College of Nursing and Health Sciences

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The College of Nursing and Health Sciences offers programs that lead to a Bachelor of Science in Nursing degree (B.S.N.); a Master of Science in Nursing degree (M.S.N.); Bachelor of Science degrees in Exercise Physiology (B.S.E.P.); an Associate of Applied Science degree program with a major in dental hygiene, offered in cooperation with Wiregrass Georgia Technical College; and a minor in Nutrition.

The baccalaureate program in nursing in the College of Nursing and Health Sciences is designed to give the student the basic knowledge, skills, and values that build upon the foundation provided by the University Core Curriculum and that are required for professional careers in nursing. Moreover, through a series of sequenced courses, the College of Nursing and Health Sciences prepares the student for advanced study in nursing. The curricula adhere to a systemic approach which emphasizes the connections between the concepts of Holism, Caring, Competence, Health, and Teaching/Learning.

The College's programs stress the importance of critical thinking skills, an appreciation for diverse cultural perspectives, and the application of knowledge to address policy disputes and social problems related to health care. The program leading to the baccalaureate degree in nursing is approved by the Georgia Board of Nursing. This program provides a major measure of eligibility for the national licensing examination in nursing, leading to use of the title Registered Nurse. Applicants who have a conviction for a felony may not be eligible for licensure; it is recommended that these applicants consult with the Dean of the College before seeking entrance to the program. Both the bachelor's degree (B.S.N.) and the master's degree (M.S.N.) programs in the College of Nursing are accredited by the Commission on Collegiate Nursing Education [One Dupont Circle, NW, Suite 530, Washington, DC 20036, Telephone: 202-887-6791 Fax: 202-887-8476].

The Bachelor of Science in Exercise Physiology (B.S.E.P.) degree prepares students to work in a wide variety of settings, such as cardiopulmonary rehabilitation, corporate fitness/wellness, hospital health promotion and outpatient rehabilitation, human performance laboratories, and private practice. Students are involved in classroom, laboratory, clinical, and field experiences that include theoretical and hands-on activities in clinical and non-clinical settings that often include health appraisal and education, exercise testing and prescription, and administrative leadership skills. Graduates are prepared for and encouraged to seek certification through the American College of Sports Medicine (ACSM), the American Society of Exercise Physiologists (ASEP), and the National Strength and Conditioning Association (NSCA). The degree also provides a strong foundation for advanced or professional studies in exercise physiology, medicine, physical therapy, occupational therapy, and related areas. Students interested in further study in these areas are responsible for satisfying specific admission requirements in those programs.

Students may have the opportunity to gain work experience relating to their major, clarify their career goals, and earn money to help finance their education through the VSU Cooperative Education Program. Co-op students are placed, on a competitive basis, in work assignments within health care institutions. Interested students should contact the VSU Office of Cooperative Education (telephone 229-333-7172).

Grade Point Average Requirement for Pre-Nursing Majors

Students entering the University directly from high school may declare a major in pre-nursing. In order to continue as a pre-nursing major, students must maintain a GPA of 2.8 or higher on all course work undertaken.

Students who enter the University as transfer students who wish to declare a major in pre-nursing must have a GPA of at least 2.8 on all course work undertaken. Upon acceptance as a pre-nursing major, a student must maintain a 2.8 overall GPA as described above.

Students changing majors from another program within the University must also have at least a 2.8 overall GPA to transfer to the pre-nursing major and will be subject to the same maintenance requirements already described.

- Associate of Applied Science in Dental Hygiene (http://catalog.valdosta.edu/archive/2024-2025/undergraduate/academic-programs/nursing-health-sciences/aas-dental-hygiene/) (joint degree with Wiregrass Technical College)
- Bachelor of Science in Exercise Physiology (http://catalog.valdosta.edu/archive/2024-2025/undergraduate/academic-programs/nursing-health-sciences/bs-exercise-physiology/)
- Bachelor of Science in Health Sciences (http://catalog.valdosta.edu/archive/2024-2025/undergraduate/academic-programs/nursing-health-sciences/bs-health-sciences/)
- Bachelor of Science in Nursing (http://catalog.valdosta.edu/archive/2024-2025/undergraduate/academic-programs/nursing-health-sciences/bs-nursing/)
- Minor in Nutritional Science (http://catalog.valdosta.edu/archive/2024-2025/undergraduate/academic-programs/nursing-health-sciences/minor-nutritional-science/) (online)

