

**Department of Health and Nutrition
Sciences**

Undergraduate Health Programs

Student Handbook



July 2020

**Department of Health and Nutrition Sciences
2900 Bedford Avenue
Brooklyn, New York 11210
<http://academic.brooklyn.cuny.edu/hns>
(718) 951-5026**

DEPARTMENT OF HEALTH AND NUTRITION SCIENCES UNDERGRADUATE HEALTH PROGRAMS

Welcome to the Department of Health and Nutrition Sciences. This brochure provides information concerning the Health and Nutrition Sciences undergraduate health degree programs at Brooklyn College.

The official Brooklyn College website is <http://www.brooklyn.cuny.edu>

The Brooklyn College Bulletin (available online) is the official document for courses and requirements.

The information in this brochure is intended to help undergraduate students in the Department of Health and Nutrition Sciences complete their degrees. It is hoped that this information will assist students in making academic and career decisions.

The information in this handbook reflects current requirements for HNSC/Health students. If you declared the major prior to June 2020, prior requirements apply.

Requirements are continually being updated. See your HNSC advisor for the most recent changes prior to registration.

The Department of Health and Nutrition Sciences is located at: 4123 Ingersoll Hall,
2900 Bedford Avenue, Brooklyn, New York 11210-2889

Phone: (718) 951-5026 Fax: (718) 951-4670

The webpage for the department is available at:

<http://www.brooklyn.cuny.edu/web/academics/schools/naturalsciences/undergraduate/health.php>

Department Administration

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DEPARTMENT OF HEALTH AND NUTRITION SCIENCES UNDERGRADUATE PROGRAM

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Full-Time Health Faculty

After the major has been declared and an orientation to the department has been attended, each student will be assigned an HNSC faculty advisor. The faculty below represent full-time faculty members as of July 2020.

Prof. Michele Greene	MGGreene@brooklyn.cuny.edu
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Prof. Tracy Wong	Tracy.Wong@brooklyn.cuny.edu

Health and Nutrition Sciences BA/BS Health Program

Summary

The Department of Health and Nutrition Sciences (HNSC) offers six different health programs for undergraduate students. The programs are designed to prepare students for different careers and higher educational paths. Students may choose to major in one of the following concentrations:

BA with a concentration in Health

BA with a concentration in Thanatology

BS with a concentration in Health Sciences

BS with a concentration in Public Health

BS with a concentration in Thanatology

BS with a concentration in Foods and Nutrition (This concentration is not discussed in this handbook.)

Before the major is officially approved, all students are required to attend an orientation program for Health students. During the regular academic year, there is one orientation meeting each month. Check with the HNSC office (4123 Ingersoll) about the dates.

The Department also offers a minor in Health and a minor in Thanatology.

Students who are Education majors may choose HNSC as their concentration.

Each of these concentrations and programs is described in the pages that follow.

The Department of Health and Nutrition Sciences is referred to as HNSC in this handbook.

You are expected to review carefully the “Academic Regulations and Procedures” that are included in the Brooklyn College Bulletin. Bulletins are updated every academic year and you should be familiar with the most recent requirements.

HNSC 1100, Personal and Community Health, is a prerequisite for most of our courses. Take this course as soon as you can.

All students working on one of the Health concentrations are assigned a faculty advisor. Advisors assist with course selection, internships, career opportunities, and academic problems within HNSC. Students should plan to see their faculty advisor before registering for classes each semester. A list of assigned faculty health advisors is posted outside the HNSC department office, 4123 Ingersoll. If the advisor is not available or there are concerns regarding advisement, students may meet with the Undergraduate Deputy.

Major in Health and Nutrition Sciences: BA/Health Concentration

The Health concentration provides students with a conceptual foundation and the factual knowledge necessary to understand, interpret and apply current information concerning health and health care. The required courses give students a background in human ecology; the social and behavioral factors influencing health and approaches to health promotion and disease prevention; epidemiology and biostatistics; the health care system; and nutrition. The elective courses in the 12-credit group introduce students to selected subjects in the health including women's health; human sexuality; drugs and alcohol; children's health; and aging. The elective courses in the 6-credit group introduce students to a variety of health practice-related topics including health education; health communication; occupational safety and health; health care management; sex education; and health disparities. All students with a health concentration are also required to take a fieldwork/internship course, HNSC 4180. The fieldwork course and its requirements are described on page 21 of this handbook.

The BA degree in Health prepares students for careers in health education, administration, and health counseling. Although some positions may require additional graduate degrees, entry level positions may be obtained with the BA degree.

Some courses are not offered every semester, so students need to review periodically the schedule of classes posted by the HNSC department office (4123 Ingersoll Hall)

HNSC 5190 and 5191 are courses that offer new and/or experimental classes. The specific topics may change from semester to semester. It is recommended that students look for email communication about these courses, examine posters near the department office and review the schedule of courses to determine the topics covered in specific semesters.

In addition to the HNSC major requirements, students must complete the Brooklyn College general education requirements as specified in the Brooklyn College course catalogue.

For a brief description of HNSC courses, students are referred to the Brooklyn College Undergraduate Bulletin.



Requirements for the BA/Health Concentration

Health and Nutrition Sciences major requirements are listed below for the BA degree with a concentration in Health.

The requirements for the BA/Health Degree with a Health concentration have changed. If you are already declared as a major and you wish to apply the new (and reduced) required courses, change your BC catalogue year for the major only to 2020-2021. If you are new to HNSC, the new requirements will already apply.

