

THE UNIVERSITY OF NORTH CAROLINA ASHEVILLE
FACULTY SENATE

Senate Document Number SD1021S
Date of Senate Approval 02/04/2021

Statement of Faculty Senate Action:

APC Document 7 (HWP): **Change credits, course number, and title for HWP 253;**
 Change credits, course number, and description for HWP 265;
 Change credits and course description for HWP 316;
 Change credits for HWP 317;
 Change credits for HWP 333;
 Change credits, title, and description for HWP 356;
 Change title and description for HWP 360;
 Change credits for HWP 365;
 Change credits for HWP 381;
 Change credits and description for HWP 401

Effective Date: Fall 2021

1. Delete: On page 159, the entry for **HWP 253, Sexuality and Sexual Health**

253 Sexuality and Sexual Health (3)

Explores the connection between sexuality and health from a variety of perspectives – sociological, psychological, sexological, and physiological, among others – and serves as an introduction to such topics as the role of sex and sexuality in life and health, attraction, sexual response, sexual communication, queer identities and sexualities, sexuality throughout the life cycle, sexual and reproductive anatomy, sexual disorders, atypical sexual behavior, and sexual harassment and violence. A primary learning objective for this course is to become fully comfortable discussing a broad range of topics related to sexuality and sexual health in a manner conducive to enhancing education, awareness, and personal health. See department chair.

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

353 Sexual Health and Sexuality (4)

Explores the connection between sexuality and health from a variety of perspectives – sociological, psychological, sexological, and physiological, among others – and serves as an introduction to such topics as the role of sex and sexuality in life and health, attraction, sexual response, sexual communication, queer identities and sexualities, sexuality throughout the life cycle, sexual and reproductive anatomy, sexual disorders, atypical sexual behavior, and sexual harassment and violence. A primary learning objective for this course is to become fully comfortable discussing a broad range of topics related to sexuality and sexual health in a manner conducive to enhancing education, awareness, and personal health. Even years Spring.

Impact: As an elective course, this change in course name and credit hours will not significantly impact major, minor, or university requirements. These changes are not anticipated to impact our staffing needs, as there is a single instructor who teaches this course and has allotted time to teach this course in spring semesters of even years. Typically, this class enrolls 20-22 students. No specialized space or materials are needed for this course.

Rationale: Changing the credit hours from 3 hours to 4 hours will allow this course to fit within the new departmental standards for course credit hours. HWP shifted to a 4-credit model last year, and not all courses were moved over. The additional hour of course work will enable the instructor to cover additional material on the subject. The change in name is to signify to students that the focus is sexual health with the addition of sexuality, not the reverse. The course is being increased to a 300-level course to reflect the level of workload and expectation of the course and to align with all other HWP elective options for the Public Health concentration because this will be added to the list.

2. Delete: On page 159, the entry for **HWP 256, Holistic Approaches to Health**

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.

Add: On page 160, in place of deleted entry: **HWP 341, Holistic Approaches to Health**

341 Holistic Approaches to Health (4)

Serves as an introduction and overview to holistic and integrative approaches to healing and wellness traditions. Students explore a variety of lifestyle approaches to wellness and healing such as herbal medicine, massage, Reiki, breathing techniques, movement and others. Emphasis is on viewing health through a variety of mind-body modalities and exploring the evidence base for efficacy of these healing modalities. Spring.

Impact: As an elective course, this change in credit hours, number, and description will not significantly impact major, minor, or university requirements. These changes are not anticipated to impact our staffing needs, as there is a single instructor who teaches this course and has allotted time to teach this course in spring semesters. Typically, this class enrolls 20-22 students. No specialized space or materials are needed for this course.

Rationale: Changing the credit hours from 3 hours to 4 hours will allow this course to fit within the new departmental standards for course credit hours. HWP shifted to a 4-credit model last year, and not all courses were moved over. The additional hour of course work will enable the instructor to cover additional material on the subject. The number change for the course is to alert students to the rigor of the course. The change in description more accurately reflects the topics covered.

