Bachelor of Science in Health Sciences

The Bachelor of Science in Health Sciences is designed for students interested in a health and human sciences career. This interdisciplinary degree draws from disciplines such as public health, psychology, biology, ethics and health care administration.

This degree is ideal for those who wish to pursue a broad-based degree in health science with the benefit of focusing in a specific area of Health and Human Services, as well as those who have earned an associate degree from a regionally accredited college or university in a health related field, and wish to continue their education.

Students may select from two concentrations, based on their personal interests and professional goals:

- **Health & Social Welfare**: This concentration is available 100% online and focuses on home and community based services. Students will explore questions of how state policies, market forces, and family structures interact to respond to social needs; how demographic changes and social inequalities shape the patterns of population health, and how community based services are designed to meet the needs of the population.

- **Preparatory Health Sciences**: This concentration is designed to prepare students for a post-graduate or professional degree in a Health related field. Students who chose this concentration are looking to earn a bachelor’s degree in Health Sciences to continue their education at the graduate level to move one step closer to their desired career. This option is not available online; however, several courses may be completed at a distance, allowing for increased flexibility.

**Studying Online**

Online classes require self-discipline and motivation, especially since you do not have a specific time and place established for class meetings. Familiarizing yourself with what’s required of an online student and the many tools available to support online learners is key!

Distance Learning 101 provides guest access to Blackboard, along with helpful information ranging from pre-enrollment through registration. It is designed to walk you through the different processes involved with admissions, financial aid, advising and registration. The Student Resource Portal provides one-click access to academic support and student resources across campus. The link to each area is provided below:

**Distance Learning 101**: [www.wku.edu/online/dl101/](http://www.wku.edu/online/dl101/)

**Student Resource Portal**: [www.wku.edu/online/srp](http://www.wku.edu/online/srp)

In addition to online support, which is accessible in these areas, there is also a team of distance learning professionals available to answer questions, listen to your concerns and provide solutions. You can reach us at learn.online@wku.edu.
Admission Requirements

Prior to taking an online course at WKU, you must be admitted. Online students follow the same process as face-to-face students. The first step is to complete an online application for admission, which is available at http://www.wku.edu/admissions. Next, you will need to submit your supporting materials to the Office of Admissions (requirements for supporting materials are determined by your student classification, please see below for more specific information):

- **Beginning Freshman** (student who has not attended a college or university after high school graduation): An official high school transcript and ACT or SAT scores.
- **Transfer** (student who has attended one or more colleges or universities since high school graduation, but has not attended WKU): An official transcript from each college attended. If fewer than 24 semester hours of college credit has been earned, your high school transcript and ACT or SAT scores are also required. Please note: Transcripts without the official seal or those marked unofficial cannot be used.
- **Readmission** (student who has attended WKU since high school graduation): An official transcript from each college attended, other than WKU.
- **Visiting** (student who is seeking a degree from another institution, but wishes to take a class at WKU to fulfill requirements at home school): A letter of good standing from the registrar’s office at your home school is required.

Supporting documentations should be mailed to the following address:

Office of Admissions
1906 College Heights Blvd. #11020
Bowling Green, KY 42101-1020

Admission Application Deadlines:

Kentucky and Out-of-State Residents
- Fall Semester: August 1
- Spring Semester: January 1
- Summer Term: May 1

Please note: Deadlines are often flexible, depending on the program of study. If you are considering applying after the suggested deadline, we encourage you to check with the appropriate academic department or call 270-745-5173.

