

Division of Health Sciences (DHS)

Courses

DHS 5501 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. Specific, evaluated graduate-level activities and/or performances are identified in the syllabus.

DHS 5502 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. Specific, evaluated graduate-level activities and/or performances are identified in the course syllabus.

DHS 5503 Interprof Sys Geri Manage: 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. Specific, evaluated graduate-level activities and/or performances are identified in the course syllabus. PREREQ: B- or better in DHS 5502.

DHS 5504 Geri Interprof Internship: 2 semester hours.

Practical experience in health care arenas focusing on the older adult. This includes a project related to the application of principles and concepts of interprofessional collaborative practice. Specific, evaluated graduate-level activities and/or performances are identified in the course syllabus. PREREQ: B- or better in DHS 5502. PRE-or-COREQ: DHS 5503.

DHS 5505 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. Specific, evaluated graduate-level activities and/or performances are identified in the course syllabus.

DHS 5506 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

DHS 5507 Experience in Human Anatomy: 1 semester hour.

Provides experience with prosected human cadaver specimens under direct supervision and guidance by DHS faculty member. Students actively participate in the assessment and/or write a paper. PREREQ: Permission of instructor.

DHS 5508 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. Specific, evaluated graduate-level activities and/or performances are identified in the course syllabus.

DHS 5510 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

DHS 5511 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. Specific, evaluated graduate-level activities and/or performances are identified in the course syllabus.

DHS 5512 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. Specific, evaluated graduate-level activities and/or performances are identified in the course syllabus.

DHS 5514 Independent Study in Mindfulness: 1-2 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 6 credits. Specific, evaluated graduate-level activities and/or performances are identified in the course syllabus. Permission of instructor required.

DHS 5515 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. Specific, evaluated graduate-level activities and/or performances are identified in the course syllabus. Permission of instructor required.

DHS 5516 Mindfulness-Based Strengths Practices: 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. Specific, evaluated graduate-level activities and/or performances are identified in the course syllabus.

DHS 5517 Interdisciplinary Evaluation Team: 1 semester hour.

An introduction to the principles and techniques associated with interdisciplinary evaluation. Students actively participate in the assessment. Students will write a paper for online course. Disciplines emphasized: Audiology, Nursing, Physical Therapy, Occupational Therapy, Dietetics, Social Work, Psychology, Special Education, Speech-Language Pathology. Equivalent to CSD 5517, PSYC 5517, SOWK 5517, NURS 5517.

DHS 5527 Evidence Based Complementary and Integrative Health: 3 semester hours.

This course provides an overview of the safety and efficacy of complementary and integrative health products and practices, including dietary supplements, chiropractic, massage, and mindfulness meditation. Emphasis will be on identifying and critiquing valid sources of evidence-based information on these topics. Specific, evaluated graduate-level activities and/or performances are identified in the course syllabus. Restricted to students with health science majors or those completing the Interprofessional Mindfulness Certificate. S

DHS 5528 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. Specific, evaluated graduate-level activities and/or performances are identified in the course syllabus. PREREQ: BIOL 4432: Biochemistry or NTD 4461: Nutritional Biochemistry I & NTD 4485 Nutritional Biochemistry II.

DHS 5580 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. Specific, evaluated graduate-level activities and/or performances are identified in the course syllabus. Equivalent to CSD 5580 and NURS 5580.

DHS 5599 Experimental Course: 1-6 semester hours.

This course is not described in the catalog. The course title and number of credits are announced in the class schedule by the scheduling department. Experimental courses may be offered no more than three times.