Students are required to take the courses specified below plus 12 credits from courses shown on page 6 and 6 credits from courses shown on page 7.

All the following HNSC courses are required for the BA/Health degree.

<u>Course Number</u>	<u>Course Title</u>	<u># of Credits</u>	<u>Prerequisites</u>
HNSC 1100 ¹	Personal and Community Health	3	--
HNSC 1200 ¹ or HNSC 2210 ²	Fundamentals of Nutrition Human Nutrition	3 4	-- Biology 1001
HNSC 2109W	Principles in Health Science (HNSC Writing Intensive course)	3	HNSC 1100
HNSC 2120	Introduction to Epidemiology	4	HNSC 1100
HNSC 2130	Health and Human Ecology	3	HNSC 1100
HNSC 2140	Introduction to the US Health System & Policy	3	HNSC 1100
HNSC 3300	Introduction to Biostatistics	3	HNSC 1100 and 9 credits in HNSC courses numbered 2000 and above
HNSC 4180	Community Health Service	3	12 credits in HNSC courses numbered 2000 and above with "C" or better; AND an application must be completed during the preceding semester.

¹ Satisfies Pathway Flexible Core Scientific World requirement.

² HNSC 2210 is a more advanced course than HNSC 1200 and geared to students completing a concentration in Nutrition.

12 credits chosen from the following HNSC courses for the BA/Health Concentration.

<u>Course No</u>	<u>Course Title</u>	<u># of Credits</u>	<u>Prerequisites</u>
HNSC 2100	Introduction to Public Health	3	HNSC 1100
HNSC 2111 ¹	Psychological Aspects of Health	3	HNSC 1100
HNSC 2131	Environmental Health	3	HNSC 1100
HNSC 2150	Health Counseling	3	HNSC 1100 plus 9 additional HNSC credits
HNSC 2170	Child Development: Typical and Atypical	3	HNSC 1100
HNSC 2171	Family Health and Relationships	3	HNSC 1100
HNSC 2180 ²	Women's Health	3	HNSC 1100
HNSC 2181	Human Sexuality	3	HNSC 1100
HNSC 2182	Drugs and Society	3	HNSC 1100
HNSC 2215	Current Concerns in Nutrition	3	HNSC 1200 or HNSC 2210
HNSC 2220	Food Science	3	HNSC 1200 or HNSC 2210 prerequisite; CHEM 1040 prerequisite or co-requisite; 2221 co-requisite
HNSC 2221	Food Science Laboratory	1	HNSC 1200 or HNSC 2210 prerequisite; CHEM 1040 prerequisite or co-requisite; HNSC 2220 co-requisite
HNSC 2300	Human Physiology	3	Biology 1001 and 1002
HNSC 2301	Physiology Laboratory	2	HNS 2300 prerequisite of co-requisite
HNSC 3112	Health Activism	3	HNSC 1100 and HNSC 2100
HNSC 3170	Family Influences on Child Health	3	HNSC 1100 plus 6 additional HNSC credits
HNSC 3171	Health Aspects of Maturity and Aging	3	HNSC 1100 plus 6 additional HNSC credits
HNSC 3230	Nutrition and Health Across the Lifespan	3	HNSC 1100 and HNSC 1200 or HNSC 2210
HNSC 3314	Human Encounters with Death and Bereavement	3	English 1010 or permission and junior standing

6 credits chosen from the following HNSC courses for the BA/Health Concentration.

<u>Course No</u>	<u>Course Title</u>	<u># of Credits</u>	<u>Prerequisites</u>
HNSC 2183 ¹	Health Communication	3	HNSC 1100
HNSC 2212	Geriatric Nutrition	3	HNSC 1200 or HNSC 2210
HNSC 3111 ²	Health and Globalization	3	HNSC 2109W
HNSC 3132	Occupational Safety and Health	3	HNSC 1100
HNSC 3150	Leadership in Health Action Groups	3	HNSC 1100 and 6 credits in HNSC courses numbered 2000 and above
HNSC 3160	Physiology of Health & Disease	3	HNSC 2300 or KINS 3271.
HNSC 3162	Biological Concepts in Public Health	3	HNSC 1100 and 2109; BIOL 1001
HNSC 3180	Bereavement	3	HNSC 3314
HNSC 3181	Children and Death	3	HNSC 3314
HNSC 3184	Health Disparities	3	HNSC 1100
HNSC 3186	Principles of Caring for the Terminally Ill	3	HNSC 3314
HNSC 3187	Trauma and Traumatic Grief	3	HNSC 3314
HNSC 3188	Adolescents, Death and Bereavement	3	HNSC 3314
HNSC 3505	Sociology of Public Health	3	HNSC 1100
HNSC 4150	Techniques for Community Health Education	3	12 credits in HNSC courses numbered 2000 and above
HNSC 4151	Sex Information and the Health Professional	3	12 credits in HNSC courses numbered 2000 and above with a grade of “C” or better and HNSC 2181
HNSC 4152	Program Planning and Community Health Education	3	HNSC 1100 and 12 credits in HNSC courses numbered 2000 and above
HNSC 4153	Lesbian, Gay, Bisexual and Transgender Health	3	HNSC 1100; and 2181 Prerequisite or Co-requisite
HNSC 4300	Health Services Organization and Administration	3	HNSC 2109W or 2140
HNSC 5100	Capstone Seminar in Public Health Research	3	HNSC 1100, 2100, 2109W, 2120, 3300 and permission of the Deputy Chair
HNSC 5190	Seminar in Current Literature in the Philosophy of Health	3	18 credits in advanced HNSC courses and permission

