



# HEALTH AND SAFETY STUDIES

BACHELOR OF SCIENCE  
MINOR

## PROGRAM DESCRIPTION

The academic area of study in Health and Safety is part of the total program of the School of Health and Human Services. Students pursue a concentration of courses leading to a degree with specialization and job skills applicable to school, community settings, health care administration and other health related fields. The faculty continues to support the idea of broad based professional preparation such that graduates will have wider appeal in the job market.

Students can expect to be involved, both in class and field experiences, in areas that deal with vitally significant issues such as health care costs, consumer related issues, drug related problems, sexuality related matters, accident causes and prevention, and other personal and community health and safety issues as well as management, business and administration skills in the health care administration option.

Students interested in pursuing advanced degrees in the broad health sciences will find that the BS program provides the foundation upon which to build MPH, MA or MS in school, community, or health care administration degree programs.

Another feature of the program involves the diversity of the field experiences available. Students may select from state, county, city, or local health related agencies, hospitals, as well as any private voluntary not-for-profit agency. This on-site experience continues to be a valuable professional experience that may lead to employment.

Employment opportunities could be identified in any of the school/community health/safety related programs, as well as opportunities in the private sector.

## FACULTY

Pamela Milchrist, *Department Chair*

Akbar Davami; Melinda J. Seid

SLN-3002, *Department Office*, 278-6441

## FEATURES

Because of the unique location of the University in the state capitol, students majoring in Health and Safety Studies benefit from professional health resources of numerous state and local health agencies that include, but are not limited to the Sacramento County Department of Health and Human Services, California State Departments of Health Services, Mental Health, Aging and Alcohol and Drug Abuse. A variety of health/safety related agencies provide opportunities for fieldwork experiences, internships, part-time and summertime employment. Courses are offered on a schedule to accommodate both full-time and part-time students.

The faculty consists of members with specialized preparation in the health and safety field. Our full-time faculty is augmented by the use of adjunct instructional staff selected from the above mentioned health and safety agencies.

Students who have completed the physician assistant program at UC Davis Medical Center and who wish to obtain a BS degree in Health and Safety Studies at CSU, Sacramento, should contact the CSUS Outreach Office for application and course requirements.

Health and Safety Studies students interested in teaching must meet California Teaching Commission Standards prior to entrance into a credential program. Please see Program Coordinator for appropriate electives to meet this requirement.

## CAREER POSSIBILITIES

Community Health Educator • School Health Educator • School Safety/Supervisor • Loss-Control Specialist • Safety Program Director • Family Planning Educator • Public Health Educator • Alcohol Education Consultant • Environmental Health Specialist • Occupational Safety Specialist • Public Health Investigator • Health Care Administrator • OSHA Inspector • Consumer Safety Inspector • Health Program Coordinator

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## MAJOR REQUIREMENTS • BS

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Total units required for BS: 132

Total units required for Major: 79

**Courses in parentheses are prerequisites.**

Note: All HS courses must be completed with a "C-" grade or better.

### A. Required Lower Division Courses (30 units)

- (3) BIO 10 Basic Biological Concepts
- (4) BIO 22 Introductory Human Anatomy (BIO 10 or 20)
- (4) BIO 31 Introductory Human Physiology (BIO 8, 10, or 20; CHEM 6A or 1A)
- (5) CHEM 6A Introduction to General Chemistry
- (5) CHEM 6B Introduction to Organic & Biological Chemistry (CHEM 1A or 6A)
- (3) HS 50 Healthy Lifestyles
- (3) PSYC 5 Introductory Psychology: Individual & Social Processes
- (3) STAT 1 Introduction to Statistics

### B. Required Upper Division Courses (31 units)

- (3) HS 100 Foundations of Safety & Accident Prevention
- (3) HS 114 Human Ecology & Health
- (3) HS 116 Public Health Administration
- (3) HS 118 Community Health
- (3) HS 119 Community Health Education
- (3) HS 144 Community Health Planning
- (3) HS 146 Patient Education
- (3) HS 148 Epidemiology (BIO 10, CHEM 1A, STAT 1, or permission of instructor)
- (3) HS 195 Fieldwork – Health or Safety (HS 116 or 118, 119, permission of faculty advisor, program coordinator and department chair)
- (4) BIO 139 General Microbiology (BIO 10, CHEM 6B)

### C. Electives (18 units)

Students must meet with a major advisor for selection of electives.

