

ABSN (Accelerated Bachelor of Science in Nursing)

Course Catalog

The Accelerated Bachelor of Science in Nursing (ABSN) is a 15-month, second degree program designed for those who hold a bachelor's degree from a regionally accredited academic institution in another discipline (BA, BS). This program consists entirely of nursing coursework and clinical practice. All pre-requisites must be completed prior to matriculation. The ABSN program consists of 60 credits in nursing courses. The curriculum blends classroom, hybrid and online learning, and clinical experiences in a variety of settings. Upon completion of the program students will be eligible to take the NCLEX exam (National Council Licensure Examination) and will earn a Bachelor of Science in Nursing degree. Online applications for the program will open on August 1 and close on September 1. Decision letters will be sent by October 1.

Application and admission requirements:

1. A conferred BA/BS degree is required from a fully accredited academic institution by September 1.
2. Application Essay (see application for details).
3. Two professional and/or academic letters of recommendation.
4. Official transcripts from all post-secondary schools attended. Official transcripts must be submitted to the Admission's Office (no later than September 1). Any outstanding or incomplete items after September 1, will result in an incomplete application and will not be considered for admission.
5. Minimum cumulative GPA of 3.0 (including all post-secondary GPA's from fully accredited schools attended).
6. Completion of the required prerequisite courses, outlined below, with a C+ or greater. Prerequisite courses may be completed at Central or another regionally accredited institution. Refer to Central's transfer equivalency website to determine acceptance transfer courses that will satisfy prerequisite admission requirements.

Science prerequisite courses require in-person labs and exams (no online labs and/or exams will be accepted). In addition, all science courses that include online components must be approved by the science and nursing chairs. All prerequisites must be complete with a C+ or greater, and none can be taken more than twice. All prerequisite science courses must be taken within 8 years prior to beginning the program.

Prerequisite Course Requirements:

STAT 215 Statistics for Behavioral Sciences I

Introductory treatment of research statistics used in behavioral sciences. Quantitative descriptive statistics, including frequency distributions, measures of central tendency and variability, correlation, and regression. A treatment of probability distributions including binomial and normal. Introduction to the idea of hypothesis testing. No credit is given to students with credit for STAT 104, STAT 108, STAT 200, STAT 314 or STAT 315.

Credits- 3

OR

STAT 104 Elementary Statistics

Intuitive treatment of some fundamental concepts involved in collecting, presenting, and analyzing data. Topics include frequency distributions, graphical presentations, measures of relative position, measures of variability, probability, probability distributions (binomial and normal), sampling theory, regression, and correlation. No credit is given to students with credit for STAT 108, STAT 200, STAT 215, STAT 314 or STAT 315. CSUS Common Course.

Credits- 3

BMS 102 Introduction to Biomolecular Science

An introduction to cell physiology and basic metabolism (including the fundamentals of molecular genetics) and the organization, structure and function of animal tissues and organ systems. Designed for Biomolecular Science majors.

Credits- 3

BMS 103 Introduction to Biomolecular Science Laboratory

Laboratory course to accompany BMS 102. One, three-hour lab per week.

Credits- 1

Prerequisite- BMS 102 (may be taken concurrently).

BMS 216 Microbiology for Nursing

Introduction to bacteriology, virology, mycology, immunology, and parasitology. The course will focus on the interactions between humans and the microbial world that influence health and disease. The laboratory exercises will give students extensive experience with basic techniques for studying and manipulating microorganisms, including microscopy, culturing of bacteria, and biochemical and behavioral testing of known and unknown samples. Cannot be used to satisfy the requirements for a major in biomolecular science or biology. Two, one-hour lectures and one, two-hour laboratory per week.

Credits- 3

Prerequisite- BMS 102, or BMS 111, or BIO 111, and CHEM 161, or permission of department chair.

BMS 318 Anatomy and Physiology I.

Human gross morphology, histology, and physiology of the skeletal, integument, muscular, nervous, and respiratory systems, including effects of aging. Three hours of lecture and one, three-hour laboratory per week.

Credits- 4

Cross listed as BIO 318. No credit given to students with credit for BIO 318.

Prerequisite- BIO 122 or BMS 201 (or for Nursing students only: BMS 102/103, Chem 210, NRSE 150, NRSE 150 may be taken concurrently), or permission of department chair.

