

**APC Document 32 (HWP):**     **Revise the requirements for the Major in Health and Wellness, adding three concentrations: General, Health Sciences, and Public Health;**  
  **Revise the requirements for the Minor in Health and Wellness Promotion**

**Effective Date: Fall 2020**

**1. Delete:** On page 154, the departmental narrative and major requirements for **Health and Wellness Promotion:**

The Department of Health and Wellness offers diverse and flexible programs designed to help students live healthier, more balanced and meaningful lives. The curriculum for the major or minor in Health and Wellness Promotion emphasizes multi-level programs aimed at the promotion of wellness throughout a lifetime. Students may pursue careers in worksite wellness, hospital-based wellness programs, community health centers, retirement and nursing home wellness programs, commercial and not-for-profit health, fitness, and recreation centers, and other related areas. Students who receive a B.S. with a major in Health and Wellness Promotion may choose to pursue graduate and/or professional studies in areas such as Health Promotion, Exercise Physiology, Nutrition, Health Education, Gerontology, Public Health, or Medicine. Students interested in graduate school should be aware of additional course work required for admission to these programs that may not be required for the Health and Wellness Promotion major.

**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 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.

**Add:** On page 154, 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 core 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.

Health and Wellness majors have the option of three concentration areas: General, which offers a broad lens on health promotion and allows students to choose a topical focus area; Health Sciences, which deepens student learning in the sciences supporting allied health and medicine, and Public and Community Health, which deepens student learning in community, population and public health.

#### **Concentration in General Health and Wellness Promotion:**

- I. Required core courses in the major—32 hours: HWP 223, 224, 225, 234, 245, 310, 455, 459. BIOL 338 may be substituted for HWP 234.
- II. Required courses for the General Concentration—at least 15 hours distributed as follows: HWP 335; 7 additional hours of HWP at the 200-400 level; and one of the following options: a) BIOL 125 and 126; b) BIOL 136; c) CHEM 111 and 132, d) BIOL 328 or HWP 235. HWP 235 may not be used to satisfy both the elective requirement and the HWP science requirement.
- III. Required core course outside the major—4 hours: STAT 185
- IV. 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.

#### **Concentration in Health Sciences**

- I. Required core courses in the major—32 hours: HWP 223, 224, 225, 234, 245, 310, 455, 459. BIOL 338 may be substituted for HWP 234.
- II. Required courses for the Health Sciences Concentration—at least 24 hours distributed as follows: BIOL 125 and 126, or BIOL 136; CHEM 111 and 132; BIOL 328 or HWP 235; and 12 additional hours chosen from BIOL 444; CHEM 323; HWP 315, 365, 401, 420, 425. Other courses with relevant content may be substituted with approval of the department chair.
- III. Required core course outside the major—4 hours: STAT 185
- IV. 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.

#### **Concentration in Public Health**

- I. Required core courses in the major—32 hours: HWP 223, 224, 225, 234, 245, 310, 455, 459. BIOL 338 may be substituted for HWP 234.
- II. Required courses for the Public Health Concentration—at least 19 hours distributed as follows: HWP 335, 342, 440; and at least 7 additional hours chosen from AIIS 200; ANTH 350; ECON 242; ENVR 334, 336; ESI 101; HWP 315, 316, 317, 333, 360, 365; SOC 352, 362; STAT 326; WGSS 100. Other courses with relevant content may be substituted with approval of the department chair.
- III. Required core course outside the major—4 hours: STAT 185
- IV. 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 and Rationale Statements for the Concentrations:**

##### **Concentration in General Health and Wellness Promotion**

**Impact:** This concentration is very similar to the current Health and Wellness Promotion major. It has been adjusted for the shift from mostly 3-credit hour classes to 4-credit hour classes (with some 3-credit elective courses) and represents an increase of 1 total credit hours (from 50 in our current major to 51). The increase in credit hours in some courses (HWP 223, 224, 225, and 459) and the addition of the required course, HWP 245,

will be partially balanced with the removal of HWP 190 as a required course and the integration of an internship option in HWP 459 instead of the required separate course requirement of HWP 350, Service Learning in Health Promotion, HWP 380, Internship in Health and Wellness, or HWP 499, Undergraduate Research. HWP 350 is being removed from the curriculum, and HWP 499 will be moved to an elective option. The limited changes in this concentration will help smooth the shift from 1 to 3 concentrations in the HWP major by allowing current and incoming students to still complete an HWP major in 4 years (2 years for transfers).

