

HEALTH SCIENCE, PUBLIC SERVICE & COUNSELING

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Courses

| Prefix | Course |
|--------|-------------------------------------|
| AJS | Administration of Justice Studies |
| CAP | Counseling and Applied Psychology |
| CPD | Counseling and Personal Development |
| EMT | Emergency Medical Technology |
| EXS | Exercise Science |
| FON | Food and Nutrition |
| FYE | First Year Experience |
| HES | Health Science |
| MSP | Mortuary Science |
| PED | Physical Education |
| REC | Recreation |
| WED | Wellness Education |

Career Programs

Administration of Justice
Administration of Justice Studies
Corrections
Crime Scene Investigation
Emergency Medical Technology
Emergency Medical Technology Comprehensive
Exercise Science: Health, Fitness and Sports Performance
Fingerprint Identification and Photography
Forensic Science
Homeland Security
Law Enforcement
Law Enforcement Training
Law Enforcement Training Academy
Leadership in Public Safety Organizations
Legal Studies
Mortuary Science
Personal Training
Personal Training: Advanced
Victimology

Associate in Applied Science (AAS)

- Administration of Justice Studies, Associate in Applied Science (<https://catalog.cgc.edu/educational-programs/health-science-public-service/administration-justice-studies-aas/>)
- Exercise Science: Health, Fitness and Sports Performance, Associate in Applied Science (<https://catalog.cgc.edu/educational-programs/health-science-public-service/exercise-science-health-fitness-sports-performance-aas/>)
- Forensic Science, Associate in Applied Science (<https://catalog.cgc.edu/educational-programs/health-science-public-service/forensic-science-aas/>)
- Law Enforcement Training, Associate in Applied Science (<https://catalog.cgc.edu/educational-programs/health-science-public-service/law-enforcement-training-aas/>)

- Mortuary Science, Associate in Applied Science (<https://catalog.cgc.edu/educational-programs/health-science-public-service/mortuary-science-aas/>)

Certificate of Completion (CCL)

- Administration of Justice, Certificate of Completion (<https://catalog.cgc.edu/educational-programs/health-science-public-service/administration-justice-ccl/>)
- Corrections, Certificate of Completion (<https://catalog.cgc.edu/educational-programs/health-science-public-service/corrections-ccl/>)
- Crime Scene Investigation, Certificate of Completion (<https://catalog.cgc.edu/educational-programs/health-science-public-service/crime-scene-investigation-ccl/>)
- Emergency Medical Technology Comprehensive, Certificate of Completion (<https://catalog.cgc.edu/educational-programs/health-science-public-service/emergency-medical-technology-comprehensive-ccl/>)
- Emergency Medical Technology, Certificate of Completion (<https://catalog.cgc.edu/educational-programs/health-science-public-service/emergency-medical-technology-ccl/>)
- Fingerprint Identification and Photography, Certificate of Completion (<https://catalog.cgc.edu/educational-programs/health-science-public-service/fingerprint-identification-photography-ccl/>)
- Forensic Science, Certificate of Completion (<https://catalog.cgc.edu/educational-programs/health-science-public-service/forensic-science-ccl/>)
- Homeland Security, Certificate of Completion (<https://catalog.cgc.edu/educational-programs/health-science-public-service/homeland-security-ccl/>)
- Law Enforcement Training Academy, Certificate of Completion (<https://catalog.cgc.edu/educational-programs/health-science-public-service/law-enforcement-training-academy-ccl/>)
- Law Enforcement, Certificate of Completion (<https://catalog.cgc.edu/educational-programs/health-science-public-service/law-enforcement-ccl/>)
- Legal Studies, Certificate of Completion (<https://catalog.cgc.edu/educational-programs/health-science-public-service/legal-studies-ccl/>)
- Personal Training, Certificate of Completion (<https://catalog.cgc.edu/educational-programs/health-science-public-service/personal-trainer-ccl/>)
- Personal Training: Advanced, Certificate of Completion (<https://catalog.cgc.edu/educational-programs/health-science-public-service/personal-trainer-advanced-ccl/>)
- Victimology, Certificate of Completion (<https://catalog.cgc.edu/educational-programs/health-science-public-service/victimology-ccl/>)

Administration of Justice

Jacquin, Gregg

- B.A., M.A., University of Arizona

Ruschak, Lisa

- B.A., Ottawa University
- M.Ed., Northern Arizona University

Counseling

Adams, Ryan

Program Co-Director, Counseling (Services)

- B.S., University of Illinois at Urbana-Champaign
- M.Ed., Ph.D., Arizona State University

Nieset, Nikki

Counseling Services

- B.A., The Ohio State University
- M.Ed., Ph.D., Arizona State University

Parsi, Yasaman

Counseling Services

- Master of Counseling & M.Ed., Arizona State University

Wolfe, Audra

Program Co-Director, Counseling (Academics)

