



DEPARTMENT OF APPLIED HEALTH SCIENCES

B.S. DEGREE IN HEALTH SCIENCES

The mission of Department of Applied Health Sciences is to advance understanding about human health and well being through research, instruction and service.

The central concerns of Department faculty and students are to prevent unhealthy and dangerous conditions from harming people, correct these situations where they exist, and to help people adopt healthy behaviors.

Our over-reaching goals are to prevent premature death and disability and promote productive, high-quality lives.

Last updated 2/11



Department Website: <http://indstate.edu/ahs/>

For further information please contact:

Department of Applied Health Sciences
410 N 4TH STREET, ARENA B-83
TERRE HAUTE, IN 47809

PHONE: 812-237-3071

FAX: 812-237-8607

Email: isu-hs@indstate.edu

Helpful Links

Virtual Campus Tour

<http://www.indstate.edu/tour/>

Academic Calendar

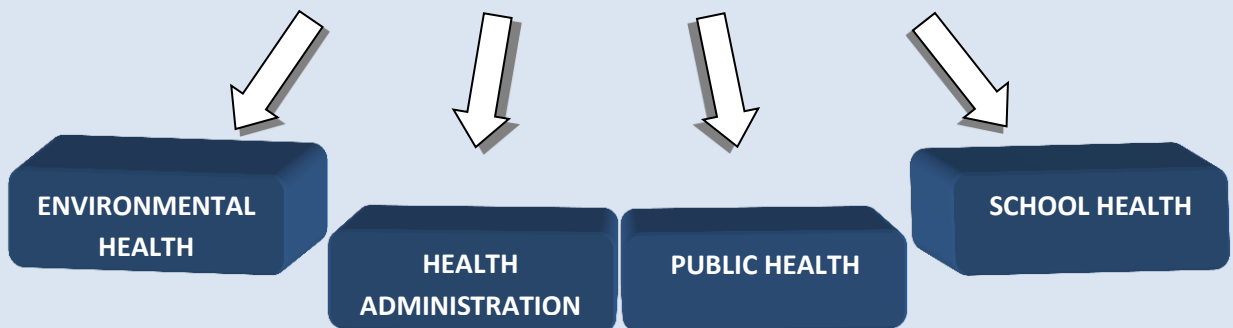
<http://www.indstate.edu/academicaffairs/calendar.htm>

Indiana Statesman (University Newspaper)

<http://www.indianastatesman.com/>

DEPARTMENT OF APPLIED HEALTH SCIENCES

HEALTH SCIENCES



Health Sciences Course Offerings

| Class | Offered | Title |
|-----------|--------------------|---|
| HLTH 111 | Fall/Spring/Summer | Personal Health Behavior and Wellness |
| HLTH 210 | Fall | Environmental Health |
| HLTH 211 | Fall/Spring | Emergency Medical Care and First Aid |
| HLTH 211L | Fall/Spring | Emergency Medical Care and First Aid Lab |
| HLTH 221 | Spring | Public Health Concepts |
| HLTH 313 | Spring | Comprehensive School Health Education |
| HLTH 327 | Fall/Spring/Summer | School Health for the Elementary Teacher |
| HLTH 340 | Fall/Spring/Summer | Health Biostatistics |
| HLTH 341 | Spring | Research |
| HLTH 360 | Spring | Epidemiology |
| HLTH 377 | Fall | Environmental Field Sampling and Analysis |
| HLTH 392 | Fall | Educational Methods in Health and Safety |
| HLTH 393 | Fall/Spring | Cooperative Practice |
| HLTH 401 | Fall | Substance Abuse Education |
| HLTH 402 | Spring | Mental Health and Stress Education |
| HLTH 403 | Fall | Communicable and Chronic Diseases and AIDS |
| HLTH 406 | Spring | Human Sexuality Education |
| HLTH 409 | Spring | Health Screening |
| HLTH 424 | Fall | Program Planning |
| HLTH 425 | Fall | Toxicology |
| HLTH 428 | Spring | Program Evaluation |
| HLTH 429 | Fall | Hazardous Substances Waste Materials |
| HLTH 437 | Fall | Pollution Prevention and Control Technology |
| HLTH 446 | Spring | Individual, Community, and General Safety Education |
| HLTH 457 | Spring | Food Protection |
| HLTH 480 | Spring | Senior Seminar |
| HLTH 491 | Summer | Internship |