Exercise Physiology

HSEP 3010. Exercise Testing and Prescription I. 3 Hours.
Prerequisite: Admission to Exercise Physiology Program. A concentrated study of the principles of exercise testing and prescription for the apparently healthy adult including the health appraisal, risk assessment and interpretation of data. The American College of Sports Medicine exercise guidelines are emphasized.

HSEP 3011. Exercise Testing and Prescription II. 3 Hours.
Prerequisite: A grade of "C" or better in HSEP 3010. A continuation of HSEP 3010, with emphasis on cardiovascular, pulmonary, and metabolic disease; the role the mechanism of action for medications such as alpha and beta blockers, calcium channel blockers, ACE inhibitors, nitrated, peripheral vasodilators, and diuretics. Additional classifications to be reviewed include inotropic, anti-arrhythmic, anti-thrombosis, lipid-lowering, hypo/hyperglycemic, anti-inflammatory, and bronchodilators.

HSEP 3020. Fitness and Performance Testing in Exercise Physiology. 4 Hours.
Prerequisites: Admission to the Exercise Physiology Program. Development of knowledge, skills, and abilities in selecting, administering, and interpreting standardized health, athletic, and physiological-related physical fitness tests.

HSEP 3050. Prevention of Exercise Related Injuries and Conditions. 3 Hours.
Prerequisite: A grade of "C" or better in HSEP 3430 and successful progression and retention requirements as per the program of study of the Exercise Physiology degree program. A study of common musculoskeletal injuries and conditions related to physical activity. Strategies to reduce risks, standard treatment protocols, and modification of the exercise prescription will be emphasized.

HSEP 3200. Nutrition for Health and Human Performance. 3 Hours.
Prerequisites: HSEP 3420 with a grade of "C" or better, or permission of instructor and Exercise Physiology Program Coordinator if admitted Nutrition minor. An introduction the characteristics of the essential dietary nutrients and their respective roles in the body. Emphasis is placed on the effects of nutritional practices on health and human performance.

HSEP 3360. Chronic Disease Epidemiology. 3 Hours.
Prerequisite: Acceptance to the Exercise Physiology Program. Introduction to the distribution and determinants of chronic diseases in the population. Causal relationships laying the groundwork for programs of prevention and control emphasized. Commonly used epidemiological statistics and research methods discussed.

HSEP 3420. Exercise Physiology. 3 Hours.
Prerequisite: Admission to the Exercise Physiology Program. An understanding of how the body, from a functional standpoint, responds, adjusts, and adapts to exercise. Topics include bioenergetics, neuromuscular concepts, cardiorespiratory considerations, physical training, and environmental concerns involving physical activity, athletic performance, and health-related fitness.

HSEP 3430. Structural Kinesiology. 3 Hours.
Prerequisites: Completion of Progression Requirements of Professional Program. Basic physical concepts as they apply to human movement are explored. Structural anatomy, neuromuscular physiology and biomechanical principles as they apply to sport skills and fitness activities are emphasized.

HSEP 3650. Applied Exercise Musculoskeletal Interventions. 3 Hours.
Prerequisite: A grade of "C" or better in HSEP 3430. Application of scientific principles for evaluating and developing exercise-based interventions to improve general health and physical performance in adult populations. The course emphasizes musculoskeletal hypertrophy, strength, endurance, power, and flexibility; and interventions using various modalities for diverse populations and settings.

HSEP 4040. Pediatric Exercise Physiology. 3 Hours.
Prerequisite: A grade of "C" or better in HSEP 3420. The physiological differences between children and adults relative to exercise performance. Variables such as size, biomechanics, neuromuscular, reproductive, hormonal, and cardiovascular-respiratory differences will be examined.

