PROFESSIONAL STUDIES

INTRODUCTION

According to research performed at the University of California San Francisco, allied health professionals make up 60% of the total healthcare workforce. As a result of this increasing demand for well-trained and motivated professionals, the Allied Health program offerings at Canisius are rapidly expanding. Students can choose from MS programs in Health & Human Performance, Applied Nutrition, Community & School Health, Respiratory Care and Health Information Technology.

MISSION STATEMENT

The mission of the Office of Professional Studies is to help adult learners, non-traditional students and working professionals further their education and career opportunities. Wide-ranging and academically innovative programs are being developed to respond to the needs of today’s professionals. These new areas of study are co-developed by Canisius faculty and outside partners including industry experts, professional associations, consulting organizations and businesses. The programs are provided in creative scheduling formats and education delivery methods designed to meet the needs of working professionals. Focused on academic excellence, we are committed to continual self-assessment with the goal of achieving outstanding results.

MASTER’S DEGREE PROGRAMS

- MS in Health Information Technology (http://catalog.canisius.edu/graduate/school-education-human-services/professional-studies/health-information-technology)
- MS in Applied Nutrition (http://catalog.canisius.edu/graduate/school-education-human-services/professional-studies/applied-nutrition)
- MS in Community and School Health (http://catalog.canisius.edu/graduate/school-education-human-services/professional-studies/community-school-health)
- MS in Health and Human Performance (http://catalog.canisius.edu/graduate/school-education-human-services/professional-studies/health-human-performance)
- MS in Respiratory Care (http://catalog.canisius.edu/graduate/school-education-human-services/professional-studies/respiratory-care)

For more information, contact Dr. Dennis Koch, Director, Office of Professional Studies at 716-888-8292. For admissions assistance, contact the Graduate Admissions Office at 716-888-2545, or toll free at 1.800.950.2505, or GradAdmissions@canisius.edu.

The following classes contribute to more than one program within the Office of Professional Studies.

ALH 500 Health Care Systems 3 Credits
This course introduces students to the historical development, structure, operation, and current and future directions of the major components of the American health care delivery system. It examines the ways in which health care services are organized and delivered, the influences that impact health care public policy decisions, factors that determine the allocation of health care resources and the establishment of priorities, and the relationship of health care costs to measurable benefits. The course enables students to understand the role of organized efforts to influence health policy formulation, and the contributions of medical technology, research findings, and societal values on the evolving health care delivery system in the United States.
Offered: every fall, online only.

ALH 501 Health Promotion and Disease Prevention 3 Credits
This course is an in-depth examination of health promotion; the science and art of helping people change their lifestyle to move toward a state of optimal health. Lifestyle changes can prevent chronic diseases, such as heart disease, cancer, and diabetes, which are the leading causes of death and disability in the United States. We will review and critically assess current efforts to influence lifestyle change, at both the individual and population levels. Students will have the opportunity to plan, organize, and conduct lifestyle change programs.
Offered: summer & fall, occasionally spring; online only.

ALH 502 Nutrition 3 Credits
Study of nutrition principles, behavior and counseling, as well as clinical applications of nutrition as it relates to health, clinical exercise physiology and cardiac rehabilitation.
Offered: fall, spring, & summer; online only.

ALH 503 Medical Nutrition Therapy 3 Credits
This course will explore the application of nutrition principles to the treatment and prevention of diseases. This treatment can range from changes in diet to providing specialized therapies such as intravenous or tube feeding. Topics discussed will include lifestyle strategies and therapeutic nutrient intervention to correct nutritional insufficiencies, promote optimal health, and prevent, manage, or correct medical problems.
Offered: fall & spring, online only.

ALH 507 Clinical Health Behavior Change 3 Credits
This course will explore health behavior theories to facilitate the adoption of healthful behaviors to various groups. It will include motivational interviewing, practice of nonverbal, active listening, goal assessment and group counseling. It will also explore the evaluation of nutrition education interventions.
Offered: every spring, online only.