Concurrences have been received for the list of non-HWP elective options.

**Rationale:** Students choose a major in Health and Wellness Promotion for a variety of reasons and to pursue a variety of interests. The general HWP concentration offers students the opportunity to choose their own focus to match their interests and future goals. HWP majors interested in health promotion, workplace wellness, health education, fitness promotion, health coaching and/or personal training will likely choose this concentration. Also, non-traditional students seeking a degree to support their career in an alternative or integrative health promotion modality will find this concentration well-suited to their needs and interests. It is also the most flexible of the 3 versions so will be especially suitable for transfer students interested in completing an HWP major in two years. The increase in credit-hours of our three pillar classes (HWP 223, 224, and 225) will allow us to integrate more introductory information into these courses and enables us to remove the requirement for a separate introductory course (HWP 190). In addition, because HWP 459 is also increasing in credit hours, we will be able to incorporate an internship option into this course instead of having a separate internship course. The addition of a required course in research methods (HWP 245) allows us to move HWP 499 to an HWP elective knowing that all students will gain content knowledge and skills in the area of research. This move will also allow those students interested in carrying out undergraduate research to do so if they choose. Moving this to an HWP elective will reduce the burden on HWP faculty who often have students approach them to supervise undergraduate research just because it has been a requirement in the major (one of three choices), not something the student is seeking independently to do.

### **Concentration in Health Sciences**

**Impact:** The HWP major with a concentration in health sciences reflects the shift in Human Physiology (294) and Functional Anatomy (295) to Anatomy and Physiology I and II (234/235), and the shift from mostly 3-credit hour classes to 4-credit hour classes. Overall the concentration represents an increase of 10 total credit hours (from 50 in our current major to 60). This increase in the credit-hour requirement reflects the changes to the basic HWP major requirements (listed above), as well as the added core science requirements and the addition of a targeted list of HWP health science electives. This increase is partially offset by a reduction in two required courses (HWP 190 and 335) and by the removal of a general HWP elective.

The HWP major with a concentration in health sciences is similar to what current students pursuing the pre-health professions do in order to get an HWP degree and prepare for professional school in medicine or allied health fields. This new concentration streamlines these combined pursuits, by reducing the number of HWP required hours in the major and adding optional hours in biology and chemistry. This concentration will likely marginally increase the number of HWP students taking CHEM 111, 132, and BIOL 125/126 or 136, and may slightly increase the number taking CHEM 323 and BIOL 444. Concurrences have been received for the list of non-HWP elective options.

The change to Anatomy and Physiology I and II from the current Human Physiology and Functional Anatomy combination is expected to increase the number of sections of HWP 235 (A&P II) offered yearly from one section to two. We anticipate continuing to need the same number of sections of HWP 234 (A&P I) which is currently 4 class sections and 6 lab sections per academic year. It is likely that we will have an additional 2 to 6 students in our upper level health science classes (other than HWP 455, Pathophysiology which is currently required for all majors), but these often are not at capacity. We anticipate needing some additional teaching support for HWP 235. We currently have a visiting professor in HWP who has the expertise needed; we plan, PAC, permitting, to continue to have someone in this line (hopefully as a tenure-track faculty) in coming years.

