

THE UNIVERSITY OF NORTH CAROLINA AT ASHEVILLE
FACULTY SENATE

Senate Document Number 9316S
Date of Senate Approval 05/05/16

Statement of Faculty Senate Action:

APC Document 79 (HWP)

**Add new course, HWP 356,
Health and Wellness Coaching Techniques**

Effective Date: Fall 2016

1. Add: On page 161, new course, **HWP 356:**

356 Health and Wellness Coaching Techniques (3)

An introduction to the principles, methods and techniques of wellness coaching (health coaching). Health behavior change theories and strategies are explored. Students will develop skills in interpersonal communication, positivity, coaching relationships, well-being assessment, and goal setting. Prerequisite: HWP 153 or 190. See department chair.

Impact Statement: This course has been offered 2 times as a special topics and has been a success. Keeping the course designated as “see department chair” will reduce the resource impact of this change. Adding it to the catalog will allow us to add it to the list of optional required electives which will reduce the number of substitutions we do and expedite the time to graduation for students who take it.

Rationale: This is a course topic that is of great practical interest to our student’s and we have the faculty expertise to offer it.