¹ Same as CASD 4666

² Same as ANTHRO 3155

HNSC 5290W	Seminar in Recent Trends in Nutrition	3	HNSC 2300 and 3300; 4240 Prerequisite or Co-requisite
HNSC 5390	Directed Research I	3	Permission of Chair
HNSC 5391	Directed Research II	3	Permission of Chair
HNSC 5392	Directed Research III	3	Permission of Chair

Major in Health and Nutrition Sciences: BS/Public Health Concentration

The requirements for the BS degree in public health were developed to meet the goals and objectives of the Council on Education for Public Health (CEPH) of the Association of Schools and Programs of Public Health. The curriculum in public health covers:

- “1. the concepts and applications of basic statistics
2. the foundations of biological and life sciences and the concepts of health and disease
3. the history and philosophy of public health as well as its core values, concepts, and functions across the globe and in society
4. the basic concepts, methods, and tools of public health data collection, use, and analysis and why evidence-based approaches are an essential part of public health practice
5. the concepts of population health, and the basic processes, approaches, and interventions that identify and address the major health-related needs and concerns of populations
6. the underlying science of human health and disease including opportunities for promoting and protecting health across the life course
7. the socioeconomic, behavioral, biological, environmental, and other factors that impact human health and contribute to health disparities
8. the fundamental concepts and features of project implementation, including planning, assessment, and evaluation
9. the fundamental characteristics and organizational structures of the US health system as well as the differences in systems in other countries
10. basic concepts of legal, ethical, economic, and regulatory dimensions of health care and public health policy and the roles, influences, and responsibilities of the different agencies and branches of government
11. basic concepts of public health-specific communication, including technical and professional writing and the use of mass media and electronic technology”*

Students who complete this concentration are prepared for entry level jobs in public health, including positions as public health advisors, contact tracers, sanitation inspectors, and may work in emergency and disaster planning, health communication, policy development, administration, and research. Students are advised to review the website of the Association of Schools and Programs of Public Health at: <https://www.aspph.org/>

*from Accreditation Criteria, Standalone Baccalaureate Programs, Council on Education for Public Health, 2018.

Requirements for the BS/ Public Health Concentration

<u>Course #</u>	<u>Course Title</u>	<u># of Credits</u>	<u>Prerequisites and Comments</u>
HNSC 1100 ¹	Personal and Community Health	3	-
HNSC 1200 ¹	Fundamentals of Nutrition	3	--
HNSC 2100	Introduction to Public Health	3	HNSC 1100
HNSC 2109W	Principles in Health Science (HNSC Writing Intensive course)	3	HNSC 1100
HNSC 2120	Introduction to Epidemiology	4	HNSC 1100
HNSC 2130	Health and Human Ecology	3	HNSC 1100
HNSC 2140	Introduction to the US Health System & Policy	3	HNSC 1100
HNSC 2183	Health Communication	3	HNSC 1100
HNSC 3112	Health Activism	3	HNSC 1100 and HNSC 2100
HNSC 3162	Biological Concepts in Public Health	3	HNSC 1100 and HNSC 2109W ; BIO 1001
HNSC 3300	Introduction to Biostatistics	3	HNSC 1100 and 9 credits in HNSC courses numbered 2000 and above
HNSC 4152	Program Planning and Community Health Education	3	HNSC 1100 and 12 credits in HNSC courses numbered 2000 and above
HNSC 4180	Community Health Service (fieldwork)	3	12 credits in HNSC courses numbered 2000 and above with "C" or better; AND application must be completed during the preceding semester
HNSC 5100	Capstone Seminar in Public Health Research	3	HNSC 1100, HNSC 2100, HNSC 2109W, HNSC 2120, and HNSC 3300 and Permission from Deputy Chair
Biology 1001	General Biology	4.5	See the Brooklyn College Bulletin for prerequisites
CHEM 1040 OR CHEM 1100 OR Both CHEM 1050 and 2050	General Chemistry for Health-Related Professions General Chemistry 1 General Chemistry 1A and 1B	5 5 3, 4.5	See the Brooklyn College Bulletin for prerequisites
Electives	HNSC courses numbered 2000 and above or ANTH 1100, ANTH 3150, ANTH 3135, ECON 3500, EESC 3750, HIST 3478, PHIL 3306, PHIL 3316, POLS 1002, POLS 3415, PSYC 1000, SOCY 1101, SOCY 3202, SUST 1001, WGST 3122, WGST 3501	Total of 6 credits	See the Brooklyn College Bulletin for pre-requisites.

¹ Satisfies Pathway Flexible Core Scientific World requirement.

Major in Health and Nutrition Sciences: BS/Health Science Concentration

The BS in Health Science is intended to help prepare students who are interested in clinical health careers, such as nursing, physical therapy, occupational therapy, medicine, dentistry, physician assistant, pharmacy, podiatry. Upon graduation from the BS/Health Science concentration, students will be prepared to enter professional schools in the professions specified above.

Students who are considering health professions schools after Brooklyn College are strongly encouraged to meet with the Health Professions advisor, Dr. Steven Silbering, or his staff. Dr. Silbering may be contacted at: Silbering@brooklyn.cuny.edu in 2231 Boylan, 718-951-4706. There is a Pre-Health Professions handbook which is updated periodically and currently may be found at:

https://www.brooklyn.cuny.edu/web/aca_honors/200330_Pre-health_Professions_Handbook.pdf

HNSC 5190 and 5191 are courses that offer new and/or experimental classes. The specific topics may change from semester to semester. It is recommended that students look for email communication about these courses, examine posters near the department office and review the schedule of courses to determine the topics covered in specific semesters.



