

THE UNIVERSITY OF NORTH CAROLINA AT ASHEVILLE  
FACULTY SENATE

Senate Document Number 9416S  
Date of Senate Approval 05/05/16

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Statement of Faculty Senate Action:

**APC Document 80 (HWP)                      Change titles, credit hours, course descriptions, prerequisites, and/or terms offered for HWP 190, 223, 224, 250, 265, 310, 355, 459**

**Effective Date: Fall 2016**

**1. Delete:** On page 158, the entry for **HWP 190:**

**190      Introduction to Health Promotion (3)**

An introduction to personal health and wellness and the field of health promotion. Topics include history, behavioral health theories and determinants of health, the multiple dimensions of wellness, personal health risk assessment, wellness coaching, career opportunities and certifications, professional organizations and journals, current issues, and future trends. Through in-class learning, on-site visits and practical experiences, students become familiar with the profession, the Health and Wellness Promotion program, and develop personal wellness goals. A grade of C or better is required to graduate. Fall and Spring.

**Add:** On page 158, in place of deleted entry:

**190      Introduction to Health Promotion (3)**

An introduction to personal health and wellness and the field of health promotion. Topics include history of health promotion, behavioral health theories and determinants of health, the multiple dimensions of wellness, personal health risk assessment, career opportunities, and current issues in health promotion. Through in-class learning, on-site visits and practical experiences, students become familiar with the profession, the Health and Wellness Promotion program, and develop personal wellness goals. Fall and Spring.

**Impact Statement:** No impact on resources or students is anticipated. Student's will not have to retake this course if they get a C- or D which will improve time to graduation for a few students.

**Rationale:** This change is removing "wellness coaching" from the description. We now offer a course that focuses on this content so we no longer include it in the introductory course. We have removed the grade C is required to graduate, because this was our way of determining computer competency which is a competency that is no longer required by the university.

**2. Delete:** On page 158, the entry for **HWP 223:**

**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.

**Add:** On page 158, in place of deleted entry:

**223 Physical Activity and Health (3)**

An introduction to the role of physical activity on overall health. Emphasis is placed on physiological responses within the body during exercise, adaptations to training, and the relationship between physical activity, sedentary behavior and health. Students gain skills in designing safe and effective physical activity programs and assessing the efficacy of those programs and learn about physical activity on a societal level (current population levels of physical activity, the built environment related to physical activity, and the sociocultural norms surrounding physical activity). Potential careers pertaining to physical activity and health are explored. Fall and Spring.

**Impact Statement:** As this is a required course, we are now offering 2 or 3 sections of it every semester. No additional impact is expected other than the catalog will simply reflect this change.

**Rationale:** The title change will reduce confusion among students between this course and HWP 360, Active Aging.

3. **Add:** On page 158, prerequisite to **HWP 250**, listing it before the term when course is offered:

Prerequisite: HWP 190.

**Impact Statement:** Students will now have to complete HWP 190 prior to taking HWP 250. This should have little impact on their path to graduation as there are 4 required 200-level classes they can take at the same time as HWP 190.

**Rationale:** Requiring students to take HWP 190 before taking HWP 250 will require them to have at least one health and wellness course before being asked to address health disparities. This should also help us to reduce the number of non-majors taking HWP 250 and will better prepare students to succeed in this class.

4. **Delete:** On page 159, the entry for **HWP 265:**

**265 Holistic Approaches to Health Care and Multicultural Wellness Traditions (3)**

Serves as an introduction and overview to holistic approaches to health care and multicultural 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. Every year.

**Add:** On page 159, in place of deleted entry:

**265 Holistic Approaches to Health (3)**

Serves as an introduction and overview to holistic and integrative approaches to healing and wellness traditions. Students explore a variety of approaches to wellness and healing such as herbal medicine, massage, Reiki, Ayurveda, Chinese medicine and others. Emphasis is on viewing health through a variety of cultural perspectives and traditions and exploring the evidence base for efficacy of these healing modalities. See department chair.

