 456. Nutritional Biochemistry II. 3 Hours**

Extension of the student's knowledge of the science of nutrition, highlighting stressing the biological roles of micronutrients and their metabolism. This course integrates information on the roles of micronutrients in nutrition and health as it relates to various health conditions. Prerequisites: HSS 401.

**HSS 465. Health Science Seminar. 1 Hour**

The focus of the course is on critical reflection of students' past, present, and future contributions to their communities in the context of their vocation. Students will prepare an artifact that represents these efforts that will be archived by the department.

**HSS 485. Health & Sport Science Internship. 1 Hour**

The internship provides students with the opportunity to pursue immersive and engaging experience in their chosen field of profession. A minimum of 300 on-site working hours is expected unless approved by the advisor. Prerequisites: HSS 255.

**HSS 488. Special Topics in Health and Sport Science. 3 Hours**

Topics of special interest to faculty and students; intensive critical evaluation of appropriate literature. Example topics include: environmental physiology, sex and gender physiology, nutrition in obesity and diabetes, sports biomechanics, sports mega-events, luxury seating, concussion management, etc.

**HSS 491. Exercise Science Internship. 1-3 Hours**

Work experience carried out under the auspices of an industrial, commercial, educational, government or health agency-related wellness program. Application and permission of director of Exercise Science and Fitness Management program required.

**HSS 492. Human Anatomy Dissection Lab. 1 Hour**

This is a team based learning course where students will work in groups to complete a full body human gross anatomy dissection with a human donor. Students will complete dissections to identify structures in all systems, review the anatomical relationships, and make connections between structure and function. Prerequisite(s): HSS 305, HSS 305L, HSS 307.

**HSS 494. Assessment of Nutritional Status. 3 Hours**

This course provides foundational coursework in the Nutrition Care Process with an emphasis on the nutrition assessment. The course will cover anthropometrics, biochemical analysis, clinical assessment to include Nutrition Focused Physical Exam, diet assessment, energy estimation, and body composition assessment. Prerequisite(s): HSS 295, HSS 307, third year student.

**HSS 495. Medical Nutrition Therapy I. 3 Hours**

Study of pathophysiology, nutrition care process, nutritional diagnostic therapy, and counseling and education theories for the purpose of disease management to include: weight management, metabolic surgeries, diabetes, cardiovascular disease, upper & lower gastrointestinal disorders, functional nutrition. Prerequisites: HSS 494.

**HSS 496. Medical Nutrition Therapy II. 3 Hours**

Study of pathophysiology, nutrition care process, nutritional diagnostic therapy and counseling services for the purpose of disease management to include advanced disease states to include: malnutrition, pancreatitis, end stage liver disease, non-alcoholic liver disease, renal disease, nutrition support, pulmonary disease (COPD, Bronchitis, CF), critical illness and metabolic stress, oncology. Prerequisite(s): HSS 495.

**HSS 497. Advanced Experimental Methods in Health Science. 3 Hours**

This course is focused on developing and applying advanced experimentation skills with a specific focus on techniques associated with the study integrative human physiology and neuromechanics. Emphasis on equipment and technology, data analysis and interpretation, statistical methods, and technical reporting. Prerequisite(s): HSS 206 or HSS 307 or BIO 403 or Instructor Permission.

**HSS 498. Honors Thesis. 3 Hours**

Selection, design, investigation, and completion of an independent, original research thesis under the guidance of a faculty research director. Restricted to students in the Berry Scholars Program with permission of the program director.

**HSS 499. Honors Thesis. 3 Hours**

Selection, design, investigation, and completion of an independent, original research thesis under the guidance of a faculty research director. Restricted to students in the Berry Scholars Program with permission of the program director.

**Nursing Courses****NSG 401. Professional Roles and Standards. 3 Hours**

This course examines professionalism and professional behaviors that are the foundation of contemporary nursing practice. Students who complete this course will apply their understanding of professional roles and standards to their individual practice and the contemporary healthcare environment. As a result, course participants will be better prepared to act as positive change-agents in the healthcare profession. An ePortfolio will be set-up in this course. The BSN Essentials provides the framework for the ePortfolio and the overall program outcomes highlight the students' current professional practice to date as well as work completed throughout the remainder of the program.

**NSG 402. Interdisciplinary Health Assessment. 3 Hours**

The goal of this course is to provide the student with knowledge, skills and attitudes toward patient health assessment across the lifespan. Emphasis is on communication and evidence-based health promotion with patient populations and other healthcare providers in managing the healthcare of individuals, families, aggregates and communities. Students will have opportunity for multidisciplinary team building in addition to conflict resolution when performing health assessment in a multidisciplinary context. Prerequisite(s): HSS 307.

**NSG 404. Nursing Informatics and Technology. 3 Hours**

Nursing Informatics focuses on the use of electronic technologies and the management of information to facilitate nursing practice and enhance nursing knowledge. Students will explore the use of electronic technologies in nursing practice, administration, education, and research. Learning experiences include development of the basic skills nurses need to practice competently in an electronic healthcare environment. Nursing majors only.

**NSG 405. Systems Based Leadership for Nursing. 3 Hours**

This course guides students through leadership theories, healthcare policy, advocacy, and regulation by discovering the varying responsibilities and levels involved in nursing leadership and management. Demonstration of effective inter-professional communication and a consistent display of professional values and professionalism, as defined by The Baccalaureate Essentials (AACN, 2008), is required to progress in the Program.

**NSG 406. Activism and Advocacy for Nursing. 3 Hours**

Healthcare policy shapes the quality and safety of the practice environment and baccalaureate-educated nurses have the responsibility to participate in the political process and advocate for healthcare consumers, the nursing profession, and the health care system. Recognize advocacy for vulnerable populations with the goal of promoting social justice as moral and ethical responsibilities of the nurse. Course emphasis is on health care trends, forces, and issues that shape health policy. Students, focusing on the core elements of health policy analysis, examine how politics, ethics, economics, and social and cultural variables influence policy development and impact health care outcomes.

**NSG 407. Population Based Health for Nursing. 3 Hours**

This course focuses on population health and the wellness of the community as a whole. This course integrates the nursing process to complete a needs assessment of a chosen community near the student's current home. Students will use multiple health promotion databases to develop a plan of care for a healthier community. Students will discuss and present this plan of care with local health leaders and revise for accuracy and quality improvement. Students are meeting requirements regarding community and public health learning by analyzing data and creating care plans for their chosen community. 2 credits didactic/1 credit clinical care. Clinical care is 45 contact hours of clinical care application. Clinical care time log and journal is required for this course.

**NSG 408. RN-BSN Practicum Project. 3 Hours**

This practicum course, individually tailored to meet each student's areas of greatest interest, provides an opportunity to focus on one area of The Baccalaureate Essentials (AACN, 2008) and work with a Preceptor within his/her community to develop a project that ultimately would reflect improved health outcomes for a population. Emphasis is on practical experience with short and long-term goal setting. The project should be completed somewhere other than the student's current or previous places of employment; however, the instructor can grant an exception depending upon the project. The goal is a course project involving a deliverable of interest to both the practicum preceptor and the students learning. 1 credit didactic/2 credit clinical care. Clinical care is 90 contact hours of clinical care application. Clinical care time log and journal is required for this course.