Requirements for the BS/ Health Science Concentration

Health and Nutrition Sciences major requirements are listed below for the BS degree with a concentration in Health Science. In addition to the major requirements, students must complete the Brooklyn College general education requirements as specified in the Brooklyn College course catalogue. For a brief description of HNSC courses, students are referred to the Brooklyn College Undergraduate Bulletin.

Students are required to take the courses specified below plus 12 credits from courses shown on page 13, 6 credits from courses shown on page 14 and the Biology and Chemistry courses specified on page 15.

All the following HNSC courses are required for the BS/Health Science.

<u>Course Number</u>	<u>Course Title</u>	<u># of Credits</u>	<u>Prerequisites</u>
HNSC 1100 ¹	Personal and Community Health	3	--
HNSC 1200 ¹ or HNSC 2210 ²	Fundamentals of Nutrition Human Nutrition	3 4	-- Biology 1001 and 1002
HNSC 2109W	Principles in Health Science (HNSC Writing Intensive course)	3	HNSC 1100
HNSC 2120	Introduction to Epidemiology	4	HNSC 1100
HNSC 2130	Health and Human Ecology	3	HNSC 1100
HNSC 2140	Introduction to the US Health System & Policy	3	HNSC 1100
HNSC 3300	Introduction to Biostatistics	3	HNSC 1100 and 9 credits in HNSC courses numbered 2000 and above
HNSC 2300 ³	Human Physiology	3	HNSC 1100 and BIO 1001
HNSC 2301 ³	Human Physiology Lab	2	HNSC 1100 and BIO 1001 and HNSC 2300 as a co-requisite or prerequisite
HNSC 4180	Community Health Service	3	12 credits in HNSC courses numbered 2000 and above with "C" or better; AND application must be completed during the preceding semester

¹ Satisfies Pathway Flexible Core Scientific World requirement.

² HNSC 2210 is a more advanced course than HNSC 1200 and geared to students completing a concentration in Nutrition

³ If you are planning to go into one of the health professions, it is important to determine if you need Human Anatomy and Physiology rather than just Human Physiology. The Department of Health and Nutrition Sciences accepts KINS 3281 and 3285 (Human Anatomy and Physiology) in lieu of HNSC 2300 and 2301.

12 credits chosen from the following HNSC courses for the BS/Health Science Concentration

<u>Course No</u>	<u>Course Title</u>	<u># of Credits</u>	<u>Prerequisites</u>
HNSC 2100	Introduction to Public Health	3	HNSC 1100
HNSC 2111	Psychological Aspects of Health ¹	3	HNSC 1100
HNSC 2131	Environmental Health	3	HNSC 1100
HNSC 2150	Health Counseling	3	HNSC 1100 plus 9 additional HNSC credits
HNSC 2170	Child Development: Typical and Atypical	3	HNSC 1100
HNSC 2171	Family Health and Relationships	3	HNSC 1100
HNSC 2180	Women's Health ²	3	HNSC 1100
HNSC 2181	Human Sexuality	3	HNSC 1100
HNSC 2182	Drugs and Society	3	HNSC 1100
HNSC 2215	Current Concerns in Nutrition	3	HNSC 1200 or HNSC 2210
HNSC 2220	Food Science	3	HNSC 1200 or HNSC 2210 prerequisite; CHEM 1040 prerequisite or co-requisite; 2221 co-requisite
HNSC 2221	Food Science Laboratory	1	HNSC 1200 or HNSC 2210 prerequisite; CHEM 1040 prerequisite or co-requisite; HNSC 2220 co-requisite
HNSC 3112	Health Activism	3	HNSC 1100 and HNSC 2100
HNSC 3170	Family Influences on Child Health	3	HNSC 1100 plus 6 additional HNSC credits
HNSC 3171	Health Aspects of Maturity and Aging	3	HNSC 1100 plus 6 additional HNSC credits
HNSC 3230	Life Cycle Nutrition	3	HNSC 1100 and HNSC 1200 or HNSC 2210
HNSC 3314	Human Encounters with Death and Bereavement	3	English 1010 or permission and junior standing

¹ Same course as PSYCH 3180

² Same course as WS 3606

6 credits chosen from the following HNSC courses for the BS/Health Science Concentration

