

# Division of Health Sciences (DHS)

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## Courses

### ***DHS 1110 Introduction to Health Professions: 3 semester hours.***

Introduction to health professional programs including an overview of roles and responsibilities of medical, nursing, pharmacy, and allied health professions as well as admissions requirements. F, S

### ***DHS 1199 Experimental Course: 1-3 semester hours.***

The content of this course is not described in the catalog. Title and number of credits are announced in the Class Schedule. Experimental courses may be offered no more than three times with the same title and content. May be repeated.

### ***DHS 2299 Experimental Course: 1-3 semester hours.***

The content of this course is not described in the catalog. Title and number of credits are announced in the Class Schedule. Experimental courses may be offered no more than three times with the same title and content. May be repeated.

### ***DHS 3315 Pharmacology for Nursing: 3 semester hours.***

Overview of the pharmacologic actions and therapeutic implications of the major classes of drugs. Pre-nursing major or Instructor Permission. F, S, Su

### ***DHS 3399 Experimental Course: 1-6 semester hours.***

The content of this course is not described in the catalog. Title and number of credits are announced in the Class Schedule. Experimental courses may be offered no more than three times with the same title and content. May be repeated.

### ***DHS 4401 Mindfulness in Health Science: 2 semester hours.***

Students will learn Mindfulness Based Stress Reduction, which includes meditation, mindful movement, and other practices shown to build resilience to stress. Research on application in healthcare settings for patients and providers will be reviewed. May be repeated for credit. F

### ***DHS 4402 Survey of Aging Issues: 3 semester hours.***

Introduction to the broad spectrum of issues involved in the study of aging. Theories of aging, health promotion, demography, and multicultural aging are some topics presented in survey fashion. PREREQ: Junior standing. F

### ***DHS 4403 Interprofessional Systems in Geriatric Management: 3 semester hours.***

Application of principles and concepts necessary to integrate theory into the practice of care coordination and management of the older adult. The scope and competencies of healthcare professionals in caring for the older adult are explored. PREREQ: Junior standing; C or better in DHS 4402. S

### ***DHS 4404 Geriatric Interprofessional Collaborative Practice Internship: 2 semester hours.***

Practical experience in health care arenas focusing on the older adult. This includes a capstone project related to the application of principles and concepts of interprofessional collaborative practice. PRE-or-COREQ: DHS 4403. PREREQ: Junior standing; C or better in DHS 4402. F,S

### ***DHS 4405 Effects of Mindfulness Practice: 1 semester hour.***

Taking an interprofessional approach, this course examines research on the physical, therapeutic, psychological, and neurophysiological effects of mindfulness meditation; it also addresses resiliency to burnout in the workplace, including in non-healthcare settings. May be repeated for credit. S

### ***DHS 4406 The Mindful Practitioner: 2 semester hours.***

Students will develop mindfulness skills to improve and deepen interpersonal and professional communication, as well as the means of integrating mindfulness into the workplace environment, particularly as a means of reducing professional burnout in healthcare settings. May be repeated for credit. F

### ***DHS 4407 Experience in Human Anatomy: 1 semester hour.***

Provides experience with prosected human cadaver specimens under direct supervision and guidance by DHS faculty member. PREREQ: Permission of instructor. F, S

### ***DHS 4408 Mindful Self-Compassion: 1 semester hour.***

Students will learn concepts and practices for mindfully developing self-compassion in everyday interactions with self and others. Application of these skills for both personal support and professional guidance for others is integrated into skills and practices. This course uses the Mindful Self-Compassion program developed by Kristin Neff and Christopher Germer. May be repeated for credit. F,S

### ***DHS 4410 Fundamentals of Mindfulness: 2 semester hours.***

This course provides the student with an in-depth look at the fundamental theory as well as core skills and practice opportunities in multiple forms of mindfulness meditation. The course emphasizes developing functional application of mindfulness practices in all daily activities. May be repeated for credit. F

### ***DHS 4411 Introduction to Mindfulness Practice: 1 semester hour.***

This course is for individuals with no prior experience of mindfulness and introduces core skills and basic practices based on the four foundations of mindfulness: body, feelings, thoughts, and daily activities. May be repeated for credit. S

### ***DHS 4412 Introduction to Yoga Nidra and Mindfulness: 1 semester hour.***

Yoga Nidra is a meditative practice that helps reduce the effects of physical and emotional stress and increases emotional balance and equanimity. Students will learn how to integrate Yoga Nidra and other meditation practices into their personal and professional lives. This form of yoga is practiced lying down in deep relaxation. May be repeated for credit. F,S

### ***DHS 4414 Independent Study in Mindfulness: 1-3 semester hours.***

The course provides the opportunity to explore specific issues, practices, or other areas in Mindfulness as selected by students and approved by faculty. May be repeated for up to 9 credits. Permission of instructor required. F,S

### ***DHS 4415 Mindfulness Capstone: 1 semester hour.***

This capstone course in the Interprofessional Certificate in Mindfulness integrates students learning and practice of mindfulness and its effects into a project chosen under the guidance of a Mindfulness advisor. Projects may include new program development, research in a particular area, or focused study of a specific interest. Students meet throughout the semester with their advisor to design and implement their project. Permission of instructor required. F,S

### ***DHS 4416 Mindfulness-Based Strengths Practice: 1 semester hour.***

Mindfulness-Based Strengths Practice integrates mindfulness and character strengths practices. Character strengths practices involve building awareness and developing skills to better utilize personal strengths. This interactive and experiential course promotes the mindful use of character strengths in personal and professional contexts.

### ***DHS 4417 Interdisciplinary Evaluation Team: 1 semester hour.***

Introduction to principles, techniques of interdisciplinary evaluation. Disciplines emphasized: Audiology, Dietetics, Nursing, Occupational Therapy, Physical Therapy, Psychology, Social Work, Special Education, Speech-Language Pathology. Equivalent to CSD 4417, NURS 4417, PSYC 4417, and SOWK 4417. PREREQ: Permission of instructor. S

***DHS 4426 Evidence Based Research in Health Sciences: 3 semester hours.***

Study of the use of current research evidence in health care decision-making. Topics include critical analysis of health-related information, biostatistics, and application of evidence-based practice to health care. PREREQ: MATH 1153 with a C- or better, or MGT 2216 with a C- or better. F, S

***DHS 4427 Evidence Based Complementary and Integrative Health: 3 semester hours.***

Overview of safety and efficacy of complementary and integrative health products and practices. Restricted to students with health science majors. PREREQ: BIOL 2227 or BIOL 3301 (A&P). S

***DHS 4428 Evidence-based Lipid Practice: 2 semester hours.***

The purpose of this course is to introduce health profession students to the practice of clinical lipidology and the importance of interdisciplinary dyslipidemia management for atherosclerotic cardiovascular disease (ASCVD) prevention and management. Students will evaluate ASCVD epidemiology and pathophysiology, the role of lipids and lipoproteins in ASCVD development, and evidence-based lipid management through lifestyle and medication therapies in patients. PREREQ: BIOL 4432 or NTD 4461 and 4485 all with a C- or better. S

***DHS 4480 Genetics for Health Care Professionals: 2 semester hours.***

An in-depth, interdisciplinary review of the impact of genetics on patients and patient care and the biological, social, ethical and legal issues surrounding genetics and genomics. Equivalent to NURS 4480. Su

***DHS 4499 Experimental Course: 1-6 semester hours.***

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