

Appendix H



COURSE OUTLINE

Last Revised:

Last Reviewed:

COURSE INFORMATION

Course Title: Introduction to Health Sciences

Course Number: HSCI 100

Credits: 3

Total Weeks: 14 (Fall, Spring)
12 (Summer) **Total Hours:** 39

Course Level: First Year Second Year
 New Revised Course
 Replacement Course

Department: Sciences **Department Head:** S. Girdhar

Former Course Code(s) and Number(s) (if applicable): N/A

Pre-requisites (If there are no prerequisites, type NONE): None

Co-requisite Statement (List if applicable or type NONE): None

Precluded Courses: N/A

COURSE DESCRIPTION

This course is an introduction to foundational topics surrounding the field of health science. The initial focus of the course will explore the different determinants of health, and how socioeconomic, gender and ethnicity contribute to health disparities. The course will then provide an overview into the principles of epidemiology, examining the measurement and interpretation of disease frequencies and the different types of study designs. Towards the end of the semester, issues affecting global and environmental health will be explored using different case studies based off successful health initiatives from around the world.

LEARNING OUTCOMES

Upon successful completion of the course, students will be able to:

- define health and wellness under different sociological paradigms
- describe how socioeconomic status, gender and ethnicity affects inequality and health disparities
- calculate and interpret disease frequency data of a population
- describe the appropriateness of using experimental, cohort or case-control studies for health research
- appreciate the challenges and successes in addressing global and environmental health issues

INSTRUCTION AND GRADING

Instructional (Contact) Hours:

| Type | Duration |
|---------------------------|----------|
| Lecture | 39 |
| Seminars/Tutorials | |
| Laboratory | |
| Field Experience | |
| Other (<i>specify</i>): | |
| Total | 39 |

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Grading System: Letter Grades Percentage Pass/Fail Satisfactory/Unsatisfactory Other

Specify passing grade: 50%

Evaluation Activities and Weighting (total must equal 100%)

| | | | |
|--|-------------------|--|---|
| Assignments: 20% <i>Specify number of, variety, and nature of assignments:</i> Two Assignments | Lab Work: % | Participation: 10% <i>Specify nature of participation:</i> Active Discussion Group Work Collaboration | Project: 10% <i>Specify nature of project:</i> |
| Quizzes/Test: % | Midterm Exam: 30% | Final Exam: 30% | Other: % |

TEXT(S) AND RESOURCE MATERIALS

Provide a full reference for each text and/or resource material and include whether required/not required.

Aschengrau, A., & Seage, G. R., Essentials of Epidemiology in Public Health. Burlington, MA, 2020

Segall, A., & Fries, C. J., Pursuing Health and Wellness; Healthy Societies, Healthy People. Don Mills, Ontario, 2017

COURSE TOPICS

List topics and sequence covered.

| Week | Topic |
|------|---|
| 1 | Introduction to health sciences |
| 2 | Determinants of health |
| 3 | Inequality and health disparities |
| 4 | Introduction to epidemiology |
| 5 | Measuring and comparing disease frequency |
| 6 | Sources of data and descriptive epidemiology |
| 7 | Overview of epidemiology study designs Midterm Exam Week |
| 8 | Overview of epidemiological study designs (II) |
| 9 | Random error, bias and confounding |
| 10 | Health ethics |
| 11 | Canadian health care system |
| 12 | Global health issues |
| 13 | Environmental Health |
| 14 | Final Exam Week |

NOTES

1. Students are required to follow all College policies. Policies are available on the website at: [Coquitlam College Policies](#)
2. To find out how this course transfers, visit the BC Transfer Guide at: bctransferguide.ca
Weekly course topics and textbooks may vary.