Academic Requirements

A bachelor’s degree at WKU requires a minimum of 120 credit hours, including the following:

- 62-68 credit hours in the health science major, which includes:
  - 38-41 core credit hours
  - 24-27 credit hours in a specific Health Sciences concentration that is selected based on your personal and professional goals.
- 39 credit hours in Colonnade courses (general education)
- Approved elective hours to fulfill remaining requirements, which can be earned as a minor, an undergraduate certificate or general electives

Official bachelor’s degree requirements are listed at wku.edu/registrar/degree_certification.php
Core Requirements

- HMD 211
- PSY/S 100 or PSY/S 220
- BIOL 113 or BIOL 120/121 or BIOL 131
- CHEM 105/106 or CHEM 109 or PHYS ***
- AH 290
- PE 310 or PE 311 or PE 313
- MATH 183 or PH 383 or SOCL 300 or BIOL 382 or STAT 301 or PSY/S 313
- PH 384
- PH 381
- PH 447 or PHIL 322 or PHIL 323 or MGT 305 or SWRK 433
- HCA 340
- HCA 446/447 or CIS 243 or CIS 321
- HCA 441 or HIM 225 or MGT 200 or MGT 301

Any substitutions for these classes must be approved through the Health Sciences Program Coordinator. Students must maintain a "C" or better in each course in the major.

In accordance with university policy, an overall grade point average of 2.0 or better must be attained upon completion of required curriculum.

Health and Social Welfare Concentration Requirements

Students who select this concentration will be required to complete 24 to 27 course hours specific to this area of emphasis. The main focus of the Health & Social Welfare concentration is home and community based services. As America’s aging population continues to grow, more elderly individuals, as well as those with mental and physical disabilities, are choosing to receive medical care and support services in their own homes instead of in nursing homes, hospitals, and other institutions.

The approach to home and community based services is designed to establish and manage networks of service providers capable of meeting these individuals’ daily needs.

Courses Approved for Concentration in Health and Social Welfare

Students may choose from the following courses to fulfill requirements of the concentration. Please note: Not all courses are available online. If web classes are required for completion of your degree, please check “campus location” prior to registration.

BIOL 344. BIOLOGY OF AGING

Prerequisite: Three hours of biology or consent of instructor. An introductory study of the mechanisms of aging processes with special emphasis on humans. Unfavorable progressive changes in molecules, cells, organs and organ systems will be discussed. Designed for non-biology majors.
CNS 110. HUMAN RELATIONS
Theory, concepts, and skills necessary to increase self-awareness and improve relationships in social and academic settings. Processes of managing the problems of everyday life including conflict, and social demands.

COMM 348. INTERPERSONAL COMMUNICATION
Introduces students to the fundamentals of interpersonal communication, including interpersonal skills, theory, and research.

COMM 440. HEALTH COMMUNICATION
Prerequisite: COMM 200 or instructor permission for majors only. Non-majors have no prerequisites. Prerequisite / Corequisite: COMM 300 or instructor permission for majors only. Nonmajors have no prerequisites. Examines and analyzes the critical role communication plays in health campaigns, health care delivery, health care contexts, and in health behavior change.

COMM 450. FAMILY COMMUNICATION
Prerequisites: COMM 200 and 348. Prerequisite / Corequisite: COMM 300 or instructor permission. Designed as a survey of research and theory in family communication.

EXS 455. EXERCISE AND AGING
Prerequisite: GERO 100 or EXS 223. Designed for students to gain a better understanding of the acute physiological responses and chronic adaptations associated with exercise in the aged population and the role of exercise in the aging process. Specific attention will be given to the mitigating role of exercise in certain diseases and disorders.

FACS 310. MANAGEMENT OF FAMILY RESOURCES
Study of consumer and marketplace interactions in the purchase of goods and services. Decision-making processes are applied to individual and family resources for achieving maximum personal satisfaction.

FACS 311. FAMILY RELATIONS
Prerequisite: Junior standing. Study of issues affecting individual and family well-being. Interpersonal relationships and communication skills necessary to achieve quality of life are addressed.

FACS 395. CHILD AND FAMILY STRESS
Prerequisite: Junior standing or permission of instructor. Acquaint students with major concepts from the research and conceptual literature on family stress and resilience. Examines stress as experienced and perceived by children and their families. Factors that influence children’s coping with stress are emphasized.
FACS 497. FAMILY HOME VISITING
Prerequisite: FACS 395 or FACS 494 or permission of instructor. Focuses on the design, implementation, and effects of human service programs aimed at promoting service provision in a variety of settings. Review of best practice, policy and research with families and young children in natural environments. Field experience hours required. Student is responsible for transportation.