- A.A., Mesa Community College
- B.S., M.C., Arizona State University

Emergency Medical Technology

Bader, Sherrick

- G.S., Mesa Community College
- Certified Emergency Paramedic, Mesa Community College

Exercise Science

McGee, Kimberly

- B.S., M.S., Ph.D., Arizona State University

Food and Nutrition

Villarreal, Andrea

Division Chair

- B.S., M.S., Oregon State University

Health Education

Trone, Gregory

- B.A., University of North Carolina at Wilmington
- M.S., Appalachian State University
- Ph.D., Arizona State University

Mortuary Science

Backhaus, Donna

- A.A.S., Mesa Community College
- B.S., University of Phoenix
- M.A., University of Phoenix

Administration of Justice (AJS)

AJS101 / Introduction to Criminal Justice

3 Credits / 3.0 Periods for Lecture

An introduction to crime and society's responses to it. Examines the nature and causes of crime, the criminal law, constitutional safeguards, and the organization and operation of the criminal justice system including the police, courts, jails, prisons, probation and parole departments, and community corrections agencies. Covers the history of the criminal justice system, terminology and career opportunities. Prerequisites: None.

 SUN# AJS 1101

Fulfills: Social-Behavioral Sciences [SB]; Social-Behavioral Sciences [SB]-in combo

Division: Health Science and Public Service

AJS109 / Substantive Criminal Law

3 Credits / 3.0 Periods for Lecture

Covers philosophy of legal sanctions and historical development from the common law to modern American criminal law, classifications of crimes, elements of and parties to crimes, general definition of crimes, common defenses utilized. Includes specific offenses and the essential elements of each offense. Prerequisites: None.

Division: Health Science and Public Service

AJS113 / Criminal Justice Crime Control Policies and Practices

3 Credits / 3.0 Periods for Lecture

Focus on changing the distribution of crime opportunities rather than offender motivation. Topics include application of situational crime prevention strategies, problem-oriented crime control approaches, hot spots policing, and crime prevention through environmental design. Prerequisites: None.

Division: Health Science and Public Service

AJS119 / Computer Applications in Justice Studies

3 Credits / 4.0 Periods for Lecture & Lab

Provides literacy in microcomputer applications in major areas of the criminal justice system. Examines availability and uses of current software packages in criminal justice work. Provides hands-on experience with appropriate integrated software packages pertaining to justice studies. Prerequisites: None.

Division: Health Science and Public Service

AJS123 / Ethics and the Administration of Justice

3 Credits / 3.0 Periods for Lecture

Introduces and explores ethical issues and the justice system. Focuses on ethics and the law, the police, courts and corrections. Reviews ethical theory, concepts and practices as they relate to administration of justice. Explores issues of how media/social media shape ethics. Encourages critical thinking and value decision making in criminal justice system situations. Prerequisites: None.

Fulfills: Humanities, Arts and Design [HU]; Humanities, Arts and Design [HU]-in combo

Division: Health Science and Public Service

AJS139 / Emergency Response to Terrorism

3 Credits / 3.0 Periods for Lecture

Fundamentals of emergency response to suspected terrorist events. Historical perspective of terrorist activities and methods by which responders can identify and protect themselves and the public from these threats. Coordination of responding agencies. Prerequisites: None.

Crosslisted: FSC139

Division: Health Science and Public Service

AJS195 / International and Domestic Terrorism**3 Credits / 3.0 Periods for Lecture**

An overview of the history, structure, goals, and activities of domestic and international terrorist groups. Explores theories explaining terrorism and reviews methods used to combat it. Prerequisites: None.

Division: Health Science and Public Service

AJS200 / Current Issues In Criminal Justice**3 Credits / 3.0 Periods for Lecture**

Examines current issues, techniques and trends in the Criminal Justice System. Prerequisites: None.

Fulfills: Social-Behavioral Sciences [SB]; Social-Behavioral Sciences [SB]-in combo

Division: Health Science and Public Service

AJS212 / Juvenile Justice Procedures**3 Credits / 3.0 Periods for Lecture**

Examines the nature and extent of juvenile delinquency to the present. Including but not limited to the history, jurisdictions, terminology, procedures, and institutions of the juvenile justice system. Prerequisites: None.

Division: Health Science and Public Service

AJS213 / Evidence Technology: Fingerprints**3 Credits / 3.0 Periods for Lecture**

Covers the fundamental principles of fingerprints, including the history of fingerprint classification, the biology of friction ridge skin, pattern analysis, comparison, and identification as well as their application in significant court cases. Also includes techniques for obtaining inked prints and developing and preserving latent prints. Prerequisites: None.

Division: Health Science and Public Service

AJS215 / Criminalistics: Physical Evidence**3 Credits / 3.0 Periods for Lecture**

The scientific analysis and examination of physical evidence with emphasis on scientific investigation, recognition, collection, and preservation of evidence. Topics include fingerprints, shoe prints, tool marks, firearms identification, paint chips and arson. Prerequisites: None.

