

Exploring the Health Sciences

(Pre-Nursing, Exercise Science/Kinesiology, Public Health, Biology, Nutrition, Psychology)



Fall 2020

Are you a high school graduate who is thinking of taking a gap year, or a gap semester, before starting your college career? Want to explore a career in the health sciences, like nursing, public health, physical therapy, nutrition, or psychology, with an international focus?

Take a virtual class - or 2, or 3, or 4 - from some of our top foreign universities with other international and local students, in English. All classes listed here are taught at the introductory levels with no prerequisites.

Hoping to be able to combine international travel with a purpose? Put the experience in experiential learning with a specially-designed international excursion in January or March 2021.

Consider combining your academic coursework with a practical, team-based learning approach of an API [Innovation](#) or [Community Engagement](#) Lab or with an opportunity to gain important professional skills with a [Gap Virtual Global Internship](#). Our team has identified and tagged particular courses listed below that pair well with these opportunities.

Popular classes to choose from include:

- Applied Microbiology
- Healthcare in Latin America
- Health and Psychology
- Health, Healing and Culture
- Introduction to Anatomy
- Introduction to Genetics
- Mediterranean Diet
- Physical Therapy for Common Sports Injuries
- Principles of Human Physiology
- Public Health
- Spanish for Healthcare Professionals
- Sports Psychology

Remember, this is just a small sample of the virtual courses available—talk with an API advisor to let us help you find your perfect course or track!

POPULAR COURSES

[Applied Microbiology](#) at Universidad Pablo de Olavide: This course is an introduction for students to basic concepts and unifying principles of microbiology. The goal of this course is to provide the student with an understanding of the general concepts in microbiology, as well as inform about the general practices used clinically to identify and treat the most common infectious agents. The course is oriented towards the clinical aspects of microbiology, but does introduce historically significant discoveries to convey important topics. The labs are designed to familiarize students with aseptic methods of microbiological techniques and with its applications in clinical and environmental microbiology. No lab for online course, worth 3 US semester credits.

[Healthcare in Latin America](#) at ICDS in Costa Rica: This course is intended to create a unique interdisciplinary professional experience for students interested in Latin American and Caribbean health issues. Within the field of public and private health, its focus is on public health assessment strategies. Through this course, students will be exposed to current challenges facing Latin America and the Caribbean to reach an understanding of the way global public health issues unfold in the region. The course will provide students with concepts and updated material that will prepare them to look into issues related to people, places, and politics to assess the delivery and quality of health care in Latin America. **Note - would pair well with the API Community Engagement Lab!*

[Health and Psychology](#) at Universidad Veritas: Health care professionals require knowledge and skills in the field of psychology to better use an integral approach for their patients. Knowledge on theory, activities and techniques that facilitate the adoption of a multisystem, multilevel, and multivariate orientation, are for the benefit of their patients. This course will discuss some of the most common topics related to Health Psychology and pertinent to practice in the healthcare professions.

[Health, Healing and Culture](#) at Universidad Pablo de Olavide: This course is an introduction to medical anthropology, emphasizing the literature on health and healing in different cultures. The objectives of the course are to understand health and healing in social and cultural context, to compare health, illness and healing in different cultures, and to introduce the theoretical orientations and basic concepts of medical anthropology. Readings illustrate the different theoretical orientations used by medical anthropologists and explore topics such as mental health and illness, healers and healing, disease etiologies, health seeking behavior, childbirth across cultures and practical uses for medical anthropology in health care settings. Case studies from Italy, North America, Africa, Europe and Latin America illustrate key concepts. **Note - would pair well with the API Community Engagement Lab!*

[Introduction to Anatomy](#) at Universidad Veritas: This course introduces fundamental concepts in Human Anatomy from a macroscopic and practical point of view. The key to understanding how the body functions is to know its structure. The body works as a puzzle. Detailed knowledge and comprehension of its parts become the base of all the health sciences. This

course is ideal for health students that would like to dig deeper into their knowledge of the body structure. Students will be able to deepen in their anatomy concepts and review previous concepts to better understand the human body compounds.

