

PROFESSIONAL STUDIES

Program Director: Dennis Koch, PhD

Introduction

According to research performed at the University of California San Francisco, allied health professionals make up 60% of the total healthcare workforce. At Canisius, students can choose from MS programs in Health & Human Performance or Applied Nutrition.

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. 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 Applied Nutrition (<http://catalog.canisius.edu/graduate/school-education-human-services/professional-studies/applied-nutrition/>) (This program has been discontinued)
- MS in Health and Human Performance (<http://catalog.canisius.edu/graduate/school-education-human-services/professional-studies/health-human-performance/>) (*This program has been replaced with Exercise Science (MS) (<http://catalog.canisius.edu/graduate/school-education-human-services/exercise-science/>) and will not accept new students after Fall 2023*)

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 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 502 Nutrition

3 Credits

This introductory course presents the principles of nutrition including all nutrients, their sources, and their requirements. Carbohydrates, protein, fat, vitamins, minerals, and water are discussed. Additional topics include food labeling and government food-regulatory agencies, energy balance, and food safety and security. The use of dietary guides, nutrient charts, and computerized diet analysis programs for the planning and evaluation of a healthy diet are also presented.

Offered: every fall & spring.

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: every fall.

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.

ALH 582 Functional Conditioning

3 Credits

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.

ALH 599 Independent Study

1-3 Credits

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

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

Offered: occasionally.

ALH 621 Cardiopulmonary Pharmacodynamics

3 Credits

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: KIN 602.

Offered: every fall, online only.

ALH 631 Research Methods in Allied Health

3 Credits

An intermediate graduate-level course designed to familiarize students with the elements of research methods with special emphasis on experimental and quasi-experimental research techniques most commonly used in the allied health professions. 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. By the end of the course, the student are expected to complete the majority of a viable research proposal. By the end of the course students will be able to properly read and critique scientific literature.

Offered: every summer.

ALH 632 Data Analysis and Statistics 3 Credits

An intermediate graduate-level course designed to familiarize students with the elements of data analysis and statistics. Students will learn methods of numerical and graphical summary and interpretation of data such as descriptive statistics, scatterplots, linear and non-linear correlation and regression, t-tests, and analysis of variance/covariance. Students will also be able use statistical software to enter and analyze data using the proper statistical tools.

Offered: every summer.

ALH 645 Teaching Technology for Health Leaders 3 Credits

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.

Offered: every spring, online only.

ALH 699 Masters Project II 3 Credits

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.

ALH 700 Continuing Master's Project/Thesis 1 Credit

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).