Division: Health Science and Public Service

AJS216 / Criminalistics: Biological Evidence**3 Credits / 3.0 Periods for Lecture**

The scientific analysis and examination of biological evidence with emphasis on collection and preservation of evidence. Topics discussed include blood, drugs, blood alcohol, hairs and fibers, and topics of special interest in criminalistics. Prerequisites: None.

Division: Health Science and Public Service

AJS225 / Criminology**3 Credits / 3.0 Periods for Lecture**

Study of deviance, society's role in defining behavior; theories of criminality and the economic, social, and psychological impact of crime; relationships between statistics and crime trends. Examines crime victimization and the various types of crime and categories of offenders. Required in the AJS curriculum. Prerequisites: None.

Fulfills: Social-Behavioral Sciences [SB]; Social-Behavioral Sciences [SB]-in combo

Division: Health Science and Public Service

AJS230 / The Police Function**3 Credits / 3.0 Periods for Lecture**

An examination of the history, organization, procedures, and methods of operation of public policing in the United States. Career opportunities and current challenges in law enforcement presented. Prerequisites: None.

Division: Health Science and Public Service

AJS240 / The Correction Function**3 Credits / 3.0 Periods for Lecture**

Examines the history and development of correctional theories and institutions. Prerequisites: None.

Division: Health Science and Public Service

AJS241 / Police Photography**3 Credits / 3.0 Periods for Lecture**

Emphasis on proper procedure for photographing crime scenes, accident scenes, and laboratory specimens. Discussion of photographic techniques, equipment, lighting techniques, aerial photography, video and motion pictures, macro and micro photography, filters, and preparation for court presentation using selected simulations. Prerequisites: None.

Division: Health Science and Public Service

AJS258 / Victimology and Crisis Management in Public Safety**3 Credits / 3.0 Periods for Lecture**

Victimology, the criminal justice system, techniques of crisis intervention and management, and the importance of a multicultural and global perspective. Includes violent crimes, sexual assault, family violence, post-traumatic stress disorder, the role of substance abuse, developing effective coping skills of victims and responders, appropriate community resources, and the cultural responsiveness of the justice system.

Crosslisted: FSC258, EMT258

Fulfills: Cultural Diversity in the US [C]-in combo; Cultural Diversity in the United States [C]; Social-Behavioral Sciences [SB]; Social-Behavioral Sciences [SB]-in combo

Division: Health Science and Public Service

AJS260 / Procedural Criminal Law**3 Credits / 3.0 Periods for Lecture**

Concerned with the understanding of procedural criminal law. Examines the processes and procedures followed by law enforcement, attorneys, and the courts in the apprehension and prosecution of criminal offenders. Examines the rationale underlying major court holdings impacting the criminal justice process, the procedural requirements that stem from these holdings and their effect on the daily operations of the criminal justice system. Prerequisites: None.

Division: Health Science and Public Service

AJS270 / Community Relations**3 Credits / 3.0 Periods for Lecture**

Examination, recognition and understanding of community problems; community action programs; methods of coping with human behavior, victimology, conflict and communication; ethnic and minority cultures and environments; the community and relationships with the criminal justice system. Prerequisites: None.

Fulfills: Social-Behavioral Sciences [SB]; Social-Behavioral Sciences [SB]-in combo

Division: Health Science and Public Service

AJS275 / Criminal Investigation I**3 Credits / 3.0 Periods for Lecture**

Introduction to the theory of criminal investigation. Examines crime scene procedures, case preparation, interviewing, and basic investigative techniques. Prerequisites: None.

Division: Health Science and Public Service

Counseling and Applied Psychology (CAP)

CAP120 / Introduction to Counseling

3 Credits / 3.0 Periods for Lecture

Introduction to the field of counseling with a focus on skills and competencies needed as a mental health practitioner. Foundations of counseling including counseling theories, ethical considerations, prevention and intervention topics, and multicultural counseling practices. Prerequisites: None.

Fulfills: Social-Behavioral Sciences [SB]; Social-Behavioral Sciences [SB]-in combo

Division: Health Science and Public Service

CAP220 / The Counselor in a Multicultural Society

3 Credits / 3.0 Periods for Lecture

Current theories and research on culture, race and ethnicity, gender and other aspects of cultural diversity in a multicultural society through the lens of counseling. Focus on personal perspectives, will explore themes, theories, topics and research related to power, privilege and oppression in the United States as applied to counseling discipline. Prerequisites: None.

Fulfills: Cultural Diversity in the US [C]-in combo; Cultural Diversity in the United States [C]

Division: Health Science and Public Service

CAP240 / Introduction to Counseling Skills

3 Credits / 3.0 Periods for Lecture

Introduction to basic skills and techniques used in the counseling field. Focuses on active listening, self-awareness, and other related skills. Prerequisites: A grade of C or better in CAP120.