FIN 161 / FINC 161C. PERSONAL FINANCE
Designed to serve the personal finance needs of students regardless of their major fields. Practical applications in personal and family financial planning, including credit, buying, borrowing, banking, insurance, investments, taxation, estate planning and home ownership.

GERO 100. INTRODUCTION TO THE AGING EXPERIENCE
An introduction to a variety of topics involved in the study of aging. Considers such issues as worldwide changing demographics, increased diversity among the aged, intergenerational relationships, and biopsychosocial concerns of aging.

GERO 461. PERSON-CENTERED DEMENTIA MANAGEMENT
A survey of dementia using a person-centered approach. Exploration of the diverse perspectives of persons diagnosed, family members, and both informal and formal caregivers.

HCA 345. LONG-TERM CARE ADMIN
Prerequisites: HCA 340. Introduce the special topics and operating environment facing longterm care managers today. Emphasis is on regulations, reimbursement, care delivery, and alternative delivery systems that deal with the elderly.

HCA 347. INTERNATIONAL HEALTH CARE
Prerequisite(s): 21 hours of Foundations & Explorations courses, or junior status. Cross country comparisons, including concepts of illness and healing within different cultural contexts; differing approaches to critical issues including access, quality of care, and cost containment; and methods of organization, financing and structuring of providers in various countries.

HCA 446. HEALTH CARE INFORMATICS
Prerequisites: HCA 340 Consideration of the vital role played by the exchange of organizational information in support of clinical care and management decision making in today’s health care environment.

HCA 447. INFORMATION SYSTEMS LAB
Co-requisite: HCA 446 or equivalent. This course includes hands-on instruction in computer hardware, operating systems, and database architecture. Basic familiarity with personal
HCA 353. QUALITY IN LONG-TERM CARE
Application of quality management techniques with special emphasis on the types of populations, facilities, and expectations involved in long-term care service delivery programs.

HIM 100. HEALTH DATA CONTENT AND STRUCTURE
Emphasis on the health information profession, interdisciplinary relationships, health care data management, documentation standards, and methods of access and retention of image-based information and maintenance of health information in acute and no acute care facilities. Procedures for maintaining vital statistics and specialized registries will be included.

HIM 252. HEALTHCARE PAYMENT SYSTEMS
Overview of management of health care payment systems including insurances, billing and collection processes, case mix analysis, corporate compliance, HIPAA, and other current reimbursement issues.

HIM 291. ADVANCED MEDICAL TERMINOLGY
Prerequisite: AH 290 or consent of instructor. Terminology of diseases, operations and treatment modalities.

HIM 292. PHARMACOLOGY AND LABORATORY DIAGNOSTICS
Study of pharmacology, laboratory tests and diagnostics as they relate to the management of health information.

HMD 360. ADVANCED NUTRITION
Prerequisites: HMD 211, BIOL 131, CHEM 107 or CHEM 109. An in-depth examination of the biochemical and physiological functions of nutrients and their relationships to health and disease. The digestion, absorption, transport, and excretion of nutrients are discussed. Includes the regulation and integration of metabolic pathways.

HMD 367. NUTRITION IN AGING
Prerequisite: HMD 211 or permission of the instructor. Explores the nutritional needs of the aging adult, focusing on the various disease states and their nutritional ramifications. The nutritional implications for demographic groups in the aging population, and issues related to eating, pharmacology and physical activity in the elderly will also be reviewed. Field experiences will be required; students are responsible for their own transportation.

HMD 368. DIETARY AND HERBAL SUPPLEMENTS
Prerequisite: HMD 211 or permission of instructor. Current topics related to dietary supplements. Regulatory guidelines and issues related to production, marketing, safety, and efficacy are addressed.

