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. 5)
  - Integrative Physiology (p. 5)
  - Exercise and Movement Science (p. 5)
  - Occupational and Behavioral Studies (p. 5)
- Bachelor of Science in Sport and Wellness, Sport Management (p. 8)
- Bachelor of Science in Sport and Wellness, Health and Wellness (p. 9)
  - Community Health (p. 10)
  - Health and Fitness (p. 11)

Certificates:

- Wellbeing Education (p. 11)

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 **Nursing** Pathway Program is a collaborative program with Sinclair Community College (SCC). At the end, students graduate from both Sinclair and UD earning both an Associate's and a Bachelor's degree in nursing and are eligible to take the NCLEX (RN licensure exam) and transition to practice as a licensed RN.

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 Management** major focuses on preparing students who are targeting employment opportunities upon graduation in industries that support multi-dimensional aspects of sport and business or post-graduate studies in business administration, sport communications or a related-field. Employment opportunities include collegiate and professional sport organizations, public and private recreation, athletic federations, and event and media management.

The **Health and Wellness** major prepares student to enter the dynamic field of population and community-based health, recreational or corporate wellness, or fitness. Students may also opt to pursue special certifications or graduate studies in areas such as recreational therapy, personal training, sports nutrition, public health or healthcare administration.

- Community Health: health promotion, public health agencies, nonprofit health organizations
- Health and Fitness: personal training, corporate wellness, 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/) for more information.

Faculty

Corinne M. Daprano, Interim Chairperson
Professors Emeriti: DeMarco, Leonard, Roberts, Schleppi, Siciliano, Vanderburgh
Professor: Daprano, Linderman, Titlebaum
Associate Professors: Beerse, Neeley, Pu
Assistant Professors: Miutz, Teeman, Yang
Clinical Professor: Cox, Dalton
Associate Clinical Professor:
Assistant Clinical Professor: Gonter-Dray, Hunter
Senior Lecturers: Gallo, Ritterhoff

Lecturer: Olsen, Pelka

Bachelor of Science in Health Science, Dietetics (EHA)

The Common Academic Program (CAP) is an innovative curriculum that is the foundation of a University of Dayton education. It is a learning experience that is shared in common among all undergraduate students, regardless of their major. Some CAP requirements must be fulfilled by courses taken at UD (e.g., Capstone and Diversity and Social Justice). Some major requirements must also be fulfilled by courses taken at UD. Students should consult with their advisor regarding applicability of transfer credit to fulfill CAP and major program requirements.

Common Academic Program (CAP) [1]		
First-Year Humanities Commons [2]		12 cr. hrs.
HST 103	Introduction to Global Historical Studies	
REL 103	Introduction to Religious and Theological Studies	
PHL 103	Introduction to Philosophy	
ENG 100	Writing Seminar I [3]	
Second-Year Writing Seminar [4]		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 [5]		7 cr. hrs.
Crossing Boundaries		up to 12 cr. hrs.
Faith Traditions		
Practical Ethical Action		
Inquiry [6]		
Integrative		
Advanced Study		
Philosophy and/or Religious Studies (6 cr. hrs.)		
Historical Studies (3 cr. hrs.) [7]		
Diversity and Social Justice [8]		3 cr. hrs.
Major Capstone [9]		0-6 cr. hrs.

1. 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.
2. May be completed with ASI 110 and ASI 120 through the Core Program.
3. May be completed with ENG 100A and ENG 100B, by placement.
4. May be completed with ENG 114 or ENG 198 or ASI 120.
5. Must include two different disciplines and at least one accompanying lab.
6. U.S. History AP and CLEP credit will not satisfy this requirement.
7. 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.
8. 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.
9. The course or experience is designed by faculty in each major; it may, or may not, be assigned credit hours.

Major Requirements

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
HSS 101	Introduction to Learning & Living in the UD Community	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 309	Theories and Techniques for Health Behavior Change	3
HSS 401	Nutritional Biochemistry I	3
HSS 428	Research in Sport and Health Sciences	3
HSS 439	Professional Seminar in Dietetics (Satisfies CAP Capstone)	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
Adv. Writing/Communication Elective		3
CMM 320	Interpersonal Communication	
or CMM 411	Health Communication	
or ENG 366	Health Literacy and Social Justice	
or ENG 369	Writing in Organizations	
or ENG 370	Report & Proposal Writing	
or ENG 372	Business and Professional Writing	
or ENG 373	Writing in the Health Professions	
or CMM 330	Media Writing	
or CMM 343	Scriptwriting for Media Production Platforms	
or CMM 351	Public Speaking	
or CMM 372	Communication for Health Professionals	
or CMM 419	Communicating Health Disparities	

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. The program is an integrated curriculum in collaboration with Sinclair College where students complete their first three semesters at the University of Dayton. The integrated curriculum with Sinclair begins spring term sophomore year and continues to the time of graduation. Upon completion, students earn both an Associate's of Applied Science in Nursing and a Bachelor's of Science in Nursing, are eligible to take the NCLEX (RN licensure exam), and are prepared to transition to practice as a licensed registered nurse. Sinclair is responsible for all pre-licensure course work for licensure eligibility and UD is responsible for advancing education to the Bachelor's degree.