**Impact Statement:** We are not able to offer this course yearly with our current faculty teaching power. Listing it as “see department chair” will give the department flexibility as to when it is offered.

**Rationale:** The title change is a simplification that has a similar meaning.

**5. Delete:** On page 159, the entry for **HWP 310:**

**310 Health Promotion Theory and Practice (3)**

Essential strategies for determining prevention-related needs for specific populations, designing culturally and educationally appropriate interventions/services, and implementing and evaluating health promotion/disease prevention programs. Use of health situational analyses to establish baseline and evaluation data and as a motivational tool is reviewed. Emphasis is placed on learning how to develop and adapt health education programs, lifestyle coach methods, materials, and oral communications to reach audiences of differing literacy levels and cultural backgrounds. Students will demonstrate oral competency in this course. A grade of C or better is required to graduate. Prerequisites: HWP 190, 250. Spring.

**Add:** On page 159, in place of deleted entry:

**310 Community Health Promotion: Theory and Practice (3)**

Essential strategies for determining prevention-related needs for specific populations, designing culturally and educationally appropriate interventions/services, and implementing and evaluating health promotion/disease prevention programs. Emphasis is placed on utilizing health behavior change theories and program models to develop interventions. Health promotion in various settings is explored and oral communication skills are practiced in this course. Students will demonstrate oral competency in this course. A grade of C or better is required to graduate. Prerequisites: HWP 190, 250. Fall.

**Impact Statement:** HWP 310 is now being offered in the fall term. We previously made the change to make HWP 310 a prerequisite for HWP 335 and put them in order with HWP 310 being offered in the Fall and HWP 335 in the Spring. We somehow missed making this catalog change at that time. This change has no resource implication at this time.

**Rationale:** Because HWP 310 is a prerequisite for HWP 335 which is a spring course, it makes more sense to consistently offer this course in the fall. The title change stresses the community focus of the course.

**6. Delete:** On page 161, then entry for **HWP 355:**

**355 Exercise Prescription, Fitness and Lifestyle Assessment (3)**

Prepares the student to recognize and implement appropriate strategies to enhance fitness and exercise performance based on sound physiological principles. Topics include nutrition, strength, flexibility, cardiovascular conditioning and body composition. The course will cover principles of exercise program design, fitness and lifestyle assessment techniques. Students will have the option to sit for the ACSM Personal Training Certification exam at the end of the course. See department chair.

**Add:** On page 161, in place of deleted entry:

**355 Exercise Prescription, Fitness and Lifestyle Assessment (4)**

Prepares the student to recognize and implement appropriate strategies to enhance fitness and exercise performance based on sound physiological principles. Topics include strength, flexibility and cardiovascular conditioning as well as body composition and nutrition for fitness. The course will cover principles of exercise program design, fitness and lifestyle assessment techniques. Students will have the option to sit for the ACSM Personal Training Certification exam at the end of the course. Prerequisite: HWP 295 or BIOL 223. See department chair.

**Impact Statement:** This credit hour change will impact the teaching load of the faculty member who teaches it. We have been offering it intermittently for several years and plan to continue to do so.

**Rationale:** This is a course topic that is of great practical interest to our students and we have the faculty expertise to offer it. The faculty member who teaches it tried teaching it with a lab component in the past year and found that having this extra credit hour was of great pedagogical benefit.

**7. Delete:** On page 162, the prerequisite entry for **HWP 459:**

Prerequisites: HWP 310, 335.

**Add:** On page 162, in place of deleted entry:

Prerequisite: HWP 310.

**Impact Statement:** This change will reduce the number of students who have to be given overrides into HWP 459. It is not expected to have resource implications.

**Rationale:** Because we currently have a 5 semester course series that starts with HWP 190, then HWP 250, HWP 310, HWP 335 and finally HWP 459, many students end up needing to take HWP 335 and HWP 459 in the same semester. If they have had the other 3 prerequisites, taking HWP 335 and 459 concurrently is not a problem.