*Updated 2/11

Health Sciences Concentrations and Program Objectives

- **Environmental Health**

This option is for students who wish to become environmental health specialists. Course work includes study in epidemiology; pollution prevention and control; water, air, soil, and food protection; industrial health and safety; toxicology; environmental field sampling and analysis; environmental law; hazardous substances and waste material; health promotion planning and evaluation; research; and statistics—plus an internship in environmental health. Graduates are eligible to take the state examination to become a registered environmental health specialist.

- **Health Administration**

This option is for students who wish to become administrators in health agencies. Course work includes study in epidemiology, environmental health, safety, health promotion planning and evaluation, research, statistics—plus an internship in a health agency. In addition, the program includes courses in business administration and human resource development. Graduates are eligible to sit for the Certified Health Education Specialists (CHES) Examination, the national credential for health education.

- **Public Health**

This option is for students who wish to become community health specialists. Course work includes study in epidemiology, environmental health, industrial health and safety, health promotion planning and evaluation, research, statistics—plus an internship in community health. Graduates are eligible to sit for the Certified Health Education Specialists (CHES) Examination, the national certification for health education.

- **School Health Education**

This option is for students who wish to obtain licensure to teach in middle school, junior high, and high school. Course work includes study in school health education, psychology of childhood and adolescence, education in a multicultural society, and emergency health care. In addition, students complete a sequence of professional courses offered in conjunction with the College of Education. Students gain teaching skills through classroom and field experiences—and through their required student teaching experience.

Health Sciences Undergraduate Program FAQ

What concentrations are available in the Department of Applied Health Sciences?

- Environmental Health
- Health Administration
- Public Health
- School Health

How do I know if the degree in health sciences is right for me?

The Health Sciences program is designed to enable students to function in variety of professional environments including: community, worksite, health care, public health, and academic settings. Students may opt for one of four focal areas – Environmental Health, Health Administration, Public Health, or School Health. Experiential learning is utilized throughout the program culminating in an internship opportunity during the senior year. In addition, students who complete the Health Sciences program can enter a variety of fields such as community health agencies, health organizations, corporate health, teaching in secondary schools and many others. If this is the direction you want to take with your career, then Health Sciences is the major right for you!

What employment opportunities are available in this field?

Detailed information is available at the Bureau of Labor Statistics website <http://www.bls.gov/>.

Job titles related to the field of Health Education include:

- Certified Health Educator
- Health Promotion Specialist
- Wellness Coordinator
- Public Health Specialist
- HIV Counselor/Outreach worker
- Field Investigator/Epidemiologist
- Health teacher
- District Health Education Coordinator
- Campus Wellness Director
- Health Services Coordinator
- Research Assistant
- Program Coordinator
- Employee Wellness Specialist
- Pharmaceutical Sales Representative
- Injury Prevention Specialist
- Program Evaluator
- Grant Writer
- Patient Educator
- Environmental Health Specialist
- Food Safety Inspector

What is the GPA requirement for the traditional undergraduate student?

The GPA requirement for the undergraduate program is 2.50.

How long does it take to complete the Health Sciences program?

A Bachelors of Science degree at ISU requires 124 total credit hours. Of those, around 60 credit hours are related to the Health Sciences Program. Full-time students can expect to complete the major course work in three to six semesters. This will depend on semester course loads and the number of applicable courses transferred in from other colleges/universities.

How do I change or declare a major in Health Sciences?

You can change your major online at:

https://indstate.qualtrics.com/SE/?SID=SV_9Z8zuHc3U17XE4Q

Or you can contact the department administrative assistant, 812-237-3079, Arena Building B-83.

Who is my advisor?