Division: Health Science and Public Service

CAP260 / Career and Professional Preparation for the Helping Professions

3 Credits / 3.0 Periods for Lecture

Overview of the process of career and life planning through self-awareness for students interested in helping fields. Focus on current occupational trends and outlook, the learning models of the individual, the world of work, and decision-making. Emphasis on individual application and workplace diversity. Design materials for use in the professional world such as resumes, online presence, career portfolio. Prerequisites: A grade of C or better in ENG101.

Fulfills: Literacy & Critical Inquiry [L]; Literacy & Critical Inquiry [L]-in combo

Division: Health Science and Public Service

Counseling and Personal Development (CPD)

CPD160 / Introduction to Multiculturalism

3 Credits / 3.0 Periods for Lecture

Examination of the multiple cultures and subcultures within the contemporary United States. Personal exploration of awareness and appreciation of multiculturalism. Activities for experiencing diverse cultural perspectives. Critical thinking skills for recognizing, analyzing, and mediating cultural and psychological factors impacting conflict and accord between diverse cultures through written and oral discourse. Prerequisites: A grade of C or better in ENG101 or ENG107, or permission of Instructor.

Fulfills: Cultural Diversity in the US [C]-in combo; Cultural Diversity in the United States [C]; Literacy & Critical Inquiry [L]; Literacy & Critical Inquiry [L]-in combo

Division: Health Science and Public Service

Emergency Medical Technology (EMT)

EMT101 / Basic Life Support/Cardiopulmonary Resuscitation (CPR) for Health Care Providers

0.5 Credits / 0.5 Periods for Lecture & Lab

Designed to provide the allied healthcare provider with the knowledge and skills to perform Basic Life Support (BLS) according to current guidelines for emergency cardiovascular care (ECC). Prerequisites: None. Course

Notes: EMT101 may be repeated for credit.

Division: Health Science and Public Service

EMT104 / Emergency Medical Technology

10 Credits / 10.0 Periods for Lecture

Designed as the Emergency Medical Technician (EMT) lecture to prepare students for scope of practice and standard of care with comprehensive assessment, diagnostic technology, patient advocacy, ethical and professional behaviors, critical thinking, decision-making, and patient management of medical and trauma emergencies and non-emergencies. Prerequisites: (A grade of C or better in EMT101, or current validation in Basic Life Support Health Care Provider/Professional Rescuer) and (Accuplacer: 74 or higher, or Next Gen Accuplacer 249 or higher, or Asset 42 or higher, or Compass 83 or higher, or EDReady Critical Reading & Thinking 90 or higher, OR High School GPA 3.0 or higher, or Associate's Degree or higher). Corequisites: EMT104AB. Course Notes: Students must meet National Registry of EMT requirements for certification. Additional information available at nremt.org. EMT104 may be repeated for credit.

Division: Health Science and Public Service

EMT104AB / Applied Practical Studies for Emergency Medical Technology

0.5 Credits / 0.5 Periods for Laboratory

Simulation of actual emergency responses, with practical application of techniques and skills covered in EMT curricula. Scenario based learning applied to the techniques of emergency medical care in accordance with national and state curriculum. Practical application of anatomy, physiology, patient assessment, and treatment of medically or traumatically compromised patients, special hazards and medical operations. Also includes patient-assisted medication administration, semi-automatic external defibrillator and blood glucose monitoring. Students operate in outside, scenario based environments. Prerequisites: None. Corequisites: EMT104. Course Notes: EMT/FSC104AB may be repeated for credit.

Division: Health Science and Public Service

EMT104LL / Emergency Medical Technology Practicum

2 Credits / 3.5 Periods for Laboratory

Designed as the simulated Emergency Medical Technician (EMT) practicum in which the student synthesizes standard of care and scope of practice with comprehensive assessment and diagnostic technology, patient advocacy, ethical and professional behaviors, critical thinking, decision-making, and patient management of medical and trauma emergencies. Provides scenario based learning applied to the techniques of emergency medical care in accordance with national and state curriculum. Prerequisites: A grade of C or better in EMT104 or permission of Instructor or Corequisites: EMT104. Course Notes: EMT104LL may be repeated for credit. Students must meet National Registry of EMT requirements for certification. Additional information available at nremt.org

Division: Health Science and Public Service

Exercise Science (EXS)

EXS101 / Introduction to Exercise Science

3 Credits / 3.0 Periods for Lecture

Introductory course that will provide the student with a general overview of the key theories and concepts, professions, and research areas associated with the field of Exercise Science. Educational pathways and career options will also be examined. Prerequisites: None.