ALH 520 Exercise Prescription 3 Credits
This course presents a comprehensive overview of the human body’s responses to acute and chronic exercise. An understanding of the processes involved in prescribing safe and effective therapeutic exercise for healthy individuals as well as geriatric populations, pregnant women, children, and patients with chronic conditions including heart and lung disease, diabetes, and obesity will be reviewed. In the course, environmental and legal considerations in the prescriptive process will be discussed. Consideration will also be given to behavior change principles and the role of motivation in prescribing appropriate exercises for a variety of clients.
Offered: every fall, online only.
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This course will cover topics such as eating disorders among athletes, female athlete triad, and weight management. It will provide students with skills to counsel athletes as well as sports teams. The course will also cover performance enhancement, motivation, and stress management of athletes. Students will develop an understanding of behavioral change theory as it relates to sports psychology.

**Offered:** every fall, online only.

In this course, students will learn to select appropriate statistical procedures, analyze data, and interpret the results. SPSS for Windows will be used to cover descriptive statistics, tests of differences, and to develop methods of presenting tables and graphs.

**Offered:** fall, spring, & summer; online only.

This course is designed to provide students with an overview of models, strategies, interventions and assessment techniques to use in designing, planning, initiating and evaluating public health programs that address the most important health issues affecting our communities at the local, state, national and international levels. As a foundation for exploration and discussion, the socio-ecologic framework (individual/behavioral, environmental/social/community and policy levels) of interventions will all be studied.

**Offered:** every spring, online only.

This course provides an overview of the physiological responses and adaptations to resistance training. Training theories and methodology for program design for different populations will also be discussed.

**Offered:** every spring.

Independent studies require an application and approval by the associate dean.

**Prerequisite:** permission of the instructor, department chair, & associate dean.

**Offered:** occasionally.

Details the functions of the cardiovascular and respiratory systems emphasizing normal function, pathophysiology, initiation and progression of disease and current treatment. Special reference will be made to the role of exercise as a therapeutic modality.

**Prerequisite:** an introductory course in anatomy and physiology.

**Offered:** every fall, online only.

This course provides study of the current medications used in the treatment of congestive heart failure, coronary artery disease, arrhythmias, angina and hypertension, asthma and COPD. The effects of these medications during acute and chronic exercise and cardiac emergency medications will also be covered.

**Prerequisite:** ALH 602.

**Offered:** every fall, online only.

This course will focus on understanding the specific role of energy and nutrients in fitness and athletic performance. Additional topics will include the role of fluid and electrolytes, ergogenic aids, and special diets in physical activity. Tools for assessing body position (body fat, muscle mass), unique dietary concerns across the lifespan and in special population groups (heart disease, diabetes, obesity) and the effect of diet on endurance will be explored.

**Offered:** every fall, online only.

This course considers research methods and designs used in a variety of professional settings. The development of research techniques will be emphasized, including the ability to define research problems, develop hypotheses, review and interpret literature, apply research designs and draw relevant conclusions. The class culminates in the student writing and presenting a research proposal.

**Offered:** fall, spring, & summer; online only.

This course presents an overview of instructional design tools, teaching techniques and strategies, evaluation of learner competencies, maintenance of training records, and measurement of training program effectiveness.

**Prerequisite:** HIT 515, HIT 525, HIT 535, HIT 545, HIT 555.

**Offered:** every spring, online only.

The master's project is designed as a rigorous scholarly activity that provides an opportunity to integrate theoretical knowledge with research.

**Prerequisite:** permission of program director.

**Offered:** fall, spring & summer.

Continues ALH 689 with an approved thesis proposal by collecting and analyzing data, and culminates in an approved written thesis.

**Prerequisite:** ALH 689 & permission of program director.

**Offered:** fall, spring & summer.

This course is a continuation of ALH 689 or ALH 699, and is ONLY required for students who do not complete their Master's Project/Thesis in the allotted time (16 weeks).

**Offered:** fall, spring, & summer.

An intermediate graduate-level course designed to familiarize students with the elements of research and intermediate statistics with special emphasis on experimental and quasi-experimental research techniques commonly used in allied health professions. Students will learn about descriptive statistics, correlation, experimental designs and the fundamentals of statistical inference using t-tests, analysis of variance/covariance, and regression analysis. Students will learn to read and evaluate scientific literature. The course also examines issues that deal with ethical aspects of human experimentation. Special emphasis will be placed on preparing the student to be able to critically analyze and interpret research literature.

**Offered:** summer, fall, & spring.