University of Dayton BSN Program Learning Outcomes (PLO) are:

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

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

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

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

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

PLO 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.

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Common Academic Program (CAP) [1]		
First-Year Humanities Commons [2]		12 cr. hrs.
HST 103	Introduction to Global Historical Studies	
REL 103	Introduction to Religious and Theological Studies	
PHL 103	Introduction to Philosophy	
ENG 100	Writing Seminar I [3]	
Second-Year Writing Seminar [4]		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.
Arts		3 cr. hrs.
Natural Sciences [5]		7 cr. hrs.
Crossing Boundaries		up to 12 cr. hrs.
Faith Traditions		
Practical Ethical Action		
Inquiry		
Integrative		
Advanced Study		
Philosophy and/or Religious Studies (6 cr. hrs.)		
Historical Studies (3 cr. hrs.) [6]		
Diversity and Social Justice [7]		3 cr. hrs.
Major Capstone [8]		0-6 cr. hrs.

1. 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.
2. May be completed with ASI 110 and ASI 120 through the Core Program.
3. May be completed with ENG 100A and ENG 100B, by placement.
4. May be completed with ENG 114 or ENG 198 or ASI 120.
5. Must include two different disciplines and at least one accompanying lab.
6. May be completed with ASI 110 and ASI 120 through the Core Program.
7. 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.

[8] The course or experience is designed by faculty in each major; it may, or may not, be assigned credit hours.

Major Requirements

MTH 207	Introduction to Statistics	3
BIO 151	Concepts of Biology I: Cellular & Molecular Biology	3
CHM 101	Introductory General, Organic, and Biochemistry I	3
or CHM 123	General Chemistry	
CHM 101L	Introductory General, Organic, and Biochemistry Laboratory I	1
or CHM 123L	General Chemistry Laboratory	
HSS 101	Introduction to Learning & Living in the UD Community	1
HSS 197	Introduction to Healthcare Delivery	2
NSG 200	TEAS Preparation Independent Study	1
HSS 202	Healthcare Professionalism and Contemporary Issues Seminar	1
NSG 400	Evidence-Based Practice in Nursing	3
NSG 300	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	BSN Capstone	3
PSY 101	Introductory Psychology	3
HSS 305	Human Anatomy	3
HSS 305L	Human Anatomy Laboratory	1
HSS 307	Human Physiology	3
HSS 307L	Physiology Laboratory	1
Sinclair Coursework		42
SCC 2206	COM 2206 @ SCC	3
SCC 1200	NSG 1200 @SCC	1
SCC 2202	ALH 2202 @ SCC	3
SCC 1400	NSG 1400 @ SCC	7
SCC 1450B	NSG 1450 @ SCC	2
SCC 1600	NSG 1600 @ SCC	7
SCC 1650	NSG 1650 @ SCC	2
SCC 2400	NSG 2400 @ SCC	7
SCC 2450	NSG 2450 @ SCC	2
SCC 2600	NSG 2600 @SCC	8

Bachelor of Science in Health Science, Dietetics (EHA)

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REL 103	Introduction to Religious and Theological Studies	
PHL 103	Introduction to Philosophy	
ENG 100	Writing Seminar I [3]	
Second-Year Writing Seminar [4]		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 [5]		7 cr. hrs.
Crossing Boundaries		up to 12 cr. hrs.
Faith Traditions		
Practical Ethical Action		
Inquiry [6]		
Integrative		
Advanced Study		
Philosophy and/or Religious Studies (6 cr. hrs.)		
Historical Studies (3 cr. hrs.) [7]		
Diversity and Social Justice [8]		3 cr. hrs.
Major Capstone [9]		0-6 cr. hrs.

[1] 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.

[2] May be completed with ASI 110 and ASI 120 through the Core Program.

[3] May be completed with ENG 100A and ENG 100B, by placement.

[4] May be completed with ENG 114 or ENG 198 or ASI 120.

