

THE UNIVERSITY OF NORTH CAROLINA AT ASHEVILLE  
FACULTY SENATE

Senate Document Number 5419S  
Date of Senate Approval 05/02/19

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Statement of Faculty Senate Action:

**APC Document 43 (HWP):**           **Change title and course description for HWP 153;  
Change title and course description for HWP 190;  
Change title, course description, and prerequisite for HWP 315;  
Change course description, credit hours, and semester offered  
for HWP 455**

**Effective Date: Fall 2019**

1. **Delete:** On page 158, the entry for HWP 153 Health Promotion and Wellness

**153    Health Promotion and Wellness (3)**

Theory, research and skills relating to physical fitness, stress management, interpersonal communication and health. Course includes a comprehensive fitness development experience. Fall and Spring.

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

**153    Personal Health and Wellness (3)**

An introduction to personal health and wellness. Topics include the dimensions of wellness, applying health information to personal practice, and an overview of diverse health topics. Skills include personal health behavior goal setting and tracking, practicing strategies to promote the dimensions of wellness, and navigating campus health resources. Through behavior change practice, in-class discussions, activities, lectures, and assigned materials (readings, videos, etc.), students will understand what it takes to cultivate personal health and wellness. Fall.

**Impact:** This change will have limited impact on major, minor, or university requirements. The course is not required, but is offered as an elective for students interested in supporting their personal wellness. It is not anticipated to impact staffing needs as we plan to direct students who currently take HWP 190 for the personal health experience into this course or other existing courses (HWP 223, 224 or 225).

**Rationale:** Many students come to HWP 190 in search of personal health and wellness information and strategies, which currently is a limited element of HWP 190. By clarifying the purpose of HWP 190 and providing a revised version of HWP 153, we hope to promote health among students interested in personal health, but who may not plan to major or minor in HWP. We plan to offer one section of this course every fall.

2. **Delete:** On page 158, the entry for **HWP 190, Introduction to Health Promotion:**

**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.

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

**190 Foundations of Health Promotion (3)**

An introduction to the foundations of health promotion in practice, including core concepts of public health and health sciences and career opportunities. Topics include the history of health, determinants of health, and major behavioral health theories and frameworks. Skills include thinking critically about health information, understanding and using health research and statistics, and understanding the causes of health disparities. In-class discussions, activities, lectures, and assigned materials will be utilized to illustrate the complexity of health promotion in practice. Fall and Spring.

**Impact:** Removing the personal health components of the course will help direct students who wish to take a personal health class to HWP 153 or one of the HWP pillar courses HWP 223- Active Living, HWP 224- Mental and Emotional Health, or HWP 225- Nutrition and Lifestyle. It will reduce the number of students who take 190 to those who are considering majoring in Health and Wellness Promotion. Currently, we offer 5 to 6 sections per year. With students looking for a personal health class redirected to other courses, we plan to offer 4 sections per year.

**Rationale:** This course is shifting title and changing description to more accurately reflect the course content needed by prospective majors in health and wellness promotion. Students wishing to take a personal health course will be directed to existing other courses and the personal health components from this course will be offered in HWP 153.

**3. Delete:** On page 160, the entry for **HWP 315, Stress Management and Biofeedback:**

**315 Stress Management and Optimal Performance (3)**

Covers the physiological and psychological reactions that make up the response to acute and chronic stress, and more generally explores the integration of our cognitive, behavioral and physiologic systems and the consequences of their lack of integration. The course focuses on critical thought regarding personal and organizational readiness for change, cultural norms, and cognitive-behavioral variables that facilitate health. It addresses optimal performance strategies for choice and change applicable to individuals as well as health care facilitators. Fall.

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

**315 Stress Management and Biofeedback (3)**

Covers the physiological and psychological reactions that make up the response to acute, chronic, and traumatic stress, detailing the physiological processes that underlie such reactions. Students will also explore the health consequences of acute and chronic stress and individual, interpersonal, and societal sources of stress as well

as established and emerging methods of stress reduction discussed in the literature. This course also provides an introduction to the basics and goals of biofeedback and neurofeedback including history, intervention techniques, and analysis of principles and applications. This is not a certification course. Prerequisites: HWP 294 or BIOL 338, or permission of instructor. See department chair.

**Impact:** As an elective course that may be taken for progress towards completion of the HWP major, this change in description is not anticipated to impact our staffing needs. We plan to continue to teach one section of the revised HWP 315 each year, when possible.

HWP 315 is not a required course, so not all student will choose to take it. The addition of HWP 294/BIOL 338 as a prerequisite should not impact students, as one of these courses is required for the major. The prerequisite addition will actually make this advanced course more beneficial for those enrolled, as we will be able to go more in depth into course content. Currently, without the prerequisites some students have taken courses relating to physiology, while others have not, meaning we are required to teach at a lower level, leaving the majority of students wanting a bit more. Including “or permission of instructor” will let the instructor make exceptions for particular students who want to take the course and are willing to do some additional catch up to ensure optimal understanding.

**Rationale:** This course combines what was previously HWP 315, Stress Management and Optimal Performance with content from HWP 290, Introduction to Biofeedback. We have piloted a combined stress management plus biofeedback course as a special topics course 3 times over the last 3 academic years, taught by Laura Jones, and it has been at or above enrollment each time.

4. **Delete:** On page 163, the entry for **HWP 455, Pathophysiology of Chronic Conditions and Illnesses:**

**455 Pathophysiology of Chronic Conditions and Illnesses (3)**

The study of chronic conditions and illnesses that could be improved or prevented through appropriate lifestyle choices. Topics include heart disease, cancer, stroke, diabetes, respiratory illnesses, obesity, hypertension, arthritis, osteoporosis, depression, stress and anxiety, and suppressed immune function. Emphasis is placed on etiology, course of disease, current assessment, evidence-based treatment protocols, and health promotion initiatives. This course includes evaluation of research and efficacy of treatment strategies. Prerequisites: HWP 294 or BIOL 338; STAT 185. Spring.

**Add:** On page 163, in place of deleted entry:

**455 Pathophysiology of Chronic Conditions and Illnesses (4)**

The study of chronic conditions and illnesses that could be improved or prevented through appropriate lifestyle choices. Topics include cardiovascular disease, the metabolic syndrome, diabetes, cancer, respiratory illnesses, obesity, osteoporosis, depression, stress and anxiety. Emphasis is placed on theories of etiology, current assessment, evidence-based treatment protocols, and health prevention initiatives. This course includes evaluation of research and efficacy of treatment strategies. Prerequisites: HWP 294 or BIOL 338; STAT 185. Fall and Spring.

**Impact:** This change in course credit hours will not significantly impact major, minor, or university requirements. The switch to a 4-credit hour course will allow more time to cover a wider array of chronic conditions and illnesses. We currently offer 3 sections per year of this course in fall, spring and summer. We plan to continue to do so. This will mean that the faculty member teaching it will need to reduce the number of other courses they teach. However, several faculty members have the

expertise and experience needed to teach this course.

**Rationale:** As the culminating science course in the major, this course is being shifted to a 4-credit hour course to better reflect the departmental emphasis on ensuring students thoroughly understand and can effectively speak to the physiological mechanisms underlying disease states. It brings together knowledge across the curriculum, elucidating the significance of behavior change models at a physiological level.