

THE UNIVERSITY OF NORTH CAROLINA ASHEVILLE
FACULTY SENATE

Senate Document Number SD1121S
Date of Senate Approval 02/04/2021

Statement of Faculty Senate Action:

APC Document 8 (HWP): **Delete HW 111, Pilates**
 Delete HW 123, Aerobics
 Delete HWP 323, Workplace Wellness

Effective Date: Fall 2021

1. **Delete:** On page 157, the entry for **HW 111, Pilates:**

111 Pilates (1)

Follows the original Pilates curriculum and prepares the student to achieve advanced levels of the exercise sequence in the mat portion of the Pilates canon. The class also explores the use of additional equipment when applying the Pilates method. See department chair.123

Impact: This course served as an activities course and does not count toward the HWP major or minor, so removing it will not affect our ability to deliver our existing or proposed curriculum.

Rationale: This course has not been taught in over 5 years, and we do not have any faculty who are willing or able to teach it.

2. **Delete:** On page 157, the entry for **HW 123, Aerobics:**

123 Aerobics (1)

Step aerobics, dance and other rigorous activities performed to music to attain cardiorespiratory fitness, muscle strength and endurance, flexibility, and other components of a healthy lifestyle. See department chair.

Impact: This course served as an activities course and does not count toward the HWP major or minor, so removing it will not affect our ability to deliver our existing or proposed curriculum.

Rationale: This course has not been taught in over 5 years, and we do not have any faculty who are willing or able to teach it.

3. **Delete:** On page160, the entry for **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: This course served as an elective for our curriculum, so removing it will not affect our ability to deliver our existing or proposed curriculum.

Rationale: We have not taught this course since Spring 2018 and do not have any faculty who are willing or able to teach it. The topic is also a bit outdated, and the material covered is integrated into other courses. It no longer needs to be a stand-alone course.