<u>Course No</u>	<u>Course Title</u>	<u># of Credits</u>	<u>Prerequisites</u>
HNSC 2183 ¹	Health Communication	3	HNSC 1100
HNSC 2212	Geriatric Nutrition	3	HNSC 1200 or HNSC 2210
HNSC 3111 ²	Health and Globalization	3	HNSC 2109W
HNSC 3132	Occupational Safety and Health	3	HNSC 1100
HNSC 3150	Leadership in Health Action Groups	3	HNSC 1100 and 6 credits in HNSC courses numbered 1200 and above
HNSC 3160	Physiology of Health & Disease	3	HNSC 2300 or KINS 3271.
HNSC 3162	Biological Concepts in Public Health	3	HNSC 1100 and 2109; BIOL 1001
HNSC 3180	Bereavement	3	HNSC 3314
HNSC 3181	Children and Death	3	HNSC 3314
HNSC 3184	Health Disparities	3	HNSC 1100
HNSC 3186	Principles of Caring for the Terminally Ill	3	HNSC 3314
HNSC 3187	Trauma and Traumatic Grief	3	HNSC 3314
HNSC 3188	Adolescents, Death and Bereavement	3	HNSC 3314
HNSC 3505	Sociology of Public Health	3	HNSC 1100
HNSC 4150	Techniques for Community Health Education	3	12 credits in HNSC courses numbered 2000 and above
HNSC 4151	Sex Information and the Health Professional	3	12 credits in HNSC courses numbered 2000 and above with a grade of “C” or better and HNSC 2181
HNSC 4152	Program Planning and Community Health Education	3	HNSC 1100 and 12 credits in courses numbered 2000 and above
HNSC 4153	Lesbian, Gay, Bisexual and Transgender Health	3	HNSC 1100; 2181 Prerequisite or Co-requisite
HNSC 4300	Health Services Organization and Administration	3	HNSC 2109W or 2140
HNSC 5100	Capstone Seminar in Public Health Research	3	HNSC 1100, 2100, 2109W, 2120, 3300 and Permission from Deputy Chair
HNSC 5190	Seminar in Current Literature in the Philosophy of Health	3	18 credits in advanced HNSC courses and permission
HNSC 5191	Seminar in Current Literature in the Science of Health	3	18 credits in advanced HNSC courses and permission
HNSC 5290W	Seminar in Recent Trends in Nutrition	3	9 credits in advanced courses in Nutrition and 2300 and 3300; 4240 Prerequisite or Co-requisite

HNSC 5390	Directed Research I	3	Permission of Chair
HNSC 5391	Directed Research II	3	Permission of Chair
HNSC 5392	Directed Research III	3	Permission of Chair

Required Courses in Other Departments for BS/Health Science concentration

It is essential to check the Brooklyn College Bulletin for required pre-requisites for courses in Biology and Chemistry.

Students pursuing the **BS** Health Science concentration must take:

BIOL 1001 General Biology (4.5 credits)

BIOL 1002 General Biology (4.5 credits)

BIOL 3003 Microbiology (2 credits)

BIOL 3004 Microbiology lab (2 credits)

CHEM 1040 General Chemistry for Health-Related Professions (5 credits)

CHEM 2500 Organic Chemistry for Health-Related Professions (5 credits) **OR** Chem 3510 and Chem 3520 **OR** Chem 3511, 3512, 3521 and 3522.

OR

CHEM 1100 General Chemistry I (5 credits)

CHEM 2100 General Chemistry II (5 credits)

CHEM 2500 Organic Chemistry for Health-Related Professions (5 credits) **OR** Chem 3510 and Chem 3520 **OR** Chem 3511, 3512, 3521 and 3522.

Major in Health and Nutrition Sciences: BA and BS Thanatology Concentration

Thanatology is the study of death, dying and bereavement. Thanatology stems from the Greek word *thanatos*, meaning death, and *ology*, meaning a science or organized body of knowledge. It is an interdisciplinary and cross-cutting area of knowledge that is relevant not only to clinicians, social workers, and counselors who wish to work directly with those at the end of life, but to multiple professional sectors including those that address various types of grief, loss, and bereavement at individual, family, and community levels.

The Thanatology BA and BS majors consist of the same required courses as the BA and BS in Health, but with an additional 18 credits of thanatology-related coursework in lieu of the regular 18 credits of elective coursework. Thus, it provides students with a conceptual foundation and the factual knowledge necessary to understand, interpret and apply current information concerning health and health care, with an added specialization in death, dying and bereavement. The required courses give students a background in human ecology; the social and behavioral factors influencing health and approaches to health promotion and disease prevention; epidemiology and biostatistics; the health care system, human physiology and nutrition. The thanatology-specific courses expose students to broad range subjects in thanatology including: human encounters with death and dying, bereavement, principles of caring for the terminally ill, and traumatic death. Elective courses allow students to gain more knowledge pertaining to specific groups (children, adolescents, aging populations) and from different disciplinary perspectives (art, classics, social sciences). All students with a thanatology concentration are also required to take a fieldwork/internship course, HNSC 4180. The fieldwork course and its requirements are described on page 21 of this handbook.

Students with a Thanatology concentration will be assigned a faculty advisor. Advisors assist with course selection, internships, career opportunities, and academic problems within HNSC. Students should see their faculty advisor before registering for classes each semester. A list of health advisors is posted outside the HNSC department office, 4123 Ingersoll. If the advisor is not available or there are concerns regarding advisement, students may meet with the Undergraduate Deputy.

Students who are considering health professions schools after Brooklyn College (e.g., nursing, physician assistant, physical therapy, occupational therapy) are strongly encouraged to meet with the Health Professions advisor, Dr. Steven Silbering, or his staff. Dr. Silbering may be contacted at: Silbering@brooklyn.cuny.edu in 2231 Boylan, 718-951-4706. There is a Pre-Health Professions handbook which is updated periodically and currently may be found at:

https://www.brooklyn.cuny.edu/web/aca_honors/200330_Pre-health_Professions_Handbook.pdf

Requirements for the BA/Thanatology and BS/Thanatology Degrees

Health and Nutrition Sciences major requirements are listed below for the BA degree and the BS degree, with a concentration in Thanatology.

In addition to the major requirements, students must complete the Brooklyn College general education requirements as specified in the Brooklyn College course catalogue. For a brief description of HNSC courses, students are referred to the Brooklyn College Undergraduate Bulletin.