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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
HSS 101	Introduction to Learning & Living in the UD Community	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 309	Theories and Techniques for Health Behavior Change	3
HSS 401	Nutritional Biochemistry I	3
HSS 428	Research in Sport and Health Sciences	3
HSS 439	Professional Seminar in Dietetics (Satisfies CAP Capstone)	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
Adv. Writing/Communication Elective		3
CMM 320	Interpersonal Communication	
or CMM 411	Health Communication	
or ENG 366	Health Literacy and Social Justice	
or ENG 369	Writing in Organizations	
or ENG 370	Report & Proposal Writing	
or ENG 372	Business and Professional Writing	
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or CMM 330	Media Writing	
or CMM 343	Scriptwriting for Media Production Platforms	
or CMM 351	Public Speaking	
or CMM 372	Communication for Health Professionals	
or CMM 419	Communicating Health Disparities	

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.

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PHL 103	Introduction to Philosophy	
ENG 100	Writing Seminar I [3]	
Second-Year Writing Seminar [4]		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.
Arts	3 cr. hrs.
Natural Sciences [5]	7 cr. hrs.
Crossing Boundaries	up to 12 cr. hrs.
Faith Traditions	
Practical Ethical Action	
Inquiry	
Integrative	
Advanced Study	
Philosophy and/or Religious Studies (6 cr. hrs.)	
Historical Studies (3 cr. hrs.) [6]	
Diversity and Social Justice [7]	3 cr. hrs.
Major Capstone [8]	0-6 cr. hrs.

1. 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.
2. May be completed with ASI 110 and ASI 120 through the Core Program.
3. May be completed with ENG 100A and ENG 100B, by placement.
4. May be completed with ENG 114 or ENG 198 or ASI 120.
5. Must include two different disciplines and at least one accompanying lab.
6. May be completed with ASI 110 and ASI 120 through the Core Program.
7. 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.
8. 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 Learning & Living in the UD Community	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	Human Growth & Development	3
Upper-Level Psychology PSY 3/4XX [2]		3
Professional Skills		
ENG 373	Writing in the Health Professions	3
or ENG 366	Health Literacy and Social Justice	
or ENG 309	Podcast Writing	
or ENG 370	Report & Proposal Writing	
or ENG 371	Technical Communication	
or ENG 392	Writing for Grants and Non-Profits	
HSS 465	Health Science Seminar	1
Ethics for Health Professionals		
PHL 315	Medical Ethics	3
or REL 367	Christian Ethics & Health Care Issues	
+Concentration Requirements		

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

PLUS Concentration Area (Integrative Physiology (p. 6), Exercise & Movement Science (p. 7), Occupational & Behavioral Studies (p. 7))

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 Electives (Choose two from the following)		6
HSS 200	Motor Control and Learning	
or HSS 217	Community Health	
or HSS 220	Adapted Physical Activity	
or HSS 302	Community Nutrition	
or HSS 321	Essentials of Personal Training	
or HSS 330	Leadership in Sport	
or HSS 335	Introduction to Athletic Training	
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 395	Nutrition through the Lifecycle	
or HSS 401	Nutritional Biochemistry I	
or HSS 405	Tests & Measurements in Sport Science	
or HSS 431	Nutrition for Exercise & Sport Science	
or HSS 445	Pharmacology	
or HSS 448	Safety & the Law in Health & Sport	
or HSS 492	Human Anatomy Dissection Lab	
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
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, prostethics/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
HSS Electives		**9**
HSS 200	Motor Control and Learning	
or HSS 121	Essentials of Youth Fitness	
or HSS 217	Community Health	
or HSS 220	Adapted Physical Activity	
or HSS 302	Community Nutrition	
or HSS 309	Theories and Techniques for Health Behavior Change	
or HSS 321	Essentials of Personal Training	
or HSS 330	Leadership in Sport	
or HSS 335	Introduction to Athletic Training	
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 395	Nutrition through the Lifecycle	
or HSS 401	Nutritional Biochemistry I	
or HSS 405	Tests & Measurements in Sport Science	
or HSS 431	Nutrition for Exercise & Sport Science	
or HSS 445	Pharmacology	
or HSS 448	Safety & the Law in Health & Sport	
or HSS 492	Human Anatomy Dissection Lab	
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

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
HSS 220	Adapted Physical Activity	3
HSS 409 & 409L	Kinesiology and Kinesiology Laboratory	4
Psychology (also applies to required minor)		
PSY 321	Cognition Required for minor	3
or PSY 322	Learning	
or PSY 323	Psychology of Perception	
or PSY 422	Biopsychology	
PSY 341	Social Psychology	3
or PSY 351	Child Psychology	
or PSY 361	Personality	
or PSY 363	Abnormal Psychology	
Upper Level Psychology PSY 3/4XX		3
Other Social Science		
SOC 101	Principles of Sociology	3
HSS Electives		**9**
Experiential Learning (Choose 1-2 from the following)		
HSS 320	Essentials of Strength Conditioning	
or HSS 121	Essentials of Youth Fitness	
or HSS 302	Community Nutrition	
or HSS 395	Nutrition through the Lifecycle	
or HSS 405	Tests & Measurements in Sport Science	
or HSS 492	Human Anatomy Dissection Lab	
Integrative Knowledge (Choose 1-2 from the following)		
HSS 309	Theories and Techniques for Health Behavior Change	
or HSS 217	Community Health	
or HSS 370	Healthcare Administration	
or HSS 371	Foundations of Epidemiology	
or HSS 422	Exercise for Special Populations	
or HSS 431	Nutrition for Exercise & Sport Science	
or HSS 445	Pharmacology	

Bachelor of Science in Sport and Wellness, Sport Management (ESM)

The focus of the major in 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 sport and wellness,
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 management. These fields are in high demand and there is expected growth. In addition, courses in the major and electives provide relevant prerequisite courses for students interested in pursuing graduate education.

