

THE UNIVERSITY OF NORTH CAROLINA AT ASHEVILLE
FACULTY SENATE

Senate Document Number 9714S
Date of Senate Approval 5/01/14

Statement of Faculty Senate Action:

APC Document: 84

Add new courses in HWP: 223, 224, 265, 323

Effective Date: Fall 2014

1. Add: On page 160, entry for new course, **HWP 223, Active Living: Physical Activity and Health:**

223 Active Living: Physical Activity and Health (3)

An introduction to the role of physical activity and active living in physical, intellectual and emotional well-being. Emphasis is placed on research related to frequency, intensity, time, and type of physical activity needed to impact health. In addition, barriers to physical activity among various populations, and evidence-based practice to improve opportunities for safe physical activity are explored. Students are expected to establish and pursue personal goals related to appropriate physical activity and demonstrate a thorough understanding of the relationship between active living and other pillars of healthful living. See department chair.

2. Add: On page 160, entry for new course, **HWP 224, Mental and Emotional Health:**

224 Mental and Emotional Health (3)

An introduction to the role of mental and emotional health in overall well-being. Emphasis is placed on research and practice related to improving mental health and emotional well-being. In addition, barriers to improving mental health are explored at the individual, community, and societal levels. Students are expected to establish and pursue personal goals related to improving emotional health and demonstrate a thorough understanding of the relationship between mental and emotional health and the other pillars of healthful living. See department chair.

3. Add: On page 161, entry for new course, **HWP 265, Holistic Approaches to Health Care and Multicultural Wellness Traditions:**

265 Holistic Approaches to Health Care and Multi-cultural Wellness Traditions (3)

Serves as an introduction and overview to holistic approaches to health care and multi-cultural traditions. Students will have the opportunity to explore a variety of approaches to wellness and healing such as herbal medicine, massage, Reiki, Ayurveda, Chinese medicine and others. Emphasis is placed on viewing health through a variety of cultural perspectives and traditions in addition to exploring the evidence base for efficacy of treatment. See department chair.

4. Add: On page 162, entry for new course, **HWP 323, Workplace Wellness:**

323 Workplace Wellness (3)

An introduction to the principles and practices in workplace wellness. Emphasis is placed on understanding and development of a comprehensive framework for improving employee health and productivity. Students explore the evidence base for ensuring program efficacy and maximizing return on investment. Case studies provide opportunities to understand the range of effective programs and value of needs assessment, support of top management,

employee education and behavioral health support, change in organizational culture, and ongoing evaluation and program improvement. Prerequisite: HWP 190. See department chair.

Impact: We don't anticipate any resource implications. Since HWP 153, 154, or 155 are no longer ILS or LAC requirements, fewer sections of these courses will be offered each semester, and faculty will teach these instead.

Rationale: After a thorough review of the previous HWP curriculum and the core competencies required for graduates of the program, it was determined by Health and Wellness faculty that these new courses were essential to add breadth and depth to the program.