<u>Course Number</u>	<u>Course Title</u>	<u># of Credits</u>	<u>Prerequisites</u>
HNSC 1100	Personal and Community Health	3	--
HNSC 1200 or HNSC 2210 ¹	Fundamentals of Nutrition Human Nutrition	3 4	-- Biology 1001 and 1002
HNSC 2109W	Principles in Health Science (HNSC Writing Intensive course)	3	HNSC 1100
HNSC 2120	Introduction to Epidemiology	4	HNSC 1100
HNSC 2130	Health and Human Ecology	3	HNSC 1100
HNSC 2140	Introduction to the US Health System & Policy	3	HNSC 1100
HNSC 2300 ²	Human Physiology	3	HNSC 1100 Biology 1001
HNSC 2301 ²	Human Physiology Laboratory	2	HNSC 1100 HNSC 2300 (as a co-requisite or a prerequisite)
HNSC 3300	Introduction to Biostatistics	3	HNSC 1100 and 9 credits in HNSC courses numbered 2000 and above
HNSC 4180	Community Health Service	3	12 credits in HNSC courses numbered 2000 and above with "C" or better; AND application must be completed during the preceding semester

Thanatology Courses

<u>Course Number</u>	<u>Course Title</u>	<u># of Credits</u>	<u>Prerequisites</u>
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Required courses in Thanatology			
HNSC 3314	Human Encounters with Death and Bereavement	3	English 1010 or permission and junior standing
HNSC 3180	Bereavement	3	HNSC 3314
HNSC 3186	Principles of Caring for the Terminally Ill	3	HNSC 3314
HNSC 3187	Trauma and Traumatic Grief	3	HNSC 3314
6 credits chosen from the following:			
HNSC 3181	Children and Death	3	HNSC 3314
HNSC 3188	Adolescents, Death and Bereavement	3	HNSC 3314
HNSC 3171	Health Aspects of Maturity and Aging	3	HNSC 1100 plus 6 additional HNSC credits
HNSC 5390	Directed Research I	3	Permission of Chair
CLAS 3244 RELG 3035 HIST 3025	Death and Afterlife in the Ancient World	3	ENGL 1010 or permission
ARTD 3151	The Art of Death and Dying in Mexico	3	ARTD 1050 or ARTD 1010
PSYC 3260	Psychology of Aging	3	PSYC 2200 or 2210
SOCY 2402	Aging in America	3	SOCY 1101 or permission

Required Courses in Other Departments for BS/Thanatology concentration

It is essential to check the Brooklyn College Bulletin for required pre-requisites for courses in Biology and Chemistry.

Students pursuing the **BS** Thanatology concentration must take:

BIOL 1001 General Biology (4.5 credits)
BIOL 1002 General Biology (4.5 credits)
BIOL 3003 Microbiology (2 credits)
BIOL 3004 Microbiology lab (2 credits)

CHEM 1040 General Chemistry for Health-Related Professions (5 credits)
CHEM 2500 Organic Chemistry for Health-Related Professions (5 credits) **OR** Chem
3510 and Chem 3520 **OR** Chem 3511, 3512, 3521 and 3522.

OR

CHEM 1100 General Chemistry I (5 credits)
CHEM 2100 General Chemistry II (5 credits)
CHEM 2500 Organic Chemistry for Health-Related Professions (5 credits) **OR** Chem
3510 and Chem 3520 **OR** Chem 3511, 3512, 3521 and 3522.

Graduating with Honors in Health and Nutrition Sciences

To qualify for graduation with honors in the department, a student must meet ALL of the following requirements:

1. Have at least a 3.5 GPA in HNSC courses and an overall GPA of at least 3.2 by the last semester prior to graduation;
2. Complete at least one course for at least 3 credits in HNSC advanced courses with an honors designation and a grade of at least A- OR complete HNSC 5390, 5391 or 5392 with a grade of A- or higher¹;
3. Demonstrate behavior that respects the health, safety, dignity, and the rights of students and faculty; and
4. Complete the HNSC honors application form by November 15th for winter graduation and by April 15th for spring graduation.

The application form is available at:

<http://info.brooklyn.cuny.edu/confluence/download/attachments/13238415/Departmental%20Honors%20Form.pdf>

Complete the form and present it to the Deputy for Undergraduate Health.

¹ To complete a course with an honors designation, the student must meet with the professor of the course very early in the semester and discuss the additional work required to earn an honors grade in the course. This could be, but is not limited to, a library research paper and/or a presentation. If the professor is not familiar with this option, refer the professor to the Deputy Chair.

Fieldwork

Please note that since space is limited in the fieldwork class, students must submit an application to the HNSC department office (4123 Ingersoll) early in the semester prior to when they want to take the course.

The fieldwork course, HNSC 4180 - Community Health Service I, consists of supervised placements for students preparing for careers in Health and Nutrition Sciences in such settings as schools, clinics, community health agencies, and hospitals. Students usually undertake an internship experience during their third or fourth year of college work, after having completed much of their theory-based professional courses. This experience is an integral part of the student's preparation for future professional employment. Students arrange their internship hours with the fieldwork site and attend a regularly scheduled section of HNSC 4180, with their instructor and students working at other sites.

Students who are interested in doing a second internship may register for HNSC 4181, Community Health Service II. Before arranging an independent section, the student and the faculty member who will supervise the internship should discuss the arrangement with the HNSC professor who is in charge of the internship.

The primary purpose of the field assignment or internship is to permit students to obtain actual work experience through which they may gain increased skills, knowledge of the field, useful contacts for future employment, and the opportunity to carry out projects which contribute to their overall growth. In simpler terms, the fieldwork course seeks to provide professional involvement. In addition, it enables students to provide service to the community. On occasion, the fieldwork site hires students for full-time work after graduation.