A faculty advisor will be assigned when you declare a major in one of our programs. This information is available in Arena Building B-83. You may also request a specific advisor at any time.

Will my credits transfer from another college or university? If so, how many?

ISU accepts up to 94 hours of transfer credit. Eligible courses are evaluated, via transcript, by the Office of Undergraduate Admissions <http://www.indstate.edu/admissions/index.asp>.

Are there any financial aid opportunities?

Please visit the Office of Student Financial Aid website at <http://www.indstate.edu/finaid/>.

Are internship and scholarship opportunities available through the Department of Applied Health Sciences?

Four scholarships are available (see page 8).

Are any scholarly/social groups offered by the Department of Applied Health Sciences?

The Health Sciences Student Organizations (HSSO) provides professional growth and development to students via: networking, teaching demonstrations, research opportunities (with faculty and peers). This group is open to all Health Sciences majors and minors.

What is CHES?

A Certified Health Education Specialist (CHES) is a person who has passed the CHES national certification exam. Graduates of the Health Administration and Public Health programs are eligible to sit for the exam, which focuses on the seven Areas of Responsibility for professional Health Educators. These focal areas form the foundation for our undergraduate program in Health Sciences. Additional information is available at <http://www.nchec.org/>.

Advantages of this program:

- Close relationship with faculty & fellow students
- Small class sizes
- Practical experiences while in school
- Ability to attend conferences and meet professionals in the field

DEPARTMENT SCHOLARSHIPS, FINANCIAL AID, **INTERNSHIPS and PART-TIME EMPLOYMENT**

Scholarships:

Louis F. Keifer – American Lung Association, Vigo County Unit, Health Scholarship. Made possible through an endowment by the Vigo County American Lung Association in the name of Mr. Keifer. It is awarded to a health and safety or community health major. Preference will be given to residents of Vigo County. Students of other counties will be eligible if there are no Vigo County or area applicants.

Phyllis Elaine Lesnick Landini Memorial Scholarship – established by friends of Mrs. Landini and is awarded to an undergraduate health and safety student.

Zeberl’s Family Community Health Endowed Scholarship. Established to assist a deserving student who chooses to dedicate a career in the field of Public/Community Health. To be eligible for the scholarship, student must have completed their junior year of college as a community health major within the College of Nursing and Health and Human Services and be maintaining a minimum 3.0 grade point average.

Dr. Richard D. Spear Scholarship. Criteria:

1. Recipient must be a student enrolled full time at Indiana State University in the College of Nursing and Health and Human Services.
2. Recipient must have a minimum of 3.0 grade point average on a 4.0 scale.
3. Recipient must be entering his/her junior year.

Amount: \$1,000; Awarded in the Spring

Internships and co-ops:

Available to qualified students in Health Sciences. See your advisor.

Financial Aid

Various loans are available to students. Contact the Office of Student Financial Aid finaid@indstate.edu or (812) 237-2215.

Part-Time Work

Working part-time is a great way to earn money, gain valuable experience and make contacts campus-wide. For campus offerings, contact the Student Employment Office at Career-Center@indstate.edu or (812) 237-5000.

Department and Campus Contact Information

| Faculty/Staff | Office Number | Office Phone | E-Mail Address |
|--|---------------|-------------------------------------|--|
| Dr. Eliezer Bermúdez | B-72 | 812-237-3077 | eliezer.bermudez@indstate.edu |
| Dr. Shiaw-Fen Ferng | B-79 | 812-237-3096 | shia-w-fen.ferng-kuo@indstate.edu |
| Dr. Matt Hutchins | B-79 | 812-237-3108 | matt.hutchins@indstate.edu |
| Dr. Maureen Johnson | B-69 | 812-237-3078 | maureen.johnson@indstate.edu |
| Dr. Jim Melancon | B-77 | 812-237-3075 | jim.melancon@indstate.edu |
| Dr. Ysenka Peterson Chairperson | B-80 | 812-237-3070 | yasenka.peterson@indstate.edu |
| Administrative Asst. | B-82 | 812-237-3079 | |
| Fax Number | | 812-237-8607 | |
| <u>Other Important Campus Phone Numbers</u> | | | |
| Admissions | EH 114 | 812-237-2121 | admissions@indstate.edu |
| College Dean's Office | A C-31 | 812-237-3683 | |
| Controller's Office | PH 100 | 812-237-3535 | |
| Financial Aid | TH 150 | 812-237-2215 | finaid@indstate.edu |
| Health Center | SS | 812-237-3883 | |
| Information Line Closing/Delays | | 812-237-7777 | |
| Public Safety Emergency Non Emergency Traffic & Parking | | 911 812-237-5555 812-237-8888 | pubsafety@indstate.edu |
| Registration & Records | PH | 812-237-2020 | regemail1@isugw.indstate.edu |