(18) Select six of the following:

- ACCY 1 Accounting Fundamentals
- ECON 1A Intro. to Macroeconomic Analysis **OR**
- ECON 1B Intro. to Microeconomic Analysis
- HS 106 Intro. to Occupational Health
- HS 107 Intro. to Occupational Safety
- HS 108 Intro. to Occupational Health & Safety: Laws & Regulations
- HS 112 Disease Prevention
- HS 117 Comparative Health Care Approaches
- HS 122 Mental Health
- HS 124 Consumer Health & "Self Care"
- HS 130 Alcohol & Drugs
- HS 134 Understanding Human Sexuality
- HS 136 School Health Education (CPR training; may be taken concurrently)
- HS 150 Aging & Health
- HS 199 Special Problems (HS 116, 118, 119, permission of faculty supervisor, program coordinator and department chair)
- HUES 113 Nutrition & Metabolism
- OBE 150 The Management of Contemporary Organizations
- OBE 153 Management of Human Resources
- OBE 157 Industrial Relations
- MGMT 120 Principles of Marketing
- PSYC 145 Social Psychology

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## MINOR REQUIREMENTS

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The minor will consist of 21 units all of which must be taken in Health and Safety Studies. The 21 units selected require approval by a faculty advisor. Note: All HS courses must be completed with a "C-" grade or better.

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## LOWER DIVISION COURSES

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**50. Healthy Lifestyles.** Examines the concepts of: health and wellness; the determinants of health and wellness; and the concept of self-responsibility for health and wellness. These health and wellness concepts shall be applied to the areas of: mental wellness, nutrition, fitness, human sexuality, and drugs. The lecture/discussion format provides for a sharing of views regarding the integrated concepts of health that emphasizes the physical, mental, emotional, social, spiritual, and environmental factors that influence an individual's health status. 3 units.

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## UPPER DIVISION COURSES

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**100. Foundations of Safety and Accident Prevention.** An in-depth look at accidents as a major public health problem in the U.S. Discusses causation factors and countermeasure approaches. Topics include analysis of the term "accident," history of the safety movement, philosophy of safety, psychological considerations, epidemiological aspects, occupational, home and recreational safety. Students will have the opportunity to explore an accident area of personal interest and share their findings orally in a committee presentation. 3 units.

**106. Introduction to Occupational Health.** Overview of health problems resulting in premature death, diseases, injuries, and other unhealthful conditions resulting from exposure to health hazards in the work place. Discusses the techniques for the recognition, evaluation, prevention, and control of occupational safety and health problems. 3 units.

**107. Introduction to Occupational Safety.** Provides an understanding of the common accident problems encountered in the workplace. Other topics include state regulations (Cal/OSHA) for controlling unsafe conditions and practices, the components of an illness and injury prevention program (SB198), and sampling instrumentation and personal protective equipment. 3 units.

**108. Introduction to Occupational Health and Safety: Laws and Regulations.** Overview of regulatory agencies involved in occupational health and safety and their functions in the enforcement of regulation and/or compliance of safety laws. Special emphasis on Cal/OSHA. Other topics: application of surveillance, research, control technology, and trained personnel to maintain compliance. Recognizes that strategies to achieve a safe workplace includes an analysis of economic and employment impacts on the employer. 3 units.

**112. Disease Prevention.** Surveys the current methods of promoting high level wellness through a preventive medicine approach for the promotion of more enjoyable and productive living. Attention directed toward the specific methods of promoting personal health through various current methodologies including the "holistic health" movement. Course meets the needs of major students as well as those in allied fields such as nursing, social work and other interested students. 3 units.

**114. Human Ecology and Health.** Emphasizes the social and natural environmental influences that have a direct impact upon the health of the individual. Primary consideration is directed to an analysis of health as influenced by a person's interaction with his/her environment. 3 units.

**116. Public Health Administration.** Understanding of the management of public health programs; pattern of health organization; the scope of public health concern of environmental health and health service marketing. Consideration of the various administration factors involved in the practice of public health by department, division or agency unit. 3 units.