HSEP 4050. Principles of Strength and Conditioning for Athletic Performance. 4 Hours.
Prerequisite: A grade of "C" or better in HSEP 3650 and successful progression and retention requirements as per the program of study of the Exercise Physiology degree program. A comprehensive study of training theory and methods for developing physical abilities as they relate to athletic performance. Topics include neuromuscular, musculoskeletal, endocrine, and bioenergetic aspects of exercise and training. The course addresses the principles underlying the development of hypertrophy, strength, power, speed, agility, and anaerobic capacity, and covers lifts, drills and tests relevant to strength and conditioning practitioners. The National Strength and Conditioning Association's Certified Strength and Conditioning Specialist competencies will be emphasized.

HSEP 4070. Exercise Cardiopulmonary Physiology. 3 Hours.
Prerequisite: A grade of "C" or better in HSEP 3420. A concentrated study in the exercise physiology of the healthy and diseased cardiopulmonary system. Emphasis on cardiopulmonary adaptations to acute and chronic exercise and on normal versus abnormal conditions and their effects on exercise testing and training.

HSEP 4080. Exercise Electrocardiography. 3 Hours.
Prerequisite: A grade of "C" or better in HSEP 3420. A basic understanding of the 12-lead electrocardiogram as it relates to graded exercise testing, training, and functional evaluation. The course is designed particularly to assist the clinical exercise physiologist in developing the skills required for quickly identifying electrocardiographic patterns at rest and during exercise.

HSEP 4130. Exercise Cardiopulmonary Rehabilitation. 3 Hours.
Prerequisites: A grade of "C" or better in HSEP 3011, and HSEP 4080. A study of multi-phasic and multi-disciplinary programs designed to restore to a productive life the individual with cardiopulmonary disease. Common medical treatments and diagnostic procedures and treatments reviewed. Emphasis on the American College of Sports Medicine and the American Association of Cardiovascular and Pulmonary Rehabilitation guidelines.

HSEP 4140. Professional Practices in Exercise Physiology. 3 Hours.
Prerequisites: Successful progression and retention requirements as per the program of study of the Exercise Physiology degree program. The study of potential administrative and management roles and responsibilities of the exercise physiologist. The course will address practices for professional development and behavior as well as job searching and application, scope of practice, ethics, legal issues, evidence-based practice, fiscal management, marketing, facility operations, risk management, and human resource management.

HSEP 4160. Exercise Psychology. 3 Hours.
Prerequisite: Admission into the Exercise Physiology degree program. A study of psychological factors that influence physical activity and exercise behavior and heir impact on human performance and physical and mental health. The course addresses major psychological theories and behavioral interventions that promote exercise participation, engagement in health behavior change, and optimize athletic conditioning.

HSEP 4210. Clinical Exercise Physiology. 3 Hours.
Prerequisite: A grade of "C" or better in HSEP 3011 and successful progression and retention requirements as per the program of study of the Exercise Physiology degree program. An advanced course in the physiology of exercise as it relates to the clinical exercise physiologist or health care professional. The integration of the body's various systems relative to the prevention and therapeutic role of exercise will be examined. Case study assignments will focus on problem-oriented management of subjective and objective data.

HSEP 4510. Exercise Physiology Practicum. 4 Hours.
Prerequisite: Successful progression and retention requirements as per the program of study of the Exercise Physiology degree program, permission of the instructor, a returned graduation application from the Registrar and good academic standing as per VSU policy. A lecture and laboratory course for evaluation, review, and mastery of competencies for the exercise physiology degree prior to enrollment in HSEP 4550.

HSEP 4550. Exercise Physiology Internship. 12 Hours.
Prerequisites: A grade of "C" or better in all course requirements for the Exercise Physiology Bachelors of Science degree except HSEP 4550; submission of internship agreement, prof of CPR/AED certification, professional liability insurance coverage, immunization record, background check, drug screen clearance, and any other requirements specific to internship site or VSU. A capstone experiential learning experience at a professional workplace that reflects an area directly related to exercise physiology such as strength and conditioning, clinical exercise physiology, or fitness and wellness. Students are required to complete at a minimum 10 weeks and 400 cumulative hours, with no more than 40 hours per week permissible. The course includes reports of daily activity and coursework reflection teaching, educational in-services, and evaluation of internship and the Exercise Physiology degree program. Te student must sit for the ACSM EP-C or NSCA CSCS exam and submit copies of the certification exam results.