3. Delete: On page 160, the entry for **HWP 316, Maternal and Infant Health**

316 Maternal and Infant Health (3)

Addresses the importance of pre-, peri- and post-natal health on fetal development and maternal health. The course includes the biological aspects of maternal and infant health in addition to the social, cultural, historical, emotional, and ethical aspects of maternal and infant health, up to the age of one year. Prerequisite: HWP 225. See department

chair.

Add: On page 160, in place of deleted entry:

316 Maternal and Infant Health (4)

Introduces students to the principles and practices of public health in terms of maternal and child health. The course examines the importance of pre-, peri- and post-natal health on fetal development and maternal health. This course further examines various determinants of health, both biological and social, and their effect on infants (up to 1 year) and women. Selected current health topics are studied in depth and used to illustrate how problems are understood, their distribution in diverse populations, and the content and quality of programs required to address them. Special attention is given to the impact of poverty, poor access to health care, and racial inequalities on the health of families, as well as to the strengths that individuals and communities bring to the creation of solutions. Prerequisite: HWP 225. See department chair.

Impact: As an elective course, this change in credit hours and description will not significantly impact major, minor, or university requirements. These changes are not anticipated to impact our staffing needs as there is a single instructor who can teach this course and has interest in offering this course in the near future. This class has not been offered since Spring 2016, but we would like to get it back in the mix as soon as we have available staffing. No specialized space or materials are needed for this course.

Rationale: Changing the credit hours from 3 hours to 4 hours will allow this course to fit within the new departmental standards for course credit hours. HWP shifted to a 4-credit model last year, and not all courses were moved over. The additional hour of course work will enable the instructor to cover additional material on the subject. The description has been updated to provide more detail on the course.

4. Delete: On page 160, the entry for **HWP 317, Child and Adolescent Health**

317 Child and Adolescent Health (3)

An overview of child and adolescent health issues, programs, and trends. The course addresses the development of the individual through childhood and adolescence while focusing on health issues. At the completion of this class, students will demonstrate the role of behavioral, physical, cultural, social, emotional, and psychological factors in determining methods for disease prevention and health promotion among children and adolescents. Prerequisite: HWP 225. See department chair.

Add: On page 160, in place of deleted entry:

317 Child and Adolescent Health (4)

An overview of child and adolescent health issues, programs, and trends. The course addresses the development of the individual through childhood and adolescence while focusing on health issues. At the completion of this class, students will demonstrate the role of behavioral, physical, cultural, social, emotional, and psychological factors in determining methods for disease prevention and health promotion among children and adolescents. Prerequisite: HWP 225. See department chair.

Impact: As an elective course, this change in credit hours will not significantly impact major, minor, or university requirements. These changes are not anticipated to impact our staffing needs as there is a single instructor who can teach this course and has interest in offering this course in the near future. Although this class hasn't been taught since added to the curriculum, we would like to get it back in the mix as soon as we have available staffing. No specialized space or materials are needed for this course.

Rationale: Changing the credit hours from 3 hours to 4 hours will allow this course to fit within the new departmental standards for course credit hours. HWP shifted to a 4-credit model last year, and not all courses were moved over. The additional hour of course work will enable the instructor to cover additional material on the subject.

5. Delete: On page 160, the entry for **HWP 333, Food Politics and Nutrition Policy**

333 Food Politics and Nutrition Policy (3)

An exploration of how corporate, government, and consumer interests affect nutrition and health policy, and how individuals and non-profits influence nutrition and health policy to promote consumer health. The course addresses how nutrition and health policies were developed in the United States and how these policies are modified as a result of health advocacy. The course also addresses the interrelationships between food production and manufacturing practices, human health and environmental health. See department chair.

Add: On page 160, in place of deleted entry:

333 Food Politics and Nutrition Policy (4)

An exploration of how corporate, government, and consumer interests affect nutrition and health policy, and how individuals and non-profits influence nutrition and health policy to promote consumer health. The course addresses how nutrition and health policies were developed in the United States and how these policies are modified as a result of health advocacy. The course also addresses the interrelationships between food production and manufacturing practices, human health and environmental health. Odd years Fall.

