

THE UNIVERSITY OF NORTH CAROLINA AT ASHEVILLE
FACULTY SENATE

Senate Document Number 9614S
Date of Senate Approval 5/01/14

Statement of Faculty Senate Action:

APC Document 83: **Delete the following courses from the HWP curriculum:
HWP 152, 156, 257, 260, 322, 331, 340, 343**

Effective Date: Fall 2014

1. Delete: On pages 160-163, the following HWP courses:

152 Health and Fitness (2)

Study of health as influenced by individual behavior and choices. Topics addressed are physical fitness, nutrition, eating disorders, self-esteem, stress management, substance use and abuse, sexual assault and date rape prevention, and HIV/STD prevention. Measurements of individual fitness levels and health habits are conducted. Course includes a comprehensive fitness development experience. Students cannot receive credit for HWP 152 if taken simultaneously with, or subsequent to, HWP 153 or 154 or 155. Students with credit for HF 120 cannot receive credit for HWP 152. Fall and Spring.

156 Career and Educational Decision Making (1)

Designed for students early in their college career, this course examines the process of making healthy college and career decisions. Students will assess their individual values, interests and strengths from a holistic perspective and explore the variety of disciplines and programs represented at UNCA as well as the range of career paths available. Odd years Spring.

257 Internship-Exploring Career Choices (2)

This course is designed for students participating in exploratory internships to clarify and/or advance their career goals. It provides a structured and guided learning environment to help students make the most of their internship experience. Course components facilitate students' professional development, focusing on the transition from the role of a student to the role of a professional. Students must arrange an internship placement prior to the start of the course and are encouraged to meet with the Career Center's internship coordinator before enrolling in the course. All majors and academic levels are welcome to enroll. Spring.

260 Complementary and Alternative Healing Therapies (3)

Serves as an introduction and overview of complementary and alternative healing therapies. Students will have an opportunity to experience a variety of healing therapies such as herbal medicine, massage, Reiki, Ayurveda, Chinese medicine, among others. Prerequisite: completion of the ILS Health and Wellness requirement. See department chair.

322 Kinesiology (3)

Science of human motion based on the relationship between anatomic and mechanical principles. Emphasis placed on the fundamental mechanical principles involved in movement skills. Quantitative and qualitative problem-solving approaches enable students to apply their understanding of the concepts presented. Pre- or corequisite: BIOL 223. Fall.

331 Nutrition for Performance (3)

Designed to help students understand the function of the nutrients in the body and how these nutrients affect health and athletic performance. Utilizing the latest research and practices in the field, students will understand why proper counter-nutritional measures help athletes prepare for competitions, prevent injury, enhance recovery, improve daily workouts, and maintain optimal health and body weight. Students can expect to complete this course with a sound knowledge in proper macronutrient intake and utilization for various endeavors, ergogenic aids and supplementation, hydration strategies, and how to design an individualized, periodized dietary program that is congruent with training and competitive demands. Prerequisites: completion of the ILS Health and Wellness requirement; HWP 225. See department chair.

340 Career and Life Planning (1)

Focuses on career development after graduation. Students will learn how to convert the liberal arts experience into satisfying work, study and service options. Emphasis on employment strategies, issues related to personal and vocational wellness, and achieving a healthy balance among work, family and leisure roles. Prerequisite: junior or senior standing. Even years Spring.

343 Brain, Health, and Aging (3)

Explores the ever-evolving concepts, theory, and research on the science of keeping the mind and brain healthy. This course will cover perception, mental wellness, gender differences, memory/learning, happiness, stress-management, meditation/spirituality, and movement/balance, with an emphasis on the effects of aging, neurological diseases, trauma, addiction, and exercise. Prerequisite: PSYC 100. See department chair.

Impact: No resource implications.

Rationale: Reflects changes in the HWP major curriculum and discontinuation of using HWP as the prefix for courses taught through the Career Center.