Health Science

HSHS 3000. Introduction to Healthcare Professional Practice. 3 Hours.
Prerequisite: Completion of Progression Requirements of Professional Program and Departmental Approval. Co-requisites: HSHS 3100, 3600, 3700, and 3900. An introduction to healthcare professions and the various elements and components of each healthcare profession that makes it unique. Students are provided with information necessary to find employment in each healthcare profession. Emphasis will include training requirements, job responsibilities, salaries, and elements specific to each health profession.

HSHS 3100. Structural Kinesiology. 3 Hours.
Prerequisite: Completion of Progression Requirements of Professional Program and Departmental Approval. Co-requisites: HSHS 3000, 3600, 3700, and 3900. Basic physical concepts as they apply to human movement are explored. Structural anatomy, neuromuscular physiology, and biomechanical principles as they apply to human movement are emphasized.

HSHS 3300. Health Assessment and Promotion. 3 Hours.
Prerequisites: Completion of Progression Requirements of Professional Program. Co-requisites: HSEP 3360, HSHS 4300, and NUTR 3100. This course is an introduction to the process of systematic and comprehensive health data collection and assessment across the lifespan. Emphasis is placed on strategies for interpersonal communication as well as gathering and assessment of data from examination techniques. Also focuses on the examination of a patient's health risk and provision of interventions to promote healthy lifestyle behaviors and disease prevention.

HSHS 3350. Medical Disease and Illness. 3 Hours.
Prerequisite: Completion of Progression Requirements of Professional Program. Co-requisites: HSHS 4100 and 4500. This course is a survey of disabilities, illnesses, and medical conditions across the lifespan. Emphasis is placed on the signs, symptoms, assessments, treatments, and preventative techniques associated with specific illnesses and medical conditions. In addition, course content will also focus on current information provided by the most recent Healthy People data.

HSHS 3600. Medical and Healthcare Terminology. 3 Hours.
Prerequisite: Completion of Progression Requirements of Professional Program and Departmental Approval. Co-requisites: HSHS 3000, 3100, 3700, and 3900. An introduction to terminology used in medical and other allied healthcare environments.

HSHS 3700. Principles of Pharmacology and Diagnostic Testing. 3 Hours.
Prerequisite: Completion of Progression Requirements of Professional Program and Departmental Approval. Co-requisites: HSHS 3000, 3100, 3600, and 3900. This course offers a concise introduction to pharmacological concepts for students in healthcare professions. Emphasis will include effects, indications, contraindications, and adverse effects. The course will also focus on common imaging modalities and their use is assessing, monitoring, and treating conditions seen by healthcare professionals.

HSHS 3800. Evidence Based Practice in Healthcare. 3 Hours.
Prerequisites: Completion of Progression Requirements of Professional Program. Co-requisites: HCAD 4000, HSHS 4050, 4650, and 4300. An introduction to various essential concepts and components associated with the evidence-based practice process in health-related professions,.

HSHS 3900. Current Trends and Issues in Healthcare. 3 Hours.
Prerequisite: Completion of Progression Requirements of Professional Program and Departmental Approval. Co-requisites: HSHS 3000, 3100, 3500, and 3700. An exploration of current issues and trends in healthcare to include issues across the lifespan.

HSHS 4000. Legal and Ethical Concerns for Healthcare Professionals. 3 Hours.
Prerequisite: Completion of Progression Requirements of Professional Program. An introduction to the legal and ethical concerns of healthcare professionals in various employment settings.

HSHS 4050. Principles of Musculoskeletal Examination. 3 Hours.
Pre/Co-requisites: HSHS 3100. Examination of commonly occurring musculoskeletal injuries and conditions common in a physically active population.

HSHS 4100. Fitness and Strength and Conditioning Techniques. 3 Hours.
Prerequisites: Completion of Progression Requirements of Professional Program. Co-requisites: HSHS 3350 and 4500. A survey of the mechanisms by which the body responds, reacts, and adapts to physical exercise. Includes a study of how to select, apply, gather, assess, and interpret data from physical assessments related to performance. In addition, the course provides knowledge about selection, application, and progression of fitness, strength, and conditioning techniques to improve performance.