IDST 369. CAREER RELATED FIELD EXPERIENCE
Prerequisites: Junior or senior standing with a declared major. Instructor permission is required. Work arrangements approved through the Center for Career and Professional Development with instructor consultation. Supervised work
experience related to a student’s field of study or career goals within a cooperating business, industry, or agency. Students should work directly with the Center for Career and Professional Development and course instructor to identify goals, secure appropriate work experience, and review course requirements. Students are responsible for all internship-related transportation and travel. Students may repeat twice for a maximum of 3 total hours.

**IDST 390. APPLICATIONS OF INTERDISCIPLINARY STUDIES**

Prerequisite: Junior standing or permission of instructor. Application of interdisciplinary studies model to an overarching cultural concern or theme. Students will apply knowledge from different areas of study toward a specified research topic.

**IDST 395. INVESTIGATIVE METHODS IN INTERDISCIPLINARY STUDIES**

Prerequisite: Junior standing or permission of instructor. A comprehensive exploration of different approaches to interdisciplinary studies as an academic research discipline or method.

**MGT 200 / MGMT 200C. LEGAL ENVIRONMENT OF BUSINESS**

Prerequisite: Sophomore standing. An introduction to the American public law system; use of law to achieve economic and social goals; legal responsibilities of the business manager.

**MGT 301. BUSINESS LAW**

Prerequisite: Junior standing. A basic course in commercial law covering contracts, property, creditor rights, torts and other bases for liability and the Uniform Commercial Code.

**MGT 305. ETHICS AND CRITICAL THINKING**

Prerequisites: MGT 200 and junior standing. This course is designed to develop skills needed for analyzing a problem or situation to arrive at a hypothesis or conclusion about it after synthesizing or integrating all available information. In critical thinking, all assumptions are open to question, divergent views are sought, and the investigation is not biased in favor of a particular solution.

**MGT 333. MANAGEMENT OF NONPROFIT ORGANIZATIONS**

Overview of nonprofit organizations, including budgeting, finance, marketing, communication, boards of directors, volunteers and strategic planning.

**PH 100. PERSONAL HEALTH**

Examines behaviors and environmental conditions that enhance or hinder an individual's health status. In addition to exploring social and environmental factors, students are encouraged to think critically about behavioral choices that impact ones' health. Students assess their individual behavior in the light of current scientific knowledge concerning mental health; drugs alcohol and tobacco; health care; selection of health products; prevention of disease; nutrition; exercise, and stress management.
PH 165. DRUG ABUSE

This course offers an opportunity for the student to explore the drug culture, and both healthful and harmful use of drugs. The scope will include marijuana, hallucinogens, narcotics, stimulants, depressants and volatile chemicals. Pharmacological, psychological and sociological aspects of drug abuse will be studied through individual research, group discussion, lectures and field trips when practical.

PH 261. FOUND/ HEALTH EDUCATION

Prerequisite: PH 100. An introduction to the discipline of health education, including history, theoretical basis, comparison and contrast of work settings, ethics, professional organizations, and perspectives on the future.

PH 365. HUMAN SEXUALITY

Prerequisite(s): 21 hours of Foundations & Explorations courses, or junior status. Examines sociological, physiological, and psychological aspects of human sexuality in relation to family life, courtship, marriage, reproduction, education, and aging. Includes information on sexual assault, sexually transmitted infections (STIs), and HIV/AIDS.

PH 410. GLOBAL PERSPECTIVE ON POPULATION HEALTH

Prerequisites: Complete 21 hours of Foundations & Explorations coursework or have junior status. Population health focuses on the health and well-being of entire populations. Populations may be geographically defined, such as neighborhoods, states, or countries, or may be based on groups of individuals who share common characteristics such as age, gender, race-ethnicity, disease status, employee group membership, or socioeconomic status. With roots in epidemiology, public health, and demography, a key component of population health is the focus on the social determinants of health and “upstream” collaborative interventions to improve population health and variance, identify and reduce health disparities, and reduce healthcare costs.