The Common Academic Program (CAP) is an innovative curriculum that is the foundation of a University of Dayton education. It is a learning experience that is shared in common among all undergraduate students, regardless of their major. Some CAP requirements must be fulfilled by courses taken at UD (e.g., Capstone and Diversity and Social Justice). Some major requirements must also be fulfilled by courses taken at UD. Students should consult with their advisor regarding applicability of transfer credit to fulfill CAP and major program requirements.

Common Academic Program (CAP) [1]		
First-Year Humanities Commons [2]		12 cr. hrs.
HST 103	Introduction to Global Historical Studies	
REL 103	Introduction to Religious and Theological Studies	
PHL 103	Introduction to Philosophy	
ENG 100	Writing Seminar I [3]	
Second-Year Writing Seminar [4]		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.
Arts		3 cr. hrs.
Natural Sciences [5]		7 cr. hrs.
Crossing Boundaries		up to 12 cr. hrs.
Faith Traditions		
Practical Ethical Action		
Inquiry		
Integrative		
Advanced Study		
Philosophy and/or Religious Studies (6 cr. hrs.)		
Historical Studies (3 cr. hrs.) [6]		

Diversity and Social Justice [7]	3 cr. hrs.
Major Capstone [8]	0-6 cr. hrs.

1 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.
2 May be completed with ASI 110 and ASI 120 through the Core Program.
3 May be completed with ENG 100A and ENG 100B, by placement.
4 May be completed with ENG 114 or ENG 198 or ASI 120.
5 Must include two different disciplines and at least one accompanying lab.
6 May be completed with ASI 110 and ASI 120 through the Core Program.
7 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.
8 The course or experience is designed by faculty in each major; it may, or may not, be assigned credit hours.

The Sport Management major prepares students with a conceptual and applied understanding of the management and marketing of sport. Students are well prepared to enter positions within the sport industry or to apply to graduate programs such as sport management, law, and business administration.

Sport Management Core		
HSS 101	Introduction to Learning & Living in the UD Community	1
HSS 111	Introduction to Sport & Wellness	2
HSS 250	Principles of Management in Health & Sport	3
HSS 255	Practicum in Health & Sport Science	3
HSS 330	Leadership in Sport	3
HSS 331	Sport Ethics	3
HSS 349	Sport Finance	3
HSS 353	Sport Media	3
HSS 354	Global Sport, Culture, & Business	3
HSS 356	Organizational Behavior in Health & Sport	3
HSS 357	Sports Marketing	3
HSS 358	Sales & Fundraising in Sport	3
HSS 360	Sport and Bodies	3
HSS 428	Research in Sport and Health Sciences	3
HSS 444	Sport and Wellness Seminar	2
HSS 448	Safety & the Law in Health & Sport	3
HSS 485	Health & Sport Science Internship	1
Professional Competencies		
MTH 207	Introduction to Statistics	3
PSY 101	Introductory Psychology (or)	3
SOC 101	Principles of Sociology	
Advisor Approved Electives [1]		0-12
Total Hours		**51-63**

Business Administration Minor		18
ACC 200	Introduction to Accounting	3
ECO 203	Principles of Microeconomics	3
Select 4 courses from:		
MGT 201	Legal Environment of Business	3
FIN 300	Survey of Financial Management (or)	3
FIN 200	Finance for the Common Good	
MKT 300	Survey of Marketing	3
MIS 300	Survey of Management Information Systems	3
OPS 300	Introduction to Operations & Supply Management	3

1 Any 200, 300 or 400 level course in HSS or CMM not already required of the major.

Bachelor of Science in Sport and Wellness, Health and Wellness (HWL)

The focus of the major in Health and Wellness is to build upon the Common Academic Program to create graduates who can:

- Apply understanding of human studies in anatomy, physiology and nutrition to improvements in physical status.
- Motivate individuals to modify negative health habits and maintain positive lifestyle behaviors for health promotion.
- Explain the essential functions and skills related to organizational management.
- Transfer conceptual and theoretical knowledge to practice through experiential learning

Specifically, this program serves a significant disciplinary purpose by preparing students for entry-level career options in health and wellness or to pursue further post-graduate study. Due to the state of our current national health and wellness, these fields are in high demand.