Impact: As an elective course, this change in credit hours will not significantly impact major, minor, or university requirements. These changes are not anticipated to impact our staffing needs, as there are two instructors who can teach this course, thus allowing the course to be offered in fall semesters of odd years. Typically, this class enrolls 15-20 students. No specialized space or materials are needed for this course.

Rationale: Changing the credit hours from 3 hours to 4 hours will allow this course to fit within the new departmental standards for course credit hours. HWP shifted to a 4-credit model last year, and not all courses were moved over. The additional hour of course work will enable the instructor to cover additional material on the subject.

6. Delete: On page 161, the entry for **HWP 356, Health and Wellness Coaching Techniques**

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 224. See department chair.

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

356 The Science and Practice of Health Coaching (4)

An introduction to the science, principles, and techniques of health coaching. Students will explore the science behind health coaching and learn how to develop a strong working alliance with clients that serves as a foundation for exploring and initiating health behavior change. Students will develop skills in effective interpersonal communication, conducting client interviews and wellness assessments, client-led goal

setting, strengths-based and trauma-informed interventions, empowering and engaging clients in health behavior changes, and cross-disciplinary collaboration in integrated care settings. Prerequisite: HWP 223, 224, and 225, or permission of instructor. Even years Fall.

Impact: As an elective course, this change in name, description, and credit hours will not significantly impact major, minor, or university requirements. These changes are not anticipated to impact our staffing needs, as there is a single instructor who teaches this course and has allotted time to teach this course in fall semesters of even years. Typically, this class enrolls 15-20 students. No specialized space or materials are needed for this course.

Rationale: Changing the credit hours from 3 hours to 4 hours will allow this course to fit within the new departmental standards for course credit hours. HWP shifted to a 4-credit model last year, and not all courses were moved over. The additional hour of course work will enable the instructor to cover additional material on the subject. Changing the name and description provides more clarity on the topics of the course.

7. Delete: On page 161, the entry for **HWP 360, Aging, Health and Active Living**

360 Aging, Health and Active Living (4)

Explores the benefits and risks of physical activity in later years, and the challenges and incentives to health promotion through active living. Emphasis is on understanding the physiological and psychosocial changes of older adults, and developing skills in designing and implementing health promotion strategies to address specific needs. Students will work with older adults in the intergenerational learning experience program, Wellness Activities for Seniors in Asheville (WASA). See department chair.

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

360 Aging and Health in America (4)

The aging population in America is growing at an exponential rate. This population (age 65 or older) presents challenges and opportunities for career exploration. This course will explore biomedical, socio-economic and psychosocial topics within the aging discourse in America, with a particular focus on American health care systems and long-term care considerations. Special considerations will be explored surrounding resource and healthcare access, and the impact of systemic racism, sexism and ageism on care for older adults. Students will develop an understanding of the aging process and the mental and physical health considerations of our aging population. See department chair.

Impact: As an elective course, this change in name and description will not significantly impact major, minor, or university requirements. These changes are not anticipated to impact our staffing needs, as the faculty who taught this course has retired. We will be seeking expertise in this area in the near future given the importance of the topic. This may start as a summer course offering given adjunct budgets. Typically, this class enrolls 15-20 students. No specialized space or materials are needed for this course.

Rationale: Changing the name and description of the course will allow the future instructor to cover a more broad array of topics related to aging in America, not just physical activity in relation to an aging body.

8. Delete: On page 161, the entry for **HWP 365, Addiction, Drugs, and Health**

365 Addiction, Drugs, and Health (3)

Addresses fundamentals of the nature, scope, and complexity of addiction to alcohol, tobacco, medicines, and other chemicals. This course examines other addictive behaviors, current approaches to treatment, and prevention of addiction. It explores models of addiction, society's attitudes, and services for persons and families. Basic pharmacology of commonly used drugs of abuse, medications for chronic conditions and illnesses, herbal preparations and drug interactions will also be discussed. See department chair.