[Introduction to Genetics](#) at Universidad Veritas: This is an introductory course where the concepts and applications of genetics are analyzed. This implies the use of basic theoretical-practical fundamentals in genetics to address problems in various fields, according to scientific literature. It is a current course in analyzing recent research topics and discussing controversial issues related to biotechnology. Through the analysis of specialized literature, the aim is to broaden the knowledge about the diversity of applications of genetics in different fields. During the course, we also develop skills in group work and leadership, as well as assertive communication in an oral and written form. (3 credits online only, 4 credits with fieldwork/lab in country). **Note - Costa Rica offers a unique on-site experience if interested! Students can earn extra lab credit, while living with a host family and attending classes with Costa Rican students in Nov-Dec.*

[Mediterranean Diet](#) at Universidad Pablo de Olavide: The course is intended to teach students about the critical role of nutrition on longevity and diseases related to aging. The Mediterranean diet is a type of diet located geographically in countries bordering the Mediterranean Sea. This diet has unique characteristics since it combines excellent gastronomic properties with a high and extremely healthy nutritional value. However, a series of not real myths or fictions created around the Mediterranean diet simply devalues it and its favorable properties. That situation is not helpful to increase the adherence to the MD, crucial to improving the health in general and to promote longevity. The objective of this course is to show the composition of the authentic Mediterranean diet and study from a biological point of view the components that are responsible for the positive effects on health.

[Physical Therapy and Rehabilitation Exercises for Common Sports Injuries](#) at Universidad Veritas: Physical therapy ranks in Costa Rica and the USA as one of the most desirable careers. Physical Therapists play essential roles in today's health care environment. They contribute along with all health care providers to maintain, restore, and improve movement, activity and health, enabling individuals of all ages to have optimal functioning and quality of life. During this course the student will learn history of Physical Therapy, PT core values and principles, mechanical principles applied to human body, an introduction to exercise therapy, massage therapy and physical therapists approach after a stroke.

[Principles of Human Physiology](#) at Universidad Veritas: Human Physiology is a branch of biology which centers on the functional mechanisms of the cells, organs, and tissues and how they interact. Therefore, students in this course dive into the study of life. The course covers the interaction between the different systems of the human body and how they maintain balance. Students learn to relate the structures of the body with the systems which make them function and analyze how and why sometimes they function inadequately.

[Public Health](#) at Universidad Congreso: This course will cover the public health care system in Argentina, the strengths and weaknesses of the system as well as the various types of health care available. **Note - would pair well with the API Community Engagement Lab!*

[Spanish for Healthcare Professionals \(Intermediate and Advanced\)](#) at ICDS in Costa Rica: The main objective of the course is for the student to become competent in grammatical aspects that allow him/her to construct his/her speech in Spanish in professional fields. The knowledge of the specific lexicon is a fundamental pillar in the program, so the course emphasizes the study of terminology and technical language required for the medical field. There will also be a focus on understanding the cultural differences and the Costa Rican health care system. This is a distance-learning and online course, yet uniquely set in the Costa Rican context, giving access to professors with several decades of experience teaching Spanish related to the health care area. The interaction with their professors and the discussions that they will be able to develop during the classes will allow students to speak about health care systems in Latin America. **Note - would pair well with the API Community Engagement Lab!*

[Sports Psychology](#) at Universidad Pablo de Olavide: The course will provide an overview of the field of sports psychology and exercise, which involves applying psychology topics to exercise, sports, competition and health. Topics will cover how sports psychologists work –at any level- with athletes and teams on motivation, concentration, resilient personalities, attention as well as decision making based on interbehavioral, cognitive and other important approaches in sports psychology. Topics will include theoretical foundations of behavior, procedures for solving problems, adherence and motivation, etc. **Note - would pair well with the API Virtual Internship!*

Please note we have done our best to identify courses with no prerequisites, at the equivalent to each university's "100-level" but final determination on eligibility will be with each university listed below, and some classes might require minimum enrollments; please choose backups where available. Each course title is linked to their respective syllabus where available.

International University	Country	Virtual Start Date	Virtual End Date	US semester credits per class	Type of Virtual Instruction
Universidad Veritas	Costa Rica	Sept 28, 2020	Dec 17, 2020	3-4	Recorded and live classes
Universidad Pablo de Olavide	Spain	Sept 28, 2020	Dec 17, 2020	3	Recorded and live classes

International Center for Development Studies (ICDS)	Costa Rica	Sept 9, 2020	Dec 4, 2020	3	Live classes
Universidad de Congreso	Argentina	Aug 3, 2020	Nov 20, 2020	3	Recorded and live classes