The Common Academic Program (CAP) is an innovative curriculum that is the foundation of a University of Dayton education. It is a learning experience that is shared in common among all undergraduate students, regardless of their major. Some CAP requirements must be fulfilled by courses taken at UD (e.g., Capstone and Diversity and Social Justice). Some major requirements must also be fulfilled by courses taken at UD. Students should consult with their advisor regarding applicability of transfer credit to fulfill CAP and major program requirements.

Common Academic Program (CAP) [1]		
First-Year Humanities Commons [2]		12 cr. hrs.
HST 103	Introduction to Global Historical Studies	
REL 103	Introduction to Religious and Theological Studies	
PHL 103	Introduction to Philosophy	
ENG 100	Writing Seminar I [3]	
Second-Year Writing Seminar [4]		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.
Arts		3 cr. hrs.
Natural Sciences [5]		7 cr. hrs.
Crossing Boundaries		up to 12 cr. hrs.
Faith Traditions		
Practical Ethical Action		
Inquiry		
Integrative		
Advanced Study		
Philosophy and/or Religious Studies (6 cr. hrs.)		
Historical Studies (3 cr. hrs.) [6]		
Diversity and Social Justice [7]		3 cr. hrs.
Major Capstone [8]		0-6 cr. hrs.

1. 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.
2. May be completed with ASI 110 and ASI 120 through the Core Program.
3. May be completed with ENG 100A and ENG 100B, by placement.
4. May be completed with ENG 114 or ENG 198 or ASI 120.
5. Must include two different disciplines and at least one accompanying lab.
6. May be completed with ASI 110 and ASI 120 through the Core Program.
7. 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.
8. The course or experience is designed by faculty in each major; it may, or may not, be assigned credit hours.

The Health & Wellness major prepares students with an applied understanding of how to improve the health, fitness and wellness of individuals and communities.

Health & Wellness Core		
Must have minimum major GPA 2.0		
HSS 101	Introduction to Learning & Living in the UD Community	1
HSS 111	Introduction to Sport & Wellness	2
HSS 121	Essentials of Youth Fitness	3
HSS 206	Fundamentals of Human Anatomy and Physiology	3
HSS 250	Principles of Management in Health & Sport	3
HSS 295	Nutrition & Health	3
HSS 428	Research in Sport and Health Sciences	3
or HSS 371	Foundations of Epidemiology	
HSS 444	Sport and Wellness Seminar	2
Mathematics		
MTH 207	Introduction to Statistics	3
Social Science		
PSY 101	Introductory Psychology	3
Experiential Learning		
HSS 255	Practicum in Health & Sport Science	3
HSS 485	Health & Sport Science Internship	1
Total Hours		**30**

Community Health Concentration (CMH)

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

- Explain and apply the social determinants of health framework to understand differences in health issues in a community
- Explain how health disparities and health inequities may lead to differences in health outcomes across populations
- Identify and apply epidemiological data to describe population-level health and disease
- Differentiate the unique roles that various organizations serve in promoting the health of communities
- Use evidence-based approaches in developing health promotion interventions
- Communicate and advocate for a culture of social justice for health and wellbeing

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

Health and Sport Science		
HSS 217	Community Health	3
HSS 302	Community Nutrition	3
HSS 309	Theories and Techniques for Health Behavior Change	3
or PSY 366	Health Psychology	
HSS 370	Healthcare Administration	3
HSS 371	Foundations of Epidemiology	3
HSS/SOC 384	Food Justice	3
Professional Competencies		
CMM 411	Health Communication	3

CMM 419	Communicating Health Disparities	3
or CMM 374	Media and Health	
POL 309	Health Policy	3
POL 426	Leadership in Building Communities	3
ENG 392	Writing for Grants and Non-Profits	3
or ENG 370	Report & Proposal Writing	
Advisor Approved Electives		**15**
Select 5 Courses From the Following:		
Any 300 or 400 level course in CMM, HSS, POL, PSY, SWK, SOC (outside of those required for Professional Competencies)		
ACC 200	Introduction to Accounting	
ASI 448	Seminar in Family Development	
DST 100	Foundations of Disability Studies	
ECO 203	Principles of Microeconomics	
FIN 300	Survey of Financial Management	
HSS 201	Medical Terminology	
HSS 210	Introductory Foods	
HSS 210L	Introductory Foods Laboratory	
HSS 220	Adapted Physical Activity	
HSS 422	Exercise for Special Populations	
MGT 201	Legal and Ethical Environment of Business	
MGT 229	Introduction to Entrepreneurship	
MGT 300	Survey of Organizational Behavior	
MIS 300	Survey of Management Information Systems	
MKT 300	Survey of Marketing	
OPS 300	Introduction to Operations & Supply Management	
PSY 251	Human Growth & Development	
REL 367	Christian Ethics & Health Care Issues	
SWK 201	Social Work Practice & Profession	
Total Hours		**48**

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.
- Earn relevant certifications in the health and fitness field (personal training, strength and conditioning, group fitness, etc.).