Division: Health Science and Public Service

EXS125 / Introduction to Exercise Physiology

3 Credits / 3.0 Periods for Lecture

Principles of exercise science applied to fitness instruction. Major factors related to the function of the human body will be examined/introduced with an emphasis on exercise physiology and functional anatomy. A grade of C or better required in all Prerequisites. Prerequisites or Corequisites: EXS101 or permission of Instructor.

Division: Health Science and Public Service

EXS146 / Introduction to Exercise Testing

1 Credit / 2.0 Periods for Lecture & Lab

Introductory course in exercise testing, to include health appraisal, risk stratification, and the selection and administration of common evidence-based assessments for apparently healthy populations. A grade of C or better required in all Prerequisites. Prerequisites or Corequisites: EXS101 or permission of Instructor. Prior completion of or concurrent enrollment in EXS125 is recommended.

Division: Health Science and Public Service

EXS215 / Resistance Training and Recovery Techniques

3 Credits / 4.0 Periods for Lecture & Lab

Fundamental methods for safe and effective instruction of resistance, functional, and athletic conditioning exercises. Application of foundational principles of physiology and kinesiology. Overview of warm-up, cooldown, and recovery techniques. A grade of C or better required in all Prerequisites. Prerequisites or Corequisites: EXS101 or permission of Instructor.

Division: Health Science and Public Service

EXS217 / Cardiorespiratory and Flexibility Training

3 Credits / 4.0 Periods for Lecture & Lab

Fundamental methods for safe and effective instruction of cardiorespiratory and flexibility training exercises. Application of foundational principles of physiology and kinesiology. A grade of C or better required in all Prerequisites. Prerequisites or Corequisites: EXS101 or permission of Instructor.

Division: Health Science and Public Service

EXS246 / Advanced Exercise Testing

2 Credits / 3.0 Periods for Lecture & Lab

Advanced course in exercise testing, to include health appraisal, risk stratification, and the selection and administration of evidence-based assessments for apparently healthy and athletic populations. Pharmacology, special populations, and environmental conditions are also examined. Prerequisites: A grade of C or better in EXS146 or permission of Instructor.

Division: Health Science and Public Service

EXS255 / Program Design: Muscular Fitness and Performance

3 Credits / 4.0 Periods for Lecture & Lab

Advanced principles of muscular fitness, sports performance, and recovery techniques including needs analysis, interpretation of assessment outcomes, and evidence-based program design for healthy and athletic populations. Considerations for special populations and environments also examined. Prerequisites: A grade of C or better in (EXS125 and EXS146) or permission of Instructor.

Division: Health Science and Public Service

EXS257 / Program Design: Cardiorespiratory Fitness

3 Credits / 4.0 Periods for Lecture & Lab

Advanced principles of cardiorespiratory fitness and weight management including needs analysis, interpretation of assessment outcomes, and evidence-based program design for healthy and athletic populations. Considerations for special populations and environments are also examined. Prerequisites: A grade of C or better in (EXS125 and EXS146) or permission of Instructor.

Division: Health Science and Public Service

EXS270 / Exercise Science Internship

3 Credits / 3.0 Periods for Laboratory

A capstone experience in a fitness or health related facility. Eighty (80) hours of designated work per credit. Prerequisites: Completion of nine (9) credits of EXS courses with a grade of C or better, current CPR and AED card, and permission of Department/Division Chair and/or the Program Director. Course Notes: CPR and AED certifications must be current through the duration of the internship. EXS270 may be repeated for a maximum of six (6) credits.

Division: Health Science and Public Service

EXS270AA / Exercise Science Internship

1 Credit / 1.0 Periods for Laboratory

A capstone experience in a fitness or health related facility. Eighty (80) hours of designated work per credit. Prerequisites: Completion of nine (9) credits of EXS courses with a grade of C or better, current CPR and AED card, and permission of Department/Division Chair and/or the Program Director. Course Notes: CPR certification must be current through the duration of the internship. EXS270AA may be repeated for a maximum of six (6) credits.

Division: Health Science and Public Service

EXS270AB / Exercise Science Internship

2 Credits / 2.0 Periods for Laboratory

A capstone experience in a fitness or health related facility. 160 hours of designated work per credit. Prerequisites: Completion of nine (9) credits of EXS courses with a grade of C or better, current CPR and AED card, and permission of Department/Division Chair and/or the Program Director. Course Notes: CPR and AED certifications must be current through the duration of the internship. EXS270AB may be repeated for a maximum of six (6) credits.

Division: Health Science and Public Service

EXS275 / Sport Science Internship

3 Credits / 3.0 Periods for Lecture & Lab

A capstone experience in a fitness or health related facility supervised by a National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialists (CSCS) professional. Eighty (80) hours of designated work per credit. Prerequisites: Completion of a grade of C or better in nine (9) credits of EXS courses, approved by the Department Chair and/or Director, current CPR and AED card, and permission of Department or Division. Course Notes: EXS275 may be repeated for a maximum of six (6) credits.