Internships are usually undertaken for a period of 1 semester, that is, about 15 weeks during either fall or spring semesters. **The student is committed to the agency for a minimum of 90 hours during the semester plus one conference per week at the college.** A student is not permitted to undertake a field assignment or internship for which s/he is being paid, nor is the student permitted to use this field experience to fulfill the requirements of any other course.

The internship placement is accomplished in one of three ways, depending upon the student's needs, skills and specific interests:

1. The faculty supervisor arranges a placement for a student within an agency which is well-suited to meet the student's and agency's needs.
2. Certain agencies make formal requests to the college for health and nutrition interns. The faculty supervisor then attempts to place suitable interns with those agencies.
3. The student identifies a specific community agency in which to do the internship. The faculty member reviews the site and determines if it is an appropriate placement with adequate supervision.

To enroll in the fieldwork course the student must complete and submit an internship form the semester prior to the fieldwork experience. The form should be submitted to the Department Office on the date designated for that semester. If a student has questions, he/she can contact the fieldwork faculty supervisor. The internship experience is for Health and Nutrition majors only and preference is given to those majors who are upper level students.

Because HNSC 4180 is a required course for graduation, and there are a limited number of internship sites, preference is given to graduating seniors who follow the required application process. The required process includes: a) submission of an application to the HNSC office, no later than the deadline provided on the application form and b) completion of all the prerequisites by the date of submission. Students who do not meet all the criteria on the date of submission, may resubmit the application if they meet the requirements by the end of the current semester. However, such students will not qualify for priority acceptance into the class.

Important Information

1. Read the BC Bulletin for the rules and regulations of the college at <http://www.brooklyn.cuny.edu/web/about/administration/enrollment/registrar/bulletins.php>
2. On occasion departmental requirements change. It is the student's responsibility to obtain the latest version of the Student Handbook.
3. Carefully read emails that you receive from the HNSC department and the HNSC Chair and Deputy Chair.
4. It is the student's responsibility to keep track of her/his progress in completing college-wide requirements. If the student has questions about courses that are required for graduation (other than HNSC courses), the student should seek assistance at the Center for Academic Advisement and Student Success (CAASS) located at Room 3207 Boylan Hall.
5. Meet with your HNSC advisor at least once each semester and definitely prior to registering for the next semester.
6. Students should review their DegreeWorks report (available online) at least once every semester.
7. Students are responsible for following the college calendar for adding, dropping, or withdrawing from a course.
8. The 2019-2020 Brooklyn College Undergraduate Bulletin states that to complete the major students must have "No fewer than 15 credits in advanced courses in the major department, which must be completed with a grade of C- or higher in each course."
9. For undergraduate courses, all grades except F are passing grades.
10. When a student does not submit an assignment, the default grade is a "0," not a time extension in the form of an INC grade.
11. Make-up exams are given at the discretion of the instructor teaching the course.
12. If a student misses a final exam, contact the course instructor within 2 days of the missed exam.
13. The Brooklyn College Student Handbook describes the College's policy on academic integrity. Students are expected to read and to adhere to the Brooklyn College Handbook rules and regulations on academic integrity. If a student has questions about the meaning, significance or consequences of academic dishonesty, the student should speak with her/his instructor or the Undergraduate Deputy Chair.
14. The last 18 credits toward the degree must be taken at Brooklyn College.
15. Undergraduate seniors who have earned a GPA of 3.00 or higher may apply for permission to take graduate classes. Permission must be obtained from the academic department in which the course is offered. Graduate courses may be applied as undergraduate or graduate credit. Tuition may be different for a graduate class. Speak with the undergraduate deputy chair for further information.
16. If a student has a disability and requires special accommodations in class, the instructor should be notified at the beginning of the semester and documentation provided by the Center for Student Disability Services.

17. If a student wishes to lodge a formal complaint against a faculty member, s/he is advised to first meet with the Deputy Chair or Chair of the Department.
18. Some courses are not offered every semester, so students need to review periodically the schedule of classes posted by the HNSC department office (4123 Ingersoll Hall).
19. If questions arise that an individual faculty advisor is unable to assist the student with or the faculty member is on sabbatical or not available, the student may contact the Deputy Chair.

Some Recommendations for Students

Below are some “tips” for HNSC majors. Several of these recommendations have already been presented in this Handbook and some are new. Please read this section carefully.

1. Take your required HNSC courses as soon as you can. Some courses are not offered every term. **Do not leave required courses until your last semester at Brooklyn College.**
2. Make sure that you have taken specified prerequisites for your HNSC courses.
3. To enroll in the fieldwork course the student must complete an application form (available in the HNSC office) in the semester prior to the fieldwork experience.
4. If you are transferring from another CUNY school, you may determine what courses at the other schools are equivalent to courses at Brooklyn College. Take a look at:
<http://www2.cuny.edu/wp-content/uploads/sites/4/page-assets/about/administration/offices/registrar/resources/evaluate-my-transfer-credit/Evaluate-My-Transfer-Credit-Guide.pdf>
5. If you are not a strong science student, do not take Biology and Chemistry in the same semester.
6. If you are interested in graduating with Honors, please refer to the instructions on page XX.
7. Review your transcript after each semester to make sure that your courses are listed properly and you are getting appropriate credit for the courses you have taken.
8. Meet with your faculty advisor every semester, preferably before you register for the new term.
9. Over-tallies may only be given by the assigned course instructor.
10. When you email anyone at BC, use appropriate English grammar and spelling and avoid colloquialisms. If you want an HNSC advisor to assist you, it is often useful to include your EMPL ID number with your email.
11. There is a student-run Health and Nutrition Sciences Club. The HNSC Club, located in 4130 Ingersoll, is a place for students to meet and study.
12. A Brooklyn College Health Clinic provides health care for students. Currently, visits to the Clinic are free of charge (there may be a nominal fee for some medications and laboratory tests). The Clinic is located in 114 Roosevelt Hall.
13. If you are having difficulty coping with college or personal issues, you may go to the Personal Counseling Office, 0203 James (718-951-5363) for free and confidential assistance.
14. Make sure that you submit all payments to the college for tuition and fees when they are due. If you do not pay on time, you may be dropped from classes.