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 330	Leadership in Sport	3
or HSS 356	Organizational Behavior in Health & Sport	
HSS 349	Sport Finance	3
or HSS 357	Sports Marketing	
HSS 405	Tests & Measurements in Sport Science	3
HSS 422	Exercise for Special Populations	3
HSS 431	Nutrition for Exercise & Sport Science	3
HSS 448	Safety & the Law in Health & Sport	3
Professional Competencies		
PSY 101	Introductory Psychology	3
PSY 251	Human Growth & Development	3
or PSY 366	Health Psychology	
CMM 3/4XX		3
ENG 3/4XX (Writing Course)		3
Advisor Approved Electives		**12**
Any 200, 300, or 400 level HSS course (outside of those already required for the major)		

Certificate in Wellbeing Education (WED)

This certificate provides students with curricular and co-curricular experience in well-being education where wellbeing is defined as as an optimal and dynamic state that allows people to achieve their full potential. This certificate will assist UD students in exploring their vocation and increasing preparation for future work in wellbeing education.

Interest		
HSS 217	Community Health	3
EXP 101	Experiential Program (Co-Pilots, Flyers Thrive, Internship, mental health first aid training and project, special interest house, HSI, student employment, UDI 174, UDI 360, research, or other as approved) 15 Contact Hours Required	0
Course Plan Submitted to Coordinator		
Expansion		
3 courses (9CH), 2 within 1 discipline (depth) and 1 from a different discipline (breadth)		9
CMM 374	Media and Health	3
CMM 411	Health Communication	3
CMM 419	Communicating Health Disparities	3
HSS 206	Fundamentals of Human Anatomy and Physiology	3
or HSS 307	Human Physiology	
HSS 371	Foundations of Epidemiology	3
HSS 384	Food Justice	3
POL 309	Health Policy	3
POL 426	Leadership in Building Communities	3
PSY 366	Health Psychology	3
PSY 431	Interviewing & Counseling	3
REL 256	Faith Traditions: Prayer	3
REL 367	Christian Ethics & Health Care Issues	3
SWK 305	Social Services in the Health Field	3

SWK 307	Mental Health Services	3
SOC 380	Health and Inequality	3
SEE 280	Sustainable Communities	3
SEE 303	Constructions of Place	3
VAR 350	Art and Social Practice	3
Certificate Contract Submitted to Coordinator		
Application		
EXP 401	Wellbeing Education Certificate Internship (Departmental internship credit may apply with approval) 90 contact hours required	0
Final Portfolio Deliverable		

- Bachelor of Science in Health Science, Dietetics (p. 12)
- Bachelor of Science in Nursing, Nursing (p. 12)
- Bachelor of Science in Health Science, Health Science
  - **Integrative Physiology (p. 12)**
  - **Exercise and Movement Science (p. 13)**
  - **Occupational and Behavioral Studies (p. 13)**
- Bachelor of Science in Sport and Wellness, Sport Management (p. 14)
- Bachelor of Science in Sport and Wellness, Sport and Wellness
  - **Community Health (p. 14)**
  - **Health and Fitness (p. 14)**

Dietetics

First Year

Fall	Hours	Spring	Hours
HSS 101	1	BIO 152	3
HSS 113	2	CHM 124	3
BIO 151	3	ENG 100	3
CHM 123	3	HST 103	3
CMM 100	3	PHL 103	3
REL 103	3		
	15		**15**

Second Year

Fall	Hours	Spring	Hours
HSS 295	3	HSS 307	3
HSS 305	3	CHM 313	3
ACC 200	3	ENG 200	3
PSY 101	3	MTH 207	3
SSC 200	3	Arts Elective	3
HSS 201	2		
	17		**15**

Third Year

Fall	Hours	Spring	Hours
HSS 210	3	HSS 494	3
HSS 395	3	HSS 356	3
ENG 370	3	HSS 304	3
BIO 312	3	HSS 309	3
ADV HST	3	HSS 302	3
	15		**15**

Fourth Year

Fall	Hours	Spring	Hours
HSS 303	2	HSS 456	3
HSS 428	3	HSS 496	3
HSS 401	3	PHL 312	3
HSS 439	2	Faith Traditions/ ADV HST	3
HSS 495	3		
BIO 411	3		
	16		**12**