ENVIRONMENTAL HEALTH CONCENTRATION
(61 credit hours)

| Required Health, Safety, & Environmental Health Sciences Courses | | | |
|---|---------------|--------------|---|
| Major | Course | Hours | Course Title |
| HLTH | 111 | 3 | Personal Health Science and Wellness |
| HLTH | 210 | 3 | Principles of Environmental Health |
| HLTH | 221 | 3 | Community Health Concepts |
| HLTH | 340 | 3 | Health Biostatistics |
| HLTH | 341 | 3 | Research |
| HLTH | 360 | 3 | Epidemiology |
| HLTH | 392 | 3 | Educational Methods for Health & Safety |
| HLTH | 377 | 3 | Environmental Field Sampling & Analysis |
| HLTH | 377L | 1 | Environmental Field Sampling & Analysis |
| HLTH | 425 | 3 | Toxicology |
| HLTH | 429 | 3 | Hazardous Substances Waste Materials |
| HLTH | 437 | 3 | Pollution Prevention and Control Technology |
| HLTH | 457 | 3 | Food Protection |
| HLTH | 480 | 3 | Senior Seminar |
| HLTH | 491 | 3 | Internship |
| Total Hours | | 43 | |

| Other Required Courses | | | |
|-------------------------------|------|-----------|---|
| BIO | 112 | 3 | Human Aspects of Biology |
| BIO | 112L | 1 | Exploration of Biological Phenomena |
| | | | |
| BIO | 274 | 2 | Introduction to Microbiology |
| BIO | 274L | 1 | Introduction to Microbiology Lab |
| | | | |
| CHEM | 103 | 3 | Elementary Chemistry |
| CHEM | 103L | 1 | Elementary Chemistry Lab |
| CHEM | 104 | 3 | Elementary Organic and Biochemistry |
| CHEM | 104L | 1 | Elementary Organic and Biochemistry Lab |
| | | | |
| MATH | 115 | 3 | College Algebra and Trigonometry |
| | | | |
| PHYS | 105 | 3 | General Physics |
| | 105L | 1 | General Physics Lab |
| Total Hours | | 22 | |
| Total Major Hours | | 65 | |

HEALTH ADMINISTRATION CONCENTRATION
(61- 63 credit hours)