15. Save all official paperwork (e.g., registration receipts) from the department and the college. If you have a problem and are meeting with or speaking with someone in any college office, make sure to get her/his name. Keep a record of all transactions with BC staff.
16. It has become very competitive to get into professional schools for a number of the health professions (e.g., occupational therapy, physical therapy, physician assistant). Therefore, you are urged to maintain a minimum GPA of 3.0 and higher.
17. If you need a letter of recommendation for graduate school, a job or an internship, most faculty will need several weeks or more to complete your request. Also, most faculty members are not available from the beginning of June until the beginning of the new semester at the end of August/beginning of September.
18. It is very useful to get some volunteer experience in the health care field (This does not count toward the fieldwork course). Doing volunteer work introduces you to the professional health care environment and the many health care professions. Whether you decide to begin your career immediately following graduation from BC or you decide to go to graduate or professional school, volunteer work is very favorably considered.

Minor in Health and Nutrition Sciences

A minimum of 15 credits is needed to minor in Health and Nutrition Sciences. The minor requires HNSC 1100 and 4 additional HNSC courses, each completed with a grade of C or higher. At least one course must come from the following:

HNSC 1200 or 2210, 2109W, 2120, 2130, 2140, 2300, 2301.

Minor in Thanatology

A minimum of 12 credits is needed to minor in Thanatology. The minor requires HNSC 3314 and 3 courses from the following: HNSC 3180, 3181, 3186, 3187, 3188. Each course must be completed with a grade of C or higher.

The minor in Thanatology is available to students pursuing other HNSC concentrations.

Concentration in Health and Nutrition Sciences for Education Majors

The profession of teacher education is licensed by the New York State Education Department. Therefore, program requirements are subject to change. All students should consult with the School of Education for the current requirements.

As of June 2006, thirty (30) credits completed with a grade of C or higher in each course are required for the HNSC concentration for Education majors, as specified below:

All of the following courses are required:

HNSC 1100

HNSC 1200 or 2210

HNSC 2150

HNSC 2170

Five courses from the following:

HNSC 2109W, 2111, 2130, 2131, 2140, 2171, 2180, 2181, 2182, 3110, 3161, 3170, 3230, 3314, 3180, 3181, 3186, 3187, 3188.

One course from the following:

HNSC 2183, 3150, 3151, 3184, 4150, 4151, 4152, 4180, 4182

HNSC 1100 is required as a pre-requisite for most courses.

DO NOT REGISTER FOR ANY COURSE WITHOUT COMPLETING THE PRE-REQUISITES.

Searching for a Job

The Bureau of Labor Statistics Occupational Outlook Handbook provides estimates of the job market growth rate, median salaries, education required and more. There are strong expectations that there will be solid growth in the health care industry in the coming years. You may access the Occupational Outlook Handbook at: <https://www.bls.gov/ooh/healthcare/home.htm>

Some recommendations for starting your job search

1. Start the search before graduation. It may take months to find a job in health care.
2. Your fieldwork and volunteer experiences are excellent opportunities to meet future employers.
3. Go to the Magner Career Center (1303 James Hall) on campus. The staff can make suggestions about search strategies, including websites to explore. They can also assist you with preparing a resume and cover letter. Be sure to finalize your resume with them before sending any to employers.
4. Many employers search and hire potential employees through LinkedIn. Visit www.linkedin.com, and establish a LinkedIn profile.
5. Let faculty, friends and family know that you are job-hunting.
6. Communicate with academic and professional mentors in your field who can provide you with direction and assistance.
7. There are too many general employment websites to mention here (e.g., Monster, Idealist, Indeed). Be creative as you search the internet. Ask the staff at the Magner Career Center for advice. You may wish to look at the metropolitan area websites (see below).
8. When you apply for a job, make sure that the cover letter is tailored to the specific position. A general cover letter will not impress a potential employer. Have someone you know or a staff member at the Magner Career Center proofread your cover letter and resume.
9. Depending on your area of interest, take courses in other departments which will help you advance in your job search. For example, you may want to take courses in business if you are interested in health administration. Language ability in Spanish or other languages and computer skills may also be well-regarded.
10. Do not underestimate your background, prior work experience and education.

It's never too early to start looking for volunteer, internship and other employment opportunities. A good way to begin is to visit one of the sites below and apply.

Employer	Website
New York City health-related jobs	https://www1.nyc.gov/jobs/explore-careers.page#agencies
New York City Health and Hospitals Corporation	http://employment.nychhc.org/
New York State Department of Health	http://www.health.ny.gov/employment/

You may also look at the website or contact the human resources office at one of the many hospitals in the New York area.