**Rationale:** Creating a health sciences concentration in the HWP major creates efficiencies for those students wishing to go on to study allied health or medicine in professional schools and for those wanting to study health sciences. Currently, a significant subset of our majors (about 40%) prepares for graduate or professional school in the health sciences while concurrently completing the HWP major, and this often extends their stay at UNC Asheville by at least one semester. The health sciences concentration option will help to provide a liberal arts and sciences experience for students wishing to go into clinical health fields while obtaining a solid grounding in health and wellness promotion. Adding this concentration is consistent with UNC Asheville's strategic priority to increase academic rigor.

### **Concentration in Public Health**

**Impact:** The HWP major with a concentration in public health reflects the shift from mostly 3-credit hour classes to mostly 4-credit hour classes. Overall the concentration represents an increase of 5 total credit hours (from 50 in our current major to 55), because of replacement of electives with core public health requirements. This increase in the credit-hour requirement reflects the changes to the basic HWP major requirements as well as the added core public health requirements. This increase is partially offset by a reduction of one required course and a decrease in the science requirements to HWP 234 and HWP 455.

The HWP major with a concentration in public health is similar to the curriculum in public health offered at an increasing number of institutions (as a Bachelor of Science in Public Health - BSPH), with the addition/enhancement of physiology (HWP 234) and pathophysiology (HWP 455) coursework. This new concentration includes a reduction in the number of HWP required hours in the major and adds hours in public health coursework. Two new courses will be added to the catalog for this concentration: HWP 342, Advancing Health Equity: Domestic and Global Contexts and HWP 440, Epidemiology and the Environment.

One new course, HWP 342, Advancing Health Equity: Domestic and Global Contexts, is essential for public health study and has been previously taught in other formats (as a 200-level course and a special topics course) in our curriculum. One additional new course, HWP 440, Epidemiology and the Environment, will include key topics and methods in epidemiology and biostatistics with a focus on environmental health issues and concepts.

Given current HWP cohort sizes, we anticipate that 20-25 students will enroll in the public health concentration each year and as such, we anticipate offering one section of the concentration required courses (HWP 342 and 440) one time a year, totaling 8 credit hours per year. In addition, HWP 310, a public health course in community health promotion required of all majors, and HWP 335, a course in health communication required for the General and Public Health concentrations, will need to be offered twice/in two sections per year. Altogether, this is 24 credit hours (6 courses) per year, a reasonable load to be taught by the two current full-time, tenure-track, public health-oriented faculty (one is currently on leave and has decided not to return and will need to be replaced). Others in the department may also teach public health concentration courses. Concurrences have been received for the list of non-HWP elective options.

**Rationale:** Over the decade-plus history of the Department of Health and Wellness, there has been an increase in student interest in public health topics and professions, which mirrors a broader recognition of the role of systems approaches to promoting health. Adding a concentration in public health in the HWP department creates a unique opportunity to align the curriculum with other institutions' Bachelor of Science in Public Health (BSPH) programs and to include A&P I and Pathophysiology. The inclusion of these courses provides students with opportunities to make key connections between systemic issues and the intra-individual level. This concentration is consistent with UNC Asheville priorities to strengthen academic rigor and academic success. In addition, Public Health is community-engaged by design, another concept that is at the forefront of our university strategic plan.

**Overall Impact:** We do not expect the addition of the concentrations to increase the total number of HWP majors, but rather we expect students will self-select into the HWP concentration that most suits their interests and goals.

Changing from a mixture of 3-credit and 4-credit required courses to all 4 credit-hour courses for our core major requirements will impact both students and faculty. Similarly, the addition of two concentrations within the HWP major will have positive impacts on student choice, but also will increase the total credit hours required. In order to make this change doable for our majors, we needed to reduce the number of required courses in the major and move the formerly required content into other courses in the curriculum. We are removing HWP 190, HWP 335, and the scholarly engagement requirement (HWP 350, 380, or 499) from the core courses currently required for all majors, and are adding a 200-level research methods course (HWP 245). The most important content/skills from HWP 190, Foundations of Health Promotion are to be distributed across the new research methods course and HWP 223, 224, and 225 (the pillars courses). HWP 335 will continue to be required in the General and Public Health concentrations. The formerly required scholarly engagement aspect of the curriculum will be incorporated into the senior capstone course (HWP 459) with HWP 499 continuing as an elective. The total credit hours in the major are increasing by 1 to 10 hours: from 50 to 51 for the General concentration, from 50 to 60 for the Health Sciences concentration, and from 50 to 55 for the Public Health concentration. This means roughly 1 additional course required for majors in the General concentration and 2 to 3 additional courses required in the other two.