| Required Health, Safety, & Environmental Health Sciences Courses | | | |
|---|---------------|--------------|---|
| Major | Course | Hours | Course Title |
| HLTH | 111 | 3 | Personal Health Science and Wellness |
| HLTH | 221 | 3 | Community Health Concepts |
| HLTH | 340 | 3 | Health Biostatistics |
| HLTH | 341 | 3 | Community Health Research Methods |
| HLTH | 360 | 3 | Epidemiology |
| HLTH | 392 | 3 | Educational Methods for Health and Safety |
| HLTH | 393 | 2 | Cooperative Practice |
| HLTH | 409 | 2 | Health Screening |
| HLTH | 409L | 1 | Health Screening Lab |
| HLTH | 424 | 3 | Health Promotion Planning |
| HLTH | 428 | 3 | Health Program Evaluation |
| HLTH | 480 | 3 | Senior Seminar |
| HLTH | 491 | 3 | Internship |
| SELECT 1 OF THE FOLLOWING COURSES: | | | |
| HLTH | 401 | 3 | Substance Abuse Education |
| HLTH | 402 | 3 | Mental Health and Stress Education |
| HLTH | 403 | 3 | Communicable and Chronic Diseases, and AIDS |
| Total Hours | | 38 | |
| Found | Course | Hours | Course Title |
| ACCT | 200 | 3 | Survey of Accounting |
| FIN | 200 | 3 | Fundamentals of Finance |
| MGT | 301 | 3 | Survey of Management |
| MKTG | 301 | 3 | Introduction to Marketing |
| HRD | 420 | 3 | Career Development and Employee Appraisals |
| HRD | 425 | 3 | Organizational Development |
| PSY | 101 | 3 | General psychology |
| LIFS | 231 | 2 | Human Anatomy |
| LIFS | 231L | 1 | Human Anatomy Lab |
| LIFS | 241 | 2 | Human Physiology |
| LIFS | 241L | 1 | Human Physiology Lab |
| OR | | | |
| ATTR | 210 | 2 | Human Anatomy for Allied Health Professions |
| PE | 220 | 2 | Introduction to Exercise Physiology |
| Total hours | | 25-27 | |

PUBLIC HEALTH CONCENTRATION
(63-65 credit hours)

| Required Health, Safety, & Environmental Health Sciences Courses | | | |
|---|---------------|--------------|---|
| Major | Course | Hours | Course Title |
| HLTH | 111 | 3 | Personal Health Science and Wellness |
| HLTH | 210 | 3 | Principles of Environmental Health |
| HLTH | 221 | 3 | Public Health Concepts |
| HLTH | 340 | 3 | Health Biostatistics |
| HLTH | 341 | 3 | Community Health Research Methods |
| HLTH | 360 | 3 | Epidemiology |
| HLTH | 392 | 3 | Educational Methods for Health & Safety |
| HLTH | 393 | 2 | Cooperative Practice |
| HLTH | 401 | 3 | Substance Abuse Education |
| HLTH | 402 | 3 | Mental Health and Stress Education |
| HLTH | 403 | 3 | Communicable and Chronic Diseases, and AIDS |
| HLTH | 406 | 3 | Human Sexuality Education |
| HLTH | 409 | 2 | Health Screening |
| HLTH | 409L | 1 | Health Screening Lab |
| HLTH | 424 | 3 | Health Promotion Planning |
| HLTH | 428 | 3 | Health Program Evaluation |
| HLTH | 446 | 3 | Individual, Community, and General Safety Education |
| HLTH | 480 | 3 | Senior Seminar |
| HLTH | 491 | 3 | Public Health Internship |
| Total Hours | | 53 | |

| Foundation Courses | | | |
|---------------------------|------------|----------------|---|
| BIO | 231 | 2 | Human Anatomy |
| BIO | 231L | 1 | Human Anatomy Laboratory |
| BIO | 241 | 2 | Human Physiology |
| BIO | 241L OR | 1 | Human Physiology Laboratory |
| ATTR | 210 | 2 | Human Anatomy for Allied Health Professionals |
| PE | 220 | 2 | Introduction to Exercise Physiology |
| FCS | 201 | 3 | Nutrition |
| PSY | 101 | 3 | Intro to Psych |
| Total Hours | | 10 - 12 | |
| Total Major Hours | | 63-65 | |

SCHOOL HEALTH EDUCATION CONCENTRATION

(71-73 hours)

| Course | Number | Hours | Course Title |
|--------------------|--------|-----------|--|
| HLTH | 111 | 3 | Personal Health Science & Wellness |
| HLTH | 211 | 2 | Advanced First Aid and Emergency Care |
| HLTH | 211L | 1 | Advanced First Aid Lab |
| HLTH | 221 | 3 | Public Health Concepts |
| HLTH | 313 | 3 | School Health Education |
| HLTH | 340 | 3 | Health Biostatistics |
| HLTH | 392 | 3 | Educational Methods for Health & Safety |
| HLTH | 480 | 3 | Senior Seminar |
| HLTH | 401 | 3 | Substance Abuse Education |
| HLTH | 402 | 3 | Mental Health and Stress |
| HLTH | 403 | 3 | Communicable & Chronic Diseases and AIDS |
| HLTH | 406 | 3 | Human Sexuality Education |
| FCS | 201 | 3 | Nutrition |
| Total Hours | | 36 | |