HSHS 4300. Professionalism and Healthcare. 3 Hours.
Prerequisite: Completion of Progression Requirements of Professional Program. Co-requisites: HSEP 3360, HSHS 3300, and NUTR 3100. The course provides students with information related to identifying and developing professional behaivors in healthcare professions. Information regarding assessing professional behavior and challenging unprofessional behavior will be addressed,.

HSHS 4500. Communication and Cultural Competence in Healthcare. 3 Hours.
Prerequisite: Completion of Progression Requirements of Professional Program. Co-requisites: HSHS 3350 and 4100. Introduces students to the fundamental principles for the effective communication with patients, families, and significant others of the patient. The course focuses on patient-centered approaches for promoting, improving, and maintaining dialogue with patients. Effective communication has been shown to be central to patient satisfaction, professional satisfaction patient adherence to treatment plans, and positive outcomes for the patient. Additional exploration of how cultural backgrounds of patients and providers impact the healthcare encounter. Examines how clinical healthcare settings and organizations can act as barriers to providing effective services to diverse communities.

HSHS 4650. Exercise Programming. 3 Hours.
Prerequisite: Completion of HSHS 4100 and 3350 with a grade of "C" or better. This course focuses on the selection and application of exercise prescriptions for patients across the lifespan, including those with disease and illness. Emphasis is placed on creating an exercise prescription that is baed on the patient's current health status, goals, and applied health tests and measurements.

HSHS 4800. Principles of Therapeutic Intervention. 3 Hours.
Prerequisite: Completion of Progression Requirements of Professional Program. Co-requisites: HCAD 4000, HSHS 3800, 4050, and 4650. An introduction to basic rehabilitation principles in healthcare professions.

Nursing

NURS 2700. Pathophysiology. 3 Hours.
Prerequisite: BIOL 2651 and BIOL 2652. A study of cellular concepts, organ systems, and holistic aspects of health and disease. The course relates normal body physiological function to pathological changes that occur as a result of disease, compensatory mechanisms made by the body, and adaptive lifestyles strategies. Integration of developmental and preventive aspects of health across the age continuum is included.

NURS 3102. Pharmacology in Nursing Practice. 3 Hours.
Prerequisite: Full admission to the College of Nursing and Health Sciences. Safe dosage calculation and pharmacotherapy, including pharmacological and parenteral agents, actions, therapeutic benefits, side effects, client response, and nursing implications.

NURS 3103. Health Assessment Across the Lifespan. 4 Hours.
Prerequisite: Full admission to the College on Nursing and Health Sciences. Assessment of physical, psychosocial, functional, and environmental status. Focus is on health assessment of individuals across the lifespan. Concepts and techniques of assessment, including therapeutic communication, critical thinking, and interprofessional relationship, are introduced, practiced, and evaluated in the classroom and laboratory experiences.

NURS 3111. Nursing Care I: Health Promotion and Competencies. 8 Hours.
Prerequisite: Full admission status to College of Nursing and Health Sciences. Prerequisites or Corequisites: NURS 3103. Individual health promotion and illness prevention across the lifespan, includes an overview of nursing history, theory, education, research, and practice. Fundamental nursing skills and concepts, including medication administration skills, are introduced, practiced, and evaluated in the classroom, laboratory, and clinical setting.

NURS 3201. Professional Nursing Development I: Research and Evidence-Based Practice. 3 Hours.
Prerequisite: Successful completion of all Junior I courses. Development of skills in reading, interpreting, and evaluating nursing and health care research to become knowledgeable consumers in evidence-based nursing practice. Quantitative, qualitative, and mixed methodology research designs are studied as they apply to the development, dissemination, and utilization of research studies in the practice of professional nursing.

NURS 3202. Mental Health Nursing Care. 5 Hours.
Prerequisite: Successful completion of all Junior I courses. Evidence-based practice for the psychosocial care of self and other across the lifespan. Students actively engaged in an exploration of behavioral health issues, including ethical, legal, cultural, public policy, and safety issues. Clinical experiences within an interdisciplinary team are used to provide client-centered care.