These changes will impact faculty teaching load in several ways. We will need to offer students more hours in HWP over their time here. There will be a small increase in the number of HWP students who will take BIOL 125/126 or BIOL 136, BIOL 444, CHEM 111/132, CHEM 323, and NEUR 410 (474). Many students interested in professional school for health professions already take these courses for the pre-health professions program, so the increase is expected to be small. Concurrences have been received from Biology, Chemistry, and Neuroscience. In addition, the change to required 4-credit courses will reduce by 1 the number of sections taught by each faculty person during most semesters. Due to the changes in teaching loads, the enrollment limits in some of the required courses will need to increase to accommodate all of our students in the smaller number of sections. In addition, the number of elective courses offered each term will likely decrease, so the enrollments in these courses will increase unless we are able to keep all our current faculty lines, and replace the faculty person who is on leave this year, and who has decided not to return.

The ability for students to focus their learning into one of three concentration areas and develops skills for specific areas of graduate study or career fields will be a huge benefit as they plan for life after UNC Asheville. The impact for UNC Asheville is that we will raise our profile as a place where students can train to become part of the solution to important health-related social, economic and quality-of-life issues. With the addition of Health Sciences and Public Health concentrations, we will make it clear to incoming students and others that we have the capacity to train people to address concerns related to health care (clinical) and health research, health promotion (primary prevention/education), and public health (population health/health equity).

**Rationale:** Students have been asking for nearly a decade for more specific training and academic guidance in the health sciences and public health. We have previously addressed this by adding more elective offerings in these fields. With the increase in attention to workforce development in medicine/healthcare and public health in Western N.C., it now feels like the right time to make this move. Combining the move to 3 concentrations with the addition of a required research methods course, and a shift from human physiology and functional anatomy to Anatomy and Physiology I and II, also fits with these regional emphases. Some students in the pre-health professions program currently seek Anatomy and Physiology I and II from other campuses, because these are required prerequisites for some areas of professional study in medicine and the allied health fields, and neither the Biology department nor Health and Wellness department currently offer this course sequence. Adding a required research methods course is consistent with UNC Asheville's strategic focus on academic rigor and is expected to help students better succeed in their senior capstone and if chosen, undergraduate research.

The rationale for moving to 4-credit hours for all required courses is to simplify schedules for both students and faculty and to reduce the number of different courses a faculty member teaches in a term. This is an attempt to improve work-life balance for our faculty.

2. **Delete:** On page 154, in the entry for the **Minor in Health and Wellness Promotion:**

**Minor in Health and Wellness Promotion**

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.

**Add:** On pages 154, in place of deleted entry:

**Minor in Health and Wellness Promotion**

At least 18 hours: 234, 310; two courses from HWP 223, 224, 225, 245, 253, 265; and 3-4 additional hours of HWP at the 300-400 level.

**Impact:** We have experienced a recent increase in the number of students minoring in Health and Wellness Promotion. The changes in the minor requirements are in keeping with proposed changes in the HWP General concentration and changes from mostly 3 credit hour classes to mostly 4 credit hour classes. The net result is an increased flexibility in course choices for completion of the minor. We don't anticipate any changes in faculty workload due to these revisions of the HWP minor.

**Rationale:** The catalog language regarding minor requirements needs to change to reflect the overall change to a mostly 4-credit hour courses offerings. The Health and Wellness Promotion minor is a useful option for students who want to pair their interest in HWP with interests in mass communication, psychology, sociology, environmental studies, and management, among others.