Division: Health Science and Public Service

EXS275AA / Sport Science Internship**1 Credit / 1.0 Periods for Lecture & Lab**

A capstone experience in a fitness or health related facility supervised by a National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialists (CSCS) professional. Eighty (80) hours of designated work per credit. Prerequisites: Completion of a grade of C or better in nine (9) credits of EXS courses, approved by the Department Chair and/or Director, current CPR and AED card, and permission of Department or Division. Course Notes: EXS275AA may be repeated for a maximum of six (6) credits.

Division: Health Science and Public Service

EXS275AB / Sport Science Internship**2 Credits / 2.0 Periods for Lecture & Lab**

A capstone experience in a fitness or health related facility supervised by a National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialists (CSCS) professional. Eighty (80) hours of designated work per credit. Prerequisites: Completion of a grade of C or better in nine (9) credits of EXS courses, approved by the Department Chair and/or Director, current CPR and AED card, and permission of Department or Division. Course Notes: EXS275AB may be repeated for a maximum of six (6) credits.

Division: Health Science and Public Service

EXS280AB / Special Topics in Exercise Science**1 Credit / 1.0 Periods for Lecture**

Conceptual and research basis of current topics in exercise science. Prerequisites: None. Course Notes: EXS280AB may be repeated for credit.

Division: Health Science and Public Service

EXS290 / Introduction to Evidence-Based Practice**3 Credits / 3.0 Periods for Lecture**

Introduction to best practices in the acquisition, analysis, synthesis, and potential application of research in the discipline of exercise science. Specific emphasis on the application of research-based evidence for applied problem solving in exercise science. Prerequisites: A grade of C or better in ENG101 or ENG107 or permission of Instructor. EXS101 recommended.

Fulfills: Literacy & Critical Inquiry [L]; Literacy & Critical Inquiry [L]-in combo

Division: Health Science and Public Service

First Year Experience (FYE)**FYE101 / Introduction to College, Career and Personal Success****1 Credit / 1.0 Periods for Lecture**

Focus on student success through exploration of academic, career and life skills. Includes study of goal-setting/success strategies, academic mindset and financial literacy. Develop an education/career plan utilizing career assessments and other college resources. Prerequisites: None.

Division: Health Science and Public Service

FYE103 / Exploration of College, Career and Personal Success**3 Credits / 3.0 Periods for Lecture**

Focus on student success through exploration of academic, career, and life skills. Includes study of goal-setting/success strategies, academic mindset, interpersonal skills, financial literacy, self-care strategies, diverse perspectives, and campus tools and resources. Develop an education/career plan utilizing career assessments and other college resources. Prerequisites: None.

Division: Health Science and Public Service

Food and Nutrition (FON)**FON100 / Introductory Nutrition****3 Credits / 3.0 Periods for Lecture**

Introduction to the science of food and human nutrition. Current sustainable dietary recommendations and applications for maximizing well-being and minimizing risk of chronic disease throughout the life cycle. An overview of the nutrients, emphasizing the importance of energy and fluid balance, and optimal functioning of the digestive system. Understanding factors that influence food intake in different cultures. Methods for evaluating credibility of nutrition claims, a focus on modern food safety and technology practices, and a worldview of nutrition are included. Emphasis is on personal dietary behavior change for a holistic life of wellness. Prerequisites: None.

Division: Health Science and Public Service

FON125 / Introduction to Professions in Food, Nutrition, and Dietetics**1 Credit / 1.0 Periods for Lecture**

Overview and discussion of career opportunities in the fields of food, nutrition, and dietetics. Includes information about history, ethics, standards of practice, communication and counseling skills. Emphasis on how to become a Registered Dietitian Nutritionist or a Dietetic Technician Registered. Prerequisites: None.

Division: Health Science and Public Service

FON142AB / Science of Food**3 Credits / 5.0 Periods for Lecture & Lab**

Exploration and Application of Scientific Principles of Food; experiences with ingredient functionality and application in cooking techniques.

Prerequisites: None.

Division: Health Science and Public Service

FON241 / Principles of Human Nutrition**3 Credits / 3.0 Periods for Lecture**

Scientific principles of human nutrition. Emphasis on scientific literacy and the study of nutrients for disease prevention. Includes macronutrients and micronutrients, human nutrient metabolism and nutrition's role in the health of the human body throughout the life cycle. Addresses nutrition principles for prevention of nutrition-related health conditions. Course Notes: General Education Designation: Natural Sciences (General) - [SG] in combination with: FON241LL

Fulfills: Natural Sciences General [SG]; Natural Sciences General [SG]-in combo

Division: Health Science and Public Service

FON241LL / Principles of Human Nutrition Laboratory**1 Credit / 3.0 Periods for Laboratory**

Self-evaluative laboratory experience to complement FON241, Principles of Human Nutrition using anthropometric, biochemical, clinical, and dietary analysis. Includes the use of qualitative and quantitative methodology to determine nutritional status and evaluate methodological applications. Prerequisites: A grade of C or better in FON241 or Corequisites: FON241. Course Notes: General Education Designation: Natural Sciences (General) - [SG] in combination with: FON241

Fulfills: Natural Sciences General [SG]; Natural Sciences General [SG]-in combo

Division: Health Science and Public Service

Health Science (HES)

HES100 / Healthful Living

3 Credits / 3.0 Periods for Lecture

Health and wellness and their application to an optimal life style. Explores current topics of interest such as stress management, nutrition, fitness, and environmental health. Evaluates common risk factors associated with modern lifestyles. Prerequisites: None.