BMS 319 Anatomy and Physiology II

Human gross morphology, histology, and physiology of the endocrine, cardiovascular, lymphatic, renal, digestive, and reproductive systems. Nutrition, metabolism, fetal development, and aging will also be covered. Three hours of lecture and one, three-hour laboratory per week.

Credits- 4

Cross listed as BIO 319. No credit is given to students with credit for BIO 319.

Prerequisite- BIO 122 or BMS 201 or (for Nursing students only: BMS 102 and BMS 103, and CHEM 210, and NRSE 150), or permission of department chair.

CHEM 161 General Chemistry

The fundamental principles, theories, and laws of chemistry are studied. Topics include atomic theory and the structure of the atom, the states of matter, kinetic molecular theory, chemical bonding, stoichiometry, periodicity, solutions, and thermodynamics. Three hours of lecture per week.

Credits- 3

Prerequisite- MATH 103 (C- or better) or MATH 102 (B- or better) OR placement exam.

CHEM 162 General Chemistry Laboratory

Basic techniques of chemical synthesis and analysis. One three-hour laboratory per week. CSUS Common Course.

Credits- 1

Prerequisite- CHEM 161 (may be taken concurrently).

CHEM 210 Organic Chemistry I - Foundations

Structure, nomenclature, and general reactivity of the principal classes of carbon compounds will be introduced. Spectroscopy and biologically relevant molecules are also considered. Three hours of lecture per week.

Credits- 3

Prerequisite- Grade C- or better in CHEM 161 and CHEM 162.

ABSN NURSING COURSES

All ABSN courses are based on the traditional BSN program. As the program is accelerated, courses are condensed into 3–8-week blocks and the sequencing is restructured; however, the content of the courses remains the same.

NRSE 110 Introduction to Nursing Theories

This course is designed to introduce the beginning nursing student to the current and historic nursing theory as it relates to the nursing profession. Topics will include nursing theories that influenced the development of the nursing process, patient care, and research in the profession.

Credits-2

Prerequisite- ABSN program only

Corequisite- NRSE 250

Offered- Winter

NRSE 150 Nutrition

This course emphasizes basic, normal nutrition across the lifespan and the current guidelines for supporting wellness through healthy eating. The interconnectedness of nutrition and health or disease is stressed and an introduction to nutritional therapy is included. Nursing application of nutritional knowledge is the primary focus of this course.

Credits- 3

Prerequisite- ABSN program only, NRSE 345 and NRSE 360

Corequisite-none

Offered- Summer 3-week post session.

NRSE 210 Health Assessment

This nursing health assessment course presents the theoretical knowledge and skills necessary to perform a comprehensive health assessment. Emphasis is on comprehensive history taking, interviewing, and physical assessment techniques for both wellness and illness needs. This includes 44 hours of lab on campus per semester.

Credits- 4

Prerequisite- ABSN program only, NRSE 110 and NRSE 250

Corequisite- NRSE 260

Offered- Spring (First 8 weeks)

NRSE 250 Nursing Care of Well Populations

Focus on well populations. The nursing role in promotion of health, prevention of disease and encouragement of healthy behaviors in populations across the lifespan is emphasized.

Credits- 2

Prerequisite- ABSN program only

Corequisite- NRSE 110

Offered- Winter

NRSE 260 Evidence-Based Nursing Interventions

Practice-focused interventions, patient outcomes, and clinical reasoning within the context of patient-centered care. This includes 44 hours of lab on campus per semester.

Credits- 4

Prerequisite- ABSN program only, NRSE 110 and NRSE 250

Corequisite- NRSE 210

Offered- Spring (First 8 weeks)

NRSE 270 Gerontological Nursing

The process of aging is examined in terms of values and attitudes toward older citizens. All levels of health will be examined including successful aging, health promotion, disease prevention, acute/chronic illness, limitation of disability and end of life care. Required off campus clinical hours. This includes 56 hours of clinical per semester.

Credits- 3

Prerequisite- ABSN program only, NRSE 210 and NRSE 260

Corequisite- NRSE 310

Offered- Spring (Second 8 weeks)

NURSE 303 Nursing Research for Evidence-Based Practice

Preparation of the professional nurse to be a critical consumer of nursing research and to begin to apply basic nursing research findings to nursing practice.

Credits- 2

Prerequisite- ABSN program only, NRSE 470 and NRSE 485

Offered- Winter

NRSE 310 Altered Health Concepts and Therapeutic Interventions

Selected health problems and associated pharmacological/ holistic interventions are addressed from a lifespan perspective. Medication administration, therapy and safety are considered along with non-pharmacological interventions. In addition, this course is based on the principles of nursing management of drug therapy, the basics of core drug knowledge and patient-related variables. Emphasis is on assessing and evaluating patient responses that change with health status, age, lifestyle, gender, and other factors.