**117. Comparative Health Care Approaches.** Highlights the history, development and function of international health programs. Provides an analysis of the health care services in developed and developing nations. Emphasizes the effects of historical and philosophical influences, patterns of medical care practice and the impact of social, cultural, political and economic environments in health services provision, utilization, payment and policies. 3 units.

**118. Community Health.** Insights into comprehensive planning for health by community health agencies and organizations in implementing their programs. 3 units.

**119. Community Health Education.** In addition to the current practice in community health education the course examines the philosophical, conceptual and theoretical constructs that serving as a basis for understanding, predicting and facilitating change in health-related behavior. Explores the use of health communication processes, selected instructional media, health planning, community organization techniques and mass communications in community health education. 3 units.

**122. Mental Health.** Understanding of basic mental health concepts; study of behavioral sciences theorems as they relate to interpersonal relations and personality integration. 3 units.

**124. Consumer Health and "Self Care."** Role of quackery in health; problems faced by the consumer in health care and maintenance. Course includes the concepts of "Self Care" as an adjunct to traditional medical care. 3 units.

**130. Alcohol and Drugs.** Examines the scientific facts about drugs. Contemporary problems of alcoholism and drug abuse will be discussed. Various aspects of all drug usage will be studied with an emphasis on prevention and the role of health education. 3 units.

**134. Understanding Human Sexuality.** Provides a variety of information about the physiological, psychological, social, and cultural differences and similarities of the sexes. Sexual myths and misconceptions will be explored. Contemporary sex rules and patterns of interactions currently practiced in our society will be discussed. 3 units.

**136. School Health Education.** Provides teacher candidates, social workers, and nurses an understanding of the educational methods, processes, and content of the scope of health education as provided in the Framework for Health Instruction of the California State Department of Education. Offers an understanding of current problems related to personal, family and community health. General theories and organization for teaching health education will be discussed. Meets the requirement for teacher candidates under the Ryan Act. **Note:** not open to lower division students. **Prerequisite:** CPR training; may be taken concurrently. 2 units.

**144. Community Health Planning.** Introduces students to the process and practice of program planning and evaluation. Examines the social and physical determinants of health; the impact of the community structure on health status; and, the influence of personal health behavior on community health education practice. These concepts shall be applied in the planning, implementation and evaluation of health education services. 3 units.

**146. Patient Education.** Designed to identify the role of the health education specialist in providing specialized skills focused on education of the patient in the health care system. Deals with the training programs for providers of patient services in health education. Content focuses on the development and management of patient-education programs and with those elements of the behavioral change process of patients in or out of the health care facility. 3 units.

**148. Epidemiology.** Designed to offer cognitive insights into community health epidemiology. Course provides understanding of the study of the distribution and determinants of communicable, infectious and chronic diseases, and of injuries in the human population. **Prerequisites:** BIO 10, CHEM 1A, STAT 1, or permission of instructor. 3 units.

**150. Aging and Health.** Designed to introduce students to the basic aging and health concerns of older people and to broader issues of aging, health and society. The course examines the: demography of the aging population, biological theories of aging, social and psychological aspects of aging. Includes such issues as nutrition, drugs, exercise, sexuality, patterns of health services utilization, institutionalization, alternatives to the provision of long-term care in institutions, and dying. 3 units.

**195. Fieldwork — Health or Safety.** To obtain insights into the practical application of the classroom teachings, fieldwork experiences are required of those preparing for a career in community health education or other areas of health and safety studies. **Note:** submit an application for fieldwork no later than the fourth week of the semester prior to taking HS 195. May be repeated once for credit. **Prerequisites:** HS 116 or 118, 119, and permission of faculty advisor, program coordinator and department chair. Graded Credit/No Credit. 2-4 units.

**196. Experimental Offerings in Health or Safety.** Undergraduate seminar designed to provide an in-depth examination and discussion of current topics in the area of personal and community health and safety. 1-3 units.

**199. Special Problems. Note:** open only to HS majors and minors who appear competent to conduct independent work such as: individual research, a special project, or directed reading in the health and safety studies field; must be officially enrolled and submit proper forms along with written proposal describing intended scope of work. **Prerequisites:** Permission of faculty under whom individual work will be conducted, program coordinator, and department chair; HS 116, 118, 119, and HS 148 are strongly recommended. 1-3 units.