Total credit hours: 120

Nursing

First Year

Fall	Hours	Spring	Hours
HSS 101	1	HST 103	3
ENG 100	3	REL 103	3
HSS 197	2	HSS 305 & 305L	4
CHM 101 & 101L	4	MTH 207	3
PHL 103	3	CAP Arts	3
BIO 151	3		
	16		**16**

Second Year

Fall	Hours	Spring	Hours
HSS 307 & 307L	4	NSG 300	3
HSS 295	3	PSY 101	3
NSG 200	1	CAP	3
ENG 200	3	NSG 1200 @ SCC	1
CAP	3	ALH 2202 @ SCC	3
CAP	3	COM 2206 @ SCC	3
	17		**16**

Third Year

Fall	Hours	Spring	Hours
NSG 1400 @ SCC	7	NSG 1600 @ SCC	7
NSG 1450 @ SCC	2	NSG 1650 @ SCC	2
NSG 404	3	NSG 400	3
HSS 202	1	NSG 406	3
	13		**15**

Fourth Year

Fall	Hours	Spring	Hours
NSG 2400 @ SCC	7	NSG 2600 @ SCC	8
NSG 2450 @ SCC	2	NSG 402	3
NSG 405	3	NSG 408	3
NSG 407	3		
	15		**14**

Total credit hours: 122

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[Typically 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[Replace with PSY 351/353 for PSY Minor]	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		**12**

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	Hours	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	Hours	Spring	Hours
HSS 250	3	HSS 330	3
HSS 255	3-6	HSS 353	3
ECO 203	3	ACC 200	3
ENG 200	3	Arts Elective	3
SSC 200	3	MGT 201	3
	15-18		**15**

Third Year

Fall	Hours	Spring	Hours	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**

Fourth Year

Fall	Hours	Spring	Hours
HSS 354	3	HSS 357	3
HSS 448	3	HSS 428	3
HSS 444	2	BUS minor elective	3
BUS minor elective	3	Faith Traditions & Advanced Religion	3
Advanced History	3	Advisor Approved Elective	3
	14		**15**

Total credit hours: 121-124

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 217	3	HSS 206	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	Summer	Hours
HSS 309 or PSY 366	3	HSS 371	3	HSS 485	1
HSS 370	3	HSS 384	3		
CMM 411	3	CMM 419 or 374	3		
POL 309	3	CAP Faith Traditions	3		
Advisor Approved Elective	3	Advisor Approved Elective	3		
	15		**15**		**1**

Fourth Year

Fall	Hours	Spring	Hours
POL 426	3	HSS 450 or 444	1-3
ENG 392 or 370	3	CAP ADV PHL/REL	3
CAP ADV PHL/REL	3	CAP Practical Ethical Action	3
CAP ADV HST	3	Advisor Approved Elective	6
Advisor Approved Elective	3		
	15		**13-15**

Total credit hours: 120-122

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	3-6
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		**15-18**

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: 121-124

Health & Sport Science Courses

HSS 101. Introduction to Learning & Living in the UD Community. 1 Hour
This course is reflective and transformational in nature. It is designed to provide students with fundamental empowering mindsets, frameworks, perspectives as well as specific tools, techniques, habits and disciplines that they can use during and after college. It will also provide students with the confidence and ability to create and implement new empowering habits and ways of perceiving/being.

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. This course is a required course for the BSN curriculum and serves as the prerequisite for NSG 1200 at Sinclair College Nursing.

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. 1 Hour
This seminar is intended to build community and identity for BSN pathway students during their first semester of nursing classes at Sinclair College. This seminar promotes involvement with the University of Dayton community, encourages reflective practice, and prepares students to be successful UD BSN students. This seminar will focus on nursing as a profession and professionalism related to individual practice. Students will develop clinical judgment skills through discussion and reflection of contemporary healthcare issues impacting nursing and healthcare delivery that are relevant to the University of Dayton community, as well as regional, national, and global health issues. Students will reflect on their vocation and the Marianist values with regard to professionalism and ways in which they demonstrate resilience. Students must complete Sinclair course NSG 1200 prior to this course and must take Sinclair courses NSG 1400 and NSG 1450 along with this course. Prerequisites: HSS 197.

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 207. Fundamentals of Exercise Physiology. 3 Hours
Introduction to the study and investigation of the function and response of the body systems during various exercise intensities. Prerequisites: HSS 206 or HSS 307.

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
This course introduces the concepts and principles of community health, using the Social Ecological Model as a framework to examine the risk and protective factors that determine health status. It focuses on how structured inequalities, disproportionate power relations, systematic and social oppressions, and privilege are connected to social determinants of health, health disparities and health inequities. Attention is also given to prevention strategies and the role of evidence-based health promotion and health education in increasing health status and health equity.

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 251. Introduction to Sport Analytics. 3 Hours
Introduction to the process of sport analytics, including preparing and managing data sets, exploring and summarizing the characteristics of data sets, data visualization, statistical analysis and interpretation, and communication of results.