Fulfills: Social-Behavioral Sciences [SB]; Social-Behavioral Sciences [SB]-in combo

Division: Health Science and Public Service

HES210 / Cultural Aspects of Health and Illness

3 Credits / 3.0 Periods for Lecture

Examines how culture influences health and illness, health care practices, barriers to health care, interactions with health care professionals, and health disparities in the U.S. Prerequisites: None.

Fulfills: Cultural Diversity in the US [C]-in combo; Cultural Diversity in the United States [C]; Global Awareness [G]; Global Awareness [G]-in combo

Division: Health Science and Public Service

Mortuary Science (MSP)

MSP101 / Mortuary Science: Orientation and History

3 Credits / 3.0 Periods for Lecture

Designed to orient prospective students to the roles, functions, and responsibilities of funeral service professionals. Overview of the requirements, governing agencies, and employment outlook in the field. Includes a historical overview of funeral service with emphasis on individuals, events, and forces that have influenced contemporary funeral principles and practices. Prerequisites: None.

Division: Health Science and Public Service

MSP105 / Cremation for Mortuary Science

1 Credit / 1.0 Periods for Lecture

Overview of cremation topics, including proper procedures, legal considerations, services, merchandise, trends, and the history of cremation. Prerequisites: Permission of Instructor. Course Notes: Course is aligned with American Board of Funeral Service Education (ABFSE) standards. Does not meet the requirements for Arizona Department of Health Services crematory operator training.

Division: Health Science and Public Service

MSP201 / Mortuary Science, Sociology, and Religion

3 Credits / 3.0 Periods for Lecture

Survey of basic principles of sociology as they relate to funeral service. Emphasis on family structures, social structures, and social factors. Exploration of cultural and religious funeral customs. Prerequisites: Admission to the Mortuary Science program.

Division: Health Science and Public Service

MSP202 / Embalming

3 Credits / 3.0 Periods for Lecture

Study of the disinfection, temporary preservation and restoration of the deceased human body by physical and chemical means for the specific purpose to delay organic decomposition and apply practices for reverent care of the deceased. Prerequisites: Admission to the Mortuary Science program.

Division: Health Science and Public Service

MSP202LL / Embalming Lab

1 Credit / 2.0 Periods for Laboratory

Field experience involving observation and practice of embalming processes in a laboratory setting. Includes writing case study reports. Study of anatomical considerations for mortuary science students. A grade of C or better required in all Prerequisites. Prerequisites or Corequisites: MSP202 and admission to the Mortuary Science program.

Division: Health Science and Public Service

MSP203 / Microbiology for Mortuary Science

3 Credits / 3.0 Periods for Lecture

Survey of basic principles of microbiology. Emphasis on sanitation, disinfection, public health, and embalming practice. Prerequisites: Admission to the Mortuary Science program.

Division: Health Science and Public Service

MSP204 / Chemistry for Mortuary Science

3 Credits / 3.0 Periods for Lecture

Survey of the basic principles of chemistry as they relate to funeral service. Emphasis on the chemical principles and precautions involved in the preservation and disinfection of the deceased human body. Prerequisites: Admission to the Mortuary Science program.

Division: Health Science and Public Service

MSP205 / Funeral Directing I

3 Credits / 3.0 Periods for Lecture

Funeral directing, documentation procedures, and regulatory compliance from time of death to disposition. Includes establishing professional relationships with family members and funeral profession and allied colleague. Prerequisites: Admission to the Mortuary Science program.

Division: Health Science and Public Service

MSP206 / Funeral Directing II

3 Credits / 3.0 Periods for Lecture

Operation of the established funeral home, including principles and product knowledge in the area of funeral service management and merchandising. Prerequisites: A grade of C or better in MSP205.

Division: Health Science and Public Service

MSP207 / Mortuary Science Restorative Art

3 Credits / 3.0 Periods for Lecture

Care and restoration of the deceased human body to create natural form and appearance. Includes anatomical aspects and color theory. Prerequisites: Admission to the Mortuary Science program.

Division: Health Science and Public Service

MSP207LL / Mortuary Science Restorative Art Lab

1 Credit / 2.0 Periods for Laboratory

Care and restoration of the deceased human body to create natural form and appearance. Includes anatomical aspects and color theory. A grade of C or better required in all Prerequisites. Prerequisites or Corequisites: MSP207 and admission to the Mortuary Science program.