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

365 Addiction, Drugs, and Health (4)

Addresses fundamentals of the nature, scope, and complexity of addiction to alcohol, tobacco, medicines, and other chemicals. This course examines other addictive behaviors, current approaches to treatment, and prevention of addiction. It explores models of addiction, society's attitudes, and services for persons and families. Basic pharmacology of commonly used drugs of abuse, medications for chronic conditions and illnesses, herbal preparations and drug interactions will also be discussed. Odd years Spring.

Impact: As an elective course, this change in credit hours will not significantly impact major, minor, or university requirements. These changes are not anticipated to impact our staffing needs, as there is a single instructor who teaches this course and has allotted time to teach this course on alternating years. Typically, this class enrolls 20-22 students. No specialized space or materials are needed for this course.

Rationale: Changing the credit hours from 3 hours to 4 hours will allow this course to fit within the new departmental standards for course credit hours. HWP shifted to a 4-credit model last year, and not all courses were moved over. The additional hour of course work will enable the instructor to cover additional material on the subject.

9. Delete: On page 161, the entry for **HWP 381, Body Fat and Body Image**

381 Body Fat and Body Image (3)

Examines weight and body fat from multiple angles including physiological, environmental, and psychological ones. During this course, students will grapple with the continual juxtaposition of combating the health consequences of body fat/obesity and promoting positive body image. Current trends in body image discourse and strategies to facilitate positive body image are also examined and discussed. See department chair.

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

381 Body Fat and Body Image (4)

Examines weight and body fat from multiple angles including physiological, environmental, and psychological ones. During this course, students will grapple with the continual juxtaposition of combating the health consequences of body fat/obesity and promoting positive body image. Current trends in body image discourse and strategies to facilitate positive body image are also examined and discussed. See department chair.

Impact: As an elective course, this change in credit hours will not significantly impact major, minor, or university requirements. These changes are not anticipated to impact our staffing needs, as there is a single instructor who teaches this course and has allotted time to teach this course on alternating years. Typically, this class enrolls 20-22 students. No specialized space or materials are needed for this course.

Rationale: Changing the credit hours from 3 hours to 4 hours will allow this course to fit within the new departmental standards for course credit hours. HWP shifted to a 4-credit model last year, and not all courses were moved over. The additional hour of course work will enable the instructor to cover additional material on the subject.

10. Delete: On page 161, the entry for **HWP 401, Nutrition and Metabolism**

401 Nutrition and Metabolism (3)

An advanced course covering nutrition at the cellular level. Students are introduced to nutritional biochemistry and provided with a mechanistic look at nutritional strategies for health promotion. Topics include energy transformation, metabolism, the role of macro- and micro-nutrients in chronic disease promotion and prevention, homeostatic balances, and research methodologies in nutrition science. Prerequisites: HWP 225; HWP 235 or BIOL 328; STAT 185. See department chair.

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

401 Nutrition and Metabolism (4)

An advanced course covering carbohydrate, lipid, protein, and energy metabolism, with an emphasis on understanding the integration of metabolic pathways and principles of metabolic regulation. Metabolic changes following a meal, during fasting conditions, and while exercising will be covered. How metabolism of carbohydrates, lipids, and proteins affects, and is affected by, metabolic disease states such as obesity and diabetes will also be examined. Prerequisites: HWP 225; HWP 234 or BIOL 328. Even years Spring.

Impact: As an elective course, this change in credit hours and description will not significantly impact major, minor, or university requirements. These changes are not anticipated to impact our staffing needs, as there is a single instructor who teaches this course and has allotted time to teach this course in spring semester in even years. Typically, this class enrolls 20-22 students. No specialized space or materials are needed for this course.

Rationale: Changing the credit hours from 3 hours to 4 hours will allow this course to fit within the new departmental standards for course credit hours. HWP shifted to a 4-credit model last year, and not all courses were moved over. The additional hour of course work will enable the instructor to cover additional material on the subject. The change in description is to increase clarity on what will be covered in this course. STAT 185 has been removed as a pre-requisite given what is covered in this course. The pre-requisite of HWP 235 has been changed to HWP 234 to enable more students to take the course. Also, the instructor will cover the digestive system in detail in HWP 401, so HWP 235 is not a necessity.