

THE UNIVERSITY OF NORTH CAROLINA AT ASHEVILLE
FACULTY SENATE

Senate Document Number 5519S
Date of Senate Approval 05/02/19

Statement of Faculty Senate Action:

**APC Document 44 (HWP): Revise the requirements for the Major in Health and Wellness
Promotion and the Minor in Health and Wellness Promotion**

Effective Date: Fall 2019

1. Delete: On page 157 entry under **Major in Health and Wellness Promotion:**

In the liberal arts tradition, the major in Health and Wellness Promotion is an interdisciplinary program that prepares students to promote health, wellness, and high quality of life among individuals, groups and populations, with a focus on healthy lifestyle choices and supportive environments. The program includes instruction in nutrition, physical activity, mental and emotional health, anatomy, physiology, diversity and health parity, and other key health topics and concepts. Students develop skills in personal wellness; wellness coaching; health education and communication; and health program planning, implementation, and evaluation. The curriculum emphasizes culturally-sensitive and multi-level health promotion in a variety of settings, such as schools, worksites, older adult care centers, health care facilities and communities.

- I. Required courses in the major—at least 41 hours: HWP 190, 223, 224, 225, 294, 310, 335, 455, 459; 3 hours from HWP 350, 380, 499; and at least 9 additional HWP elective hours at the 200-400 level. HWP 295 may not be used to satisfy both the elective requirement and the HWP science requirement, listed below. BIOL 338 may be substituted for HWP 294.
- II. Required courses outside the major—8 hours: STAT 185 and one of the following options: a) BIOL 125 and 126; b) BIOL 328; c) CHEM 111 and 132; d) HWP 295.
- III. Other departmental requirements—Major competency is demonstrated in HWP 459. A grade of C or higher in HWP 310 and 459 is required to graduate.

Add: On page 157, in place of deleted entry:

In the liberal arts tradition, the major in Health and Wellness Promotion is an interdisciplinary program that prepares students to promote health, wellness, and high quality of life among individuals, groups and populations, with a focus on healthy lifestyle choices and supportive environments. The program includes instruction in health promotion, nutrition, physical activity, mental and emotional health, anatomy and physiology, chronic disease process and prevention, health equity, and other key health topics and concepts. Students develop skills in individual wellness; health education and communication; health

research methods and health program planning, implementation, and evaluation. The curriculum emphasizes culturally-sensitive and multi-level health promotion in a variety of settings, such as schools, worksites, older adult care centers, health care facilities and communities.

- I. Required courses in the major—at least 42 hours: HWP 190, 223, 224, 225, 294, 310, 335, 455, 459; 3 hours from HWP 350, 380, 499; and at least 9 additional HWP elective hours at the 200-400 level. HWP 295 may not be used to satisfy both the elective requirement and the HWP science requirement, listed below. BIOL 338 may be substituted for HWP 294.
- II. Required courses outside the major—8 hours: STAT 185 and one of the following options: a) BIOL 125 and 126; b) BIOL 328; c) CHEM 111 and 132; d) HWP 295.
- III. Other departmental requirements—Major competency is demonstrated in HWP 459. A grade of C or higher in HWP 310 and 459 is required to graduate.

Impact: This change increases the total number of required hours in the major by 1 (from 41 to 42 credit hours) which will modestly impact our majors. It is not an additional class required however, just one required course changing from 3 to 4 hours (HWP 455 Pathophysiology of Chronic Disease and Conditions. We currently offer this course 3 times a year and expect to continue to do so. This means that the current faculty member teaching it will reduce the number of courses she can teach per year by 1. However, several other faculty have the expertise needed to teach this course, if required. No concurrences needed.

Rationale: We originally submitted a complete overhaul of the HWP major, but due to time constraints, and now also changes in anticipated teaching power, we have significantly scaled back our curricular change requests to just those needed to bring the current major into alignment with what we are doing or feel is pedagogically necessary. HWP 455 is a cornerstone course for our majors. The content, skills and practice are quite compressed in a 3-hour course. This change will reduce that compression and allow for increased opportunities to meet the student learning outcomes for the course.

2. Delete: On page 158, the entry for the Minor in Health and Wellness Promotion:

At least 20 hours: HWP 190, 294, 310; two courses from HWP 223, 224, 225, 250, 253; and one additional HWP course at the 300-400 level.

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

At least 20 hours: HWP 190, 294, 310; two courses from HWP 223, 224, 225, 253; and one additional HWP course at the 300-400 level.

Impact: HWP 250 is being deleted. No impact is anticipated, as students will still have four courses from which to choose two electives.

Rationale: This is an editorial change to reflect the deletion of HWP 250 from the curriculum.