FOUNDATION COURSES: Prerequisites for HLTH 400 Series

| | | | |
|--------------------|------|------------|---|
| LIFS | 231 | 2 | Human Anatomy |
| LIFS | 231L | 1 | Human Anatomy Lab |
| LIFS | 241 | 2 | Human Physiology |
| LIFS | 241L | 1 | Human Physiology Lab |
| OR | | | |
| ATTR | 210 | 2 | Human Anatomy for Allied Health Professions |
| PE | 220 | 2 | Introduction to Exercise Physiology |
| Total Hours | | 4-6 | |

PROFESSIONAL EDUCATION (31 hours)

| | | | |
|--------------------------|------|--------------|--|
| EPSY | 202* | 3 | Psychology of Children and Adolescents |
| EPSY | 341 | 3 | Education in a Multicultural Society (or Equivalent) |
| CIMT | 301 | 3 | Teaching I |
| CIMT | 302 | 3 | Teaching II |
| CIMT | 400 | 3 | Teaching III |
| CIMT | 400L | 1 | Teaching III Lab |
| CIMT | 401 | 11 | Student Teaching |
| CIMT | 402 | 1 | Teaching an Integrated Unit |
| SPED | 226 | 3 | Exceptional Learner Regular Classroom |
| Total Hours | | 31 | |
| Total Major Hours | | 71-73 | |

Must take EPSY 202 and Praxis I Exam Prior to taking CIMT 301

CIMT 301 and CIMT 302 should be taken concurrently

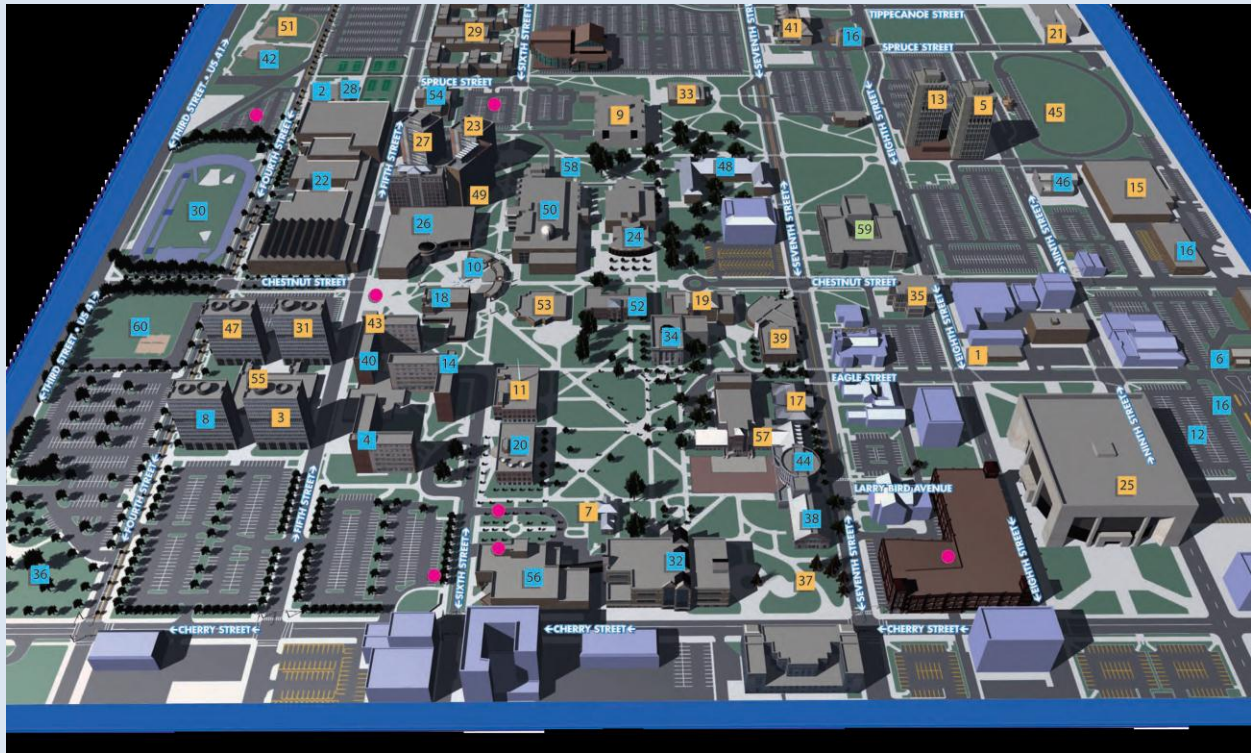
CIMT 400 and CIMT 400L should be taken concurrently

