

THE UNIVERSITY OF NORTH CAROLINA ASHEVILLE

FACULTY SENATE

Senate Document Number SD4024S

Date of Senate Approval 04/04/2024

Statement of Faculty Senate Action:

APC Document 33 (HWP): Change title for HWP 245, Research Methods in Health and Wellness Promotion;
Change description for HWP 326, Food is Medicine;
Delete HWP 425, Exercise Prescription, Fitness, and Lifestyle Assessment, replacing it with repeatable HWP 354;
Change title and description for HWP 459, Senior Capstone in Health and Wellness Promotion

Effective Date: Fall 2024

1. Delete: On page 172, the title for **HWP 245, Research Methods in Health and Wellness Promotion:**

245 Research Methods in Health and Wellness Promotion (4)

Add: On page 172, in place of deleted entry:

245 Research Methods (4)

Impact: This change in title will not impact major, minor, or university requirements. The course description will remain unchanged. This change is not anticipated to impact our staffing needs. No specialized space or materials are needed for this course.

Rationale: Because we are changing our department name, it no longer makes sense to have Health and Wellness Promotion in the title of this course.

2. Delete: On pages 173-174, the entry for **HWP 326, Food is Medicine**

326 Food is Medicine (4)

An exploration of using food as medicine both as a theory and as a philosophy. This course addresses nutrition related to plant-based diets and the cultural adaptations of using food as medicine. The course will also explore the controversies and issues surrounding the use of a plant-based lifestyle and food as medicine. Topics covered will include food as medicine philosophies, environment, nutritional demands, practices of using food as medicine, and public health applications. The course reflects upon varying illnesses and foods, herbs, and spices as a preventative practice. Prerequisite: HWP 225. Fall.

Add: On pages 173-174, in place of deleted entry:

326 Food is Medicine (4)

An exploration of current and historical practices that use food as medicine. This course offers a diverse range of perspectives from a wide array of scientists and physicians that are on the forefront of the use of food as medicine. It will encourage students to understand the importance of individualized nutrition as both prevention and treatment for various illnesses and to become critical thinkers when it comes to the many ways that we can use food as medicine in our world. We will discuss the connection between health, nutrition and regenerative farming, thus emphasizing the importance of sustainability in the nutrition and healthcare spheres. We will also engage with food through fermentation workshops, tea-tastings and on-campus foraging. Prerequisite: HWP 225. Fall.

Impact: The change in description will not impact major, minor, or university requirements and is not anticipated to impact our staffing needs. No specialized space or materials are needed for