PH 443. HEALTH AND AGING

Prerequisites: PH 261 and junior standing. Examines the multiple factors affecting health of older adults. The course will discuss normal changes in aging and how to promote health of older adults. Students are required to have hands-on field experience. Students are responsible for their own off campus transportation.

PH 444. DEATH EDUCATION

Prerequisites: 3 hours of social or behavioral science, junior standing. A study of the universal experience of dying and death, within societal, cultural, philosophical and spiritual contexts, designed to help people make sense of their mortality and the development of coping skills to assist with dealing with the death of loved ones.

PH 464. WOMEN’S HEALTH

Prerequisite(s): Junior standing and permission of instructor. An analysis of the major health problems of contemporary women, with a special emphasis on health promotion, disease prevention, and consumer health concerns.
PH 467. DRUG ABUSE EDUCATION

Prerequisite: PH 100 or equivalent. A drug abuse education and prevention course designed to provide current and documented information about abused substances. Includes study of the development, implementation and evaluation of drug prevention programs in the home, school, community and workplace.

PH 468. SEXUALITY EDUCATION

Prerequisite: PH 365 or permission of instructor. A critical review of programs designed to promote sexuality education in community and school settings. Forces that impact on the adoption of various curricula and the development of new curricula are examined. Students are taught to utilize scientific and cultural considerations in preparing and adopting curricula for different populations.

PSYS 333. COGNITIVE PSYCHOLOGY

Prerequisites: PSYS or PSY 210 and PSYS or PSY 211 with a grade of “C” or better, or permission of the instructor. Overview of theory and research in human cognition, with primary emphasis on attention, memory, judgment and decision-making, and problem solving. Cognition in special populations (e.g., elderly, brain-injured, mentally disordered) is also covered.

PSYS 423. PSYCHOLOGY OF ADULT LIFE AND AGING

Prerequisites: PSYS or PSY 100; 21 hours of Foundations and Explorations Courses, or junior status. Psychological processes in adulthood and aging. Emphasis on contemporary theories, methodological issues, and interactions of psychological, biological, social, and environmental factors in adulthood and aging.

SOCL 342. AGING IN SOCIETY

Prerequisite: SOCL 100 or consent of instructor. An analysis of the elderly and their position in society. Attention is directed to aging as it relates to various social institutions and to the social aspects of aging in contemporary American society.

SOCL 440. MEDICAL SOCIOLOGY

Prerequisite: SOCL 100 or consent of instructor. A comprehensive introduction to sociological factors in disease etiology and illness behavior; the organization and operation of health delivery systems; and the social interaction between organization administrators, health professionals and semi-professionals, patients, and the public.

SPED 200. THE CULTURE OF DISABILITY

Social and cultural perspectives on disabilities. Covers major types of disabilities, disability as a socially-constructed concept, images and stereotypes of disabilities within various cultures, and cultural norms that create barriers to individuals’ participation in society.
**SWRK 101. FOUNDATIONS OF HUMAN SERVICES**
Starting with the basic principles, concepts and a historical perspective, the course will examine problems addressed by diverse social service programs and explore their activities.

**SWRK 205. INTRODUCTION TO SOCIAL WORK**
An introduction to the social work profession and its value, skill and knowledge bases. The history, development, and current status of the social work profession are explored. This introductory course emphasizes appreciation of and respect for human diversity as core concerns of professional social work practice.

**SWRK 326. SERVICES FOR THE OLDER AMERICAN**
Prerequisite: Junior standing or consent of instructor. This course focuses on individual and societal aspects of aging with emphasis on programs, resources and services to meet the social tasks of later life. Field trips to off-campus locations are required. Students are responsible for providing their own transportation.

**SWRK 330. HUMAN BEHAVIOR IN THE SOCIAL ENVIRONMENT**
Prerequisites: SWRK 101 and 205. Prerequisite for majors: Admission to the program. The social, natural, and behavioral sciences are used to examine human behavior across the life span, especially as influenced by ethnicity, class, gender, sexual orientation, and ability.