CIMT 401 and CIMT 402 should be taken concurrently



Indiana State University

More. From day one.



14 Admissions, Office of (Erickson Hall—EH)
 1 African American Cultural Center—AF
 22 Arena (College of Health and Human Performance Building—A)
 2 Art Annex—AA
 52 Arts and Sciences, College of (Stalker Hall—SH)
 3 Blumberg Hall—BL
 26 Bookstore (Hulman Memorial Student Union—HU)
 4 Burford Hall—BU
 5 Business Building, College of—CB
 54 Career Center (Student Services Building—SS)
 6 Central Chilled Water Plant
 26 Commons (Hulman Memorial Student Union—HU)
 7 Condit House—CH
 54 Counseling Center (Student Services Building—SS)
 8 Cromwell Hall—CR

9 Cunningham Memorial Library—LC
 26 Dede Activity Center (Hulman Memorial Student Union—HU)
 10 Dede Plaza
 11 Dreiser Hall—DH
 12 Driver Education Range
 13 Education Building, College of—CE
 14 Erickson Hall—EH
 15 Facilities Management and Purchasing—FM
 16 Facilities Management Storage
 17 Fairbanks Hall—FH
 18 Family and Consumer Sciences Building—FC
 19 Fine Arts Building—FA
 20 Gillum Hall—GH
 57 Graduate Studies, School of (Tirey Hall—TH)
 21 Grounds Maintenance
 22 Health and Human Performance Building College of—A
 23 Hines Hall—HI
 24 Holmstedt Hall—HH
 25 Hulman Center—HC
 26 Hulman Memorial Student Union—HU

27 Jones Hall—JO
 28 Klueh Tennis Complex, Duane
 9 Library, Cunningham Memorial—LC
 29 Lincoln Quadrangles—LQ
 30 Marks Field
 31 Mills Hall—MI
 32 Myers Technology Center, John T.—TC
 33 New Theater—NT
 34 Normal Hall—NH
 35 Nursing Building, College of—CN
 36 Oakley Place
 37 Oakley Plaza
 38 Parsons Hall—PH
 39 Performing and Fine Arts, Center for—PA
 40 Picklerl Hall—PI
 41 Power Plant—PO
 42 Price Field
 43 Public Safety (Picklerl Hall)
 44 Rankin Hall—RA
 45 Recreation East and Simmons Activity Center
 46 Recycling Center
 55 Residential Life (Mills Hall—MI),

Sycamore Towers)
 47 Rhoads Hall—RH
 48 Root Hall—RO
 49 Sandison Hall—SA
 50 Science Building—S
 51 St. John Softball Complex
 52 Stalker Hall—SH
 53 Student Computing Complex—SC
 57 Student Financial Aid, Office of (Tirey Hall—TH)
 54 Student Health Center (Student Services Building—SS)
 54 Student Services Building—SS
 55 Sycamore Towers
 56 Technology Building A—TA
 32 Technology Center, John T. Myers—TC
 28 Tennis Complex, Duane Klueh
 57 Tilson Music Hall (Tirey Hall—TH)
 57 Tirey Hall—TH
 58 University Club
 59 University Hall—UH
 60 Wolf Field—WF