Credits- 4

Prerequisite- ABSN program only, NRSE 210 and NRSE 260

Corequisite- NRSE 270

Offered- Spring (Second 8 weeks)

NRSE 320 Holistic Care of Adults with Health Alterations

Nursing care of adults across altered health states. These health alterations will be explored with a focus on their impact on mental and spiritual wellness. Evidence based nursing interventions appropriate to this population will also be covered. Required clinical hours off campus. This includes 112 hours of clinical laboratory work per semester.

Credits- 5

Prerequisite- ABSN program only, NRSE 150, NRSE 345 and NRSE 360

Corequisite- NRSE 445

Offered- Fall (First 8 weeks)

NRSE 345 Psychiatric/Mental Health Nursing

Integrates behavioral, biological, genetic, psychosocial, cultural, environmental, and religious influences on mental health across the life span. Promotion of health, disease prevention, and adaptation to health deviations will be emphasized. Required clinical hours on and off campus. This includes 56 hours of clinical laboratory work per semester.

Credits- 4

Prerequisite- ABSN program only, NRSE 270 and NRSE 310

Corequisite- NRSE 360

Offered- Summer

NRSE 360 Maternity Nursing: The Expanding Family

Women and their families from conception through the childbearing period, are considered from an integrated approach to nursing prevention and intervention. Clinical experiences off campus are required. This includes 56 hours of clinical laboratory work per semester.

Credits- 4

Prerequisite- ABSN program only, NRSE 270 and NRSE 310

Corequisite- NRSE 345

Offered- Summer

NRSE 445 Social Justice and Health Promotion of Communities

Concepts of Community and Public Health will be explored from a social justice framework in the classroom and community clinical setting. Common health care problems and health care challenges faced by vulnerable populations will be identified and incorporated into population-based health interventions. Required off campus clinical hours. This includes 56 hours of clinical laboratory work per semester.

Credits- 4

Prerequisite- ABSN program only, NRSE 150, NRSE 345 and NRSE 360

Corequisite- NRSE 320

Offered- Fall (First 8 weeks)

NRSE 465 Nursing Care of Families with Children

Health care issues of children from birth through adolescence. Emphasis on application of the nursing process and interventions specific to child health. Required clinical hours off campus. This includes 56 hours of clinical work per semester.

Credits- 4

Prerequisite- ABSN program only, NRSE 303

Corequisite- NRSE 490 and NRSE 495

Offered- Spring (First 8 weeks)

NRSE 470 Holistic Nursing Care of the Critically Ill

Nursing care for critically ill populations across the life span with a focus on altered body systems and the impact on mental and spiritual wellness. Emphasis is on integration of professional role in a changing practice environment. Required clinical hours off campus. This includes 112 hours of clinical per semester.

Credits- 5

Prerequisite- ABSN program only, NRSE 320 and NRSE 445

Corequisite- NRSE 485

Offered- Fall (Second 8 weeks)

NRSE 485 Professional Values and Role Development

Analysis of current social, political, and ethical healthcare issues. Concepts relevant to ethical and professional behaviors will be incorporated.

Credits- 2

Prerequisite- ABSN program only, NRSE 320 and NRSE 445

Corequisite- NRSE 470

Offered- Fall (Second 8 weeks)

NURSE 490 Leadership and Management in Nursing

Concepts and practices of leadership needed by healthcare clinicians to fulfill professional responsibilities for the quality of care for patients, for caregivers, and organizations. Emphasis on leadership, quality and safety, group dynamics, staff motivation and conflict resolution.

Credits- 2

Prerequisite- ABSN program only, NRSE 303

Corequisite- NRSE 465 and NRSE 495

Offered- Spring (First 8 weeks)

NRSE 495 Synthesis of Professional Nursing Practice

Capstone course to support role mastery in a clinical practice area. Students work with preceptors to achieve maximum preparation for their transition from student to RN. Weekly seminars use case studies to facilitate synthesis and application of nursing knowledge. This includes 112 hours of clinical per semester.

Credits- 6

Prerequisite- ABSN program only, NRSE 303

Corequisite- NRSE 465 and NRSE 490

Offered- Spring (First 8 weeks)