**SWRK 357. CASE MANAGEMENT**
This course introduces students to the fundamental aspects of case management (service coordination), including common case management roles, processes, responsibilities, and employment challenges. Major content areas include: case management roles (including advocate, broker, resource coordinator), the roles and responsibilities of the multidisciplinary team (including nurses, social worker, physicians, and other disciplines), case management with special populations (forensic, geriatric, children, diverse populations), and the responsibilities of a case manager working in health care and mental health settings. Students will be introduced to the employment challenges of case management (types of programs that hire case managers, workforce retention issues, expectations of case manager, and job satisfaction). Students will develop familiarity with how case managers and clients interface with individual, group, and family systems. Students will develop knowledge of case management ethics and explore common ethical dilemmas and boundaries issues that confront case managers.

**SWRK 395. SOCIAL WELFARE POLICY AND ISSUES**
Prerequisite: SWRK 330. An understanding of the historical perspectives of social welfare policies as they affect current policy issues. Includes examination of the processes of policy formulation. Models of policy analysis assist students in identifying, and their impact on citizens representing a diversity of backgrounds.

**SWRK 437. MILITARY SOCIAL WORK**
This course is designed to increase knowledge and competence in the area of social work services delivered to military personnel, Veterans and their families. Knowledge, values and skills required to work with this special population will be covered, along with evidence-based interventions that would be best suited for this area of social work practice.
**Recommended Sequence of Courses**

Certain courses are offered on a rotating basis, so please plan your program of study carefully. Contact Stephanie Metke at stephanie.metke@wku.edu for additional information on course offerings.

**Financial Aid Eligibility**

Financial Aid includes grants and loans for educational purposes. The government requires the student to file a form online to the government agency for this purpose, which is called FAFSA at www.fafsa.ed.gov to apply. Once that form is completed and filed, the student will receive an email from WKU about the status. All financial aid comes through the WKU Student Financial Aid office and they communicate mostly through email. The email will explain all the grants and/or loans that are available to the student and how to receive the money.

Nearly all students are eligible for some form of financial assistance. In fact, over 90% of the students who applied for financial aid in recent years received an award offer. Every effort is made to assist you and your family in obtaining the resources necessary to meet the difference between the total cost of attending Western Kentucky University and your ability to contribute toward your education.

If you would like to apply for financial assistance (loans, grants, scholarships, veteran’s benefits) the first step is to complete the Free Application for Federal Student Aid (FAFSA) at www.fafsa.ed.gov. Please refer to the Financial Aid Guide for additional information and complete instructions.

Please keep in mind, student must maintain satisfactory academic progress to continue to qualify for financial aid. For additional information on receiving, and keeping your financial aid, please refer to the WKU Financial Aid website to review the complete policy on Satisfactory Academic Progress at http://www.wku.edu/financialaid/sap.php.

**Financial Aid and Scholarship Resources**

- WKU Scholarship Information, including scholarships for transfer students: http://www.wku.edu/scholarship/
- WKU Financial Aid Information: http://www.wku.edu/financialaid/
- Student Aid: Types of aid, who qualifies and how to apply: https://studentaid.ed.gov
- Scholarships: How to find them, how to apply, types of scholarships: https://studentaid.ed.gov/types/grants-scholarships/finding-scholarships

**Career Resources and Average Salary Information**

Resources to aid in finding a major right for you, as well as the most current information regarding average salary, job outlook and the most common positions within the field, may be found on the websites below:

- Find Occupations, Salary Information and Job Outlook: http://www.onetonline.org/find/career
- Major and Career Search: https://bigfuture.collegeboard.org/majors-careers
- Identifying A Career Based on Personal Interests: https://bigfuture.collegeboard.org/explore-careers
- What Can I do with this major: http://www.wku.edu/career/wcidwtmajor.php
Contact Information

**WKU Online Support:** Nikki Roof  
**Email:** learn.online@wku.edu  
**Phone:** (270) 745-5173  
**Toll-Free:** (888) 4WKUWEB / (888) 495-8932