Division: Health Science and Public Service

MSP208 / Funeral Service Law: Legal, Ethical, and Regulatory Considerations

3 Credits / 3.0 Periods for Lecture

Exploration of funeral service regulation by state and federal government agencies. Includes cemetery code, dispositions, Federal Trade Commission (FTC), licensing, and crematory law. Examination of torts, wills, estates, contract law, liability, and probate considerations for the funeral service practitioner. Includes ethical considerations, rights, duties, and responsibilities for the funeral service practitioner. Prerequisites: Admission to the Mortuary Science program.

Division: Health Science and Public Service

MSP209 / Pathology for Mortuary Science**3 Credits / 3.0 Periods for Lecture**

Study of disease processes and their impact on the human body, with emphasis on those conditions which relate to or affect the handling of human remains. Prerequisites: Admission to the Mortuary Science program.

Division: Health Science and Public Service

MSP210 / Psychology and Counseling for Mortuary Science**2 Credits / 2.0 Periods for Lecture**

Survey of the basic principles of psychology and counseling, as they relate to funeral service. Includes psychological concepts in the areas of grief, bereavement, mourning, aftercare and crisis intervention with emphasis in the role of the funeral service practitioner. Prerequisites: Admission to the Mortuary Science program.

Division: Health Science and Public Service

MSP211 / Compendium for Mortuary Science**3 Credits / 3.0 Periods for Lecture**

Comprehensive review of exam skills and coursework prior to taking the National Board Exam for Mortuary Science. Analysis of skills and tasks an entry-level funeral practitioner would possess. This course develops skills for recall, application, and analysis of content in the domains of funeral service arts and funeral service sciences. Prerequisites: Admission to the Mortuary Science program.

Division: Health Science and Public Service

Physical Education (PED)**PED101BS / Body Sculpting****1 Credit / 2.0 Periods for Lecture & Lab**

Stretch and strengthen. Emphasizes increasing fitness, muscle tone, and body flexibility. Great for reducing stress. Prerequisites: None. Course Notes: PED101BS may be repeated for credit.

Division: Health Science and Public Service

PED101FL / Fitness For Life**1 Credit / 2.0 Periods for Lecture & Lab**

Learn the basics of designing and implementing a personalized fitness program to meet your needs in the areas of Cardiovascular Fitness, Weight Control, Muscular Strength and Flexibility. Prerequisites: None. Course Notes: PED101FL may be repeated for credit.

Division: Health Science and Public Service

PED101GF / Group Fitness/Aerobics**1 Credit / 2.0 Periods for Lecture & Lab**

Group exercise incorporating a variety of equipment to increase respiration, heart rates, strength, and flexibility. Prerequisites: None. Course Notes: PED101GF may be repeated for credit.

Division: Health Science and Public Service

PED101SR / Stretch and Relaxation**1 Credit / 2.0 Periods for Lecture & Lab**

A mat-based stretching class with guided meditation. Stretching increases flexibility and relieves stress, promoting an overall sense of well being. Prerequisites: None. Course Notes: PED101SR may be repeated for credit.

Division: Health Science and Public Service

PED101ST / Strength Training**1 Credit / 2.0 Periods for Lecture & Lab**

Introduction to techniques of basic weight training, concentrating on incorporating an exercise regimen for increased strength. Prerequisites: None. Course Notes: PED101ST may be repeated for credit.

Division: Health Science and Public Service

PED101YO / Yoga**1 Credit / 2.0 Periods for Lecture & Lab**

Promotion of overall health by strengthening muscles and stimulating glands and organs. Basic postures, breathing and relaxation techniques. Prerequisites: None. Course Notes: PED101YO may be repeated for credit.

Division: Health Science and Public Service

PED115 / Lifetime Fitness**2 Credits / 4.0 Periods for Lecture & Lab**

Increase personal fitness, strength, and vitality. Current principles of cardiovascular exercise, weight training, flexibility, and balance exercises applicable to lifetime fitness goals. Personalized fitness plans developed and implemented with support of highly trained fitness professionals. Techniques to make sessions more effective and enjoyable. Prerequisites: None. Course Notes: PED115 may be repeated for a total of eight (8) credit hours.

Division: Health Science and Public Service

Recreation (REC)**REC120 / Leisure and the Quality of Life****3 Credits / 3.0 Periods for Lecture**

Overview of the historical, psychological, social, and cultural aspects of play, leisure, and recreation and their role in contemporary society. Nature of play and leisure behavior in human development within different cultures and the contribution play, recreation, and leisure make to the quality of life for individuals in today's society. Prerequisites: None.

Fulfills: Social-Behavioral Sciences [SB]; Social-Behavioral Sciences [SB]-in combo

Division: Health Science and Public Service