NURS 3203. Nursing Care II: Acute Health Alterations. 7 Hours.
Prerequisite: Successful completion of all Junior I courses. The application and integration of holistic nursing care of clients with acute, physiologic health alterations. Content builds upon foundational concepts and basic nursing skills to care for adults and families. Clinical experiences within interdisciplinary teams provide the opportunity to assist clients to attain optimal health.

NURS 4114. Nursing Care III: Chronic and Multisystem Alterations. 7 Hours.
Prerequisites: NURS 3202 and NURS 3203. The application and integration of holistic nursing care of clients with chronic and multisystem, physiologic health alterations. Content builds upon concepts and nursing skills acquired in previous courses to care for adults and families. Clinical experiences within interdisciplinary teams provide the opportunity to assist clients to attain optimal health.

NURS 4124. Nursing Care of Women, Children, and Families. 8 Hours.
Prerequisites: NURS 3202 and NURS 3203. Nursing theories and skills related to culturally competent health promotion and maintenance for women, children, and families. Incorporates concepts of family-centered care, collaboration, patient safety, quality improvement, and informatics, utilizing and evidence-based practice approach. Clinical experiences provide opportunities to perform and evaluate nursing practice for women, children, and families.

NURS 4201. Community Health Nursing Care. 4 Hours.
Prerequisite: Successful completion of all Senior I courses. A study emphasizing holistic nursing care to promote and preserve the health of culturally diverse families, groups, and populations in the community. Clinical experiences provide opportunities to collaborate with community agencies to assess, plan, implement, and evaluate services.

NURS 4202. Professional Nursing Development II: Leadership and Management. 3 Hours.
Prerequisite: Successful completion of all Senior I courses. Preparation for the transition from student to professional nurse, focusing on the development of leadership skills and the introduction of management concepts and competencies.

NURS 4224. Professional Nursing Practice. 8 Hours.
Prerequisites: Successful completion of all Senior I courses. Prerequisites or Corequisites: Senior 2 courses. A comprehensive course combining directed conceptual review, professional nursing practice, and simulation to develop students' abilities to manage care for a group of clients that approximates a beginning professional nurse's workload.

Nutrition

NUTR 3100. Applied Nutritional Science. 3 Hours.
Prerequisite: BIOL 2651; Pre- or Co-requisite: BIOL 2652. Introduction to essential dietary nutrients and their metabolic functions. Students will explore the biochemical and physiological responses to macro and micronutrients and apply nutritional science to dietary choices for health promotion.

NUTR 3250. Special Topics in Nutrition. 3 Hours.
Prerequisite: Basic nutrition course or permission of Instructor. An intensive study in any area of student interest related to nutrition or a current topic relevant to nutritional science or complementary nutrition care. Topics may vary depending on selected area of nutrition.

NUTR 3300. Nutrition, Fitness, and Health. 3 Hours.
Basic nutrients and their role in fitness and health. This course focuses on the effect of nutrients and foods on physical fitness and health.

NUTR 3350. Weight Management and Behavior. 3 Hours.
Assessment and interventions for management of unhealthy weights. Emphasis is on the relationship between weight and health problems. The role of behavior change and nutritional strategies in health promotion will be discussed.

NUTR 4000. Advanced Nutritional Therapy. 3 Hours.
Prerequisites: NUTR 3100 or permission of instructor. Nutritional assessment and interventions for health management in hospital and community settings. Emphasis is on therapeutic diets and physiologic responses to individual nutrients in the treatment of acute and chronic disease.

NUTR 4900. Lifecycle Nutrition. 3 Hours.
The study of nutritional needs from birth through old age. Emphasis is on factors that influence nutritional requirements for growth and development, maturation, and aging.

NUTR 4950. Community Nutrition and Health. 3 Hours.
Role of nutrition policy and research in community health and nutrition programs. Emphasis is placed on application and utilization of tools to assess, analyze, and develop programs to meet the nutrition and health needs of communities.