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. 3-6 Hours
The practicum class is designed to expose students to work within sport or health 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 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 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.

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: BIO 151; CHM 123 or CHM 101.

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. Co-requisites: HSS 305.

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. Prerequisites: HSS 305, minimum grade of C; BIO 151; CHM 123 or CHM 101. Corequisites: HSS 305L, HSS 307L.

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 309. Theories and Techniques for Health Behavior Change. 3 Hours
Students in this course will develop and demonstrate practical wisdom in addressing real human problems such as chronic health conditions with evidence-based prevention and intervention tools. Students will draw upon advanced knowledge of the complex factors that influence health behavior and will develop knowledge and skills in counseling supportive of health and/or nutrition related behavior change. Prerequisites: PSY 101, HSS 295.

HSS 311. Fundamentals of Exercise Physiology. 3 Hours
Introduction to the study and investigation of the function and response of the body systems during various exercise intensities. Prerequisites: HSS 206 or 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 342. Business of Baseball. 3 Hours
This course will guide students through various parts of the business of baseball beginning with the historical beginnings of the game through the current digital transformation. Various parts of the business, including media relations, international play, media sales and player relations, will be introduced by leveraging interviews with current and former industry executives, scholarly journal entries and recent media articles. All modules will lead to a final project where students will be asked to apply module learnings and think critically, creatively and courageously to create a future event for baseball.

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.

HSS 354. Global Sport, Culture, & Business. 3 Hours
This course examines the interplay between the local dynamics and the globalizing forces shaping contemporary global sport culture and business. Focusing specifically on a broad range of national and international contexts, the course identifies—and seeks to explain—patterns of similarity and difference in cultural and political identities, business operations, and governance in the global sporting world.

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. Healthcare Administration. 3 Hours
The course introduces students to foundational concepts in health administration, providing an overview of the roles, skills and functions of a health administrator. Additionally, it provides an overview of the critical issues in healthcare in the United States. 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 400. Research Experience in Health and Sport Science. 0-1 Hours
A faculty mentored research experience in the field of health or sport science. Research experiences may include laboratory or field-based data collections, data processing and analysis, and results reporting.

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 307. Corequisite(s): HSS 408.

HSS 409. Kinesiology. 3 Hours
An investigation and analysis of the basic biomechanical principles underlying human movement. Prerequisites: HSS 305; HSS 307, minimum grade of C.

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. Corequisites: HSS 409.

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. Prerequisites: HSS 307 or HSS 206. Corequisites: HSS 408 or HSS 311.

HSS 428. Research in Sport and Health Sciences. 3 Hours
Application and practice of research in a student's chosen profession and vocation. Emphasis will be designing and evaluating study designs, collection, analysis, interpretation, and communication of data, and role of research in professional practice. 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 450. HSS Capstone. 1-3 Hours
The Health & Sport Science capstone is a reflective experience that concludes with a presentation in the scholarship, activity and/or practice related to the student's major and concentration. Students will present their work in a forum appropriate to the major. Prerequisites: Senior status.

HSS 455. Selected Studies in Exercise Science. 1-3 Hours
Investigating, analyz-ing, 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. 1-12 Hours
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. 3 Hours
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. Completion of the course will include a reflection on the learning experience and the use of human donors for medical treatments, education, and/or research. Prerequisites: 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 200. TEAS Preparation Independent Study. 1 Hour
This nursing elective independent study course follows the Official ATI TEAS study manual to prepare students for successful completion of the Test for Essential Academic Skills (TEAS), an admission requirement for Sinclair College's nursing program. The TEAS subject areas include reading, math, science, and English and language usage. The independent study course provides students with an overview of the content and skills included on the TEAS along with suggestions for effectively preparing for the test. This course guides students to create a study plan for success in each subject area, and provides lessons covering each objective of the TEAS test plan.

NSG 300. 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.

NSG 400. Evidence-Based Practice in Nursing. 3 Hours
This course develops knowledge of the research process and the evidence based practice paradigm. Gain a deeper understanding of evidence based practice principles. Demonstrate evidence based practice with adoption of evidence based processes as the standard of care. Critical appraisal of literature. Explore how research influences nursing care and impacts patient outcomes. Prerequisites: (ASI 110, ENG 100, ENG 100A, ENG 114 or ENG 198) and MTH 207.

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 Essentials: Core Competencies for Professional Nursing Education 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 Essentials: Core Competencies For Professional Nursing Education (AACN, 2021), 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. BSN Capstone. 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 American Association of Colleges of Nursing (AACN) The Essentials: Core Competencies For Professional Nursing Education (AACN, 2021) 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. 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. Prerequisites: NSG 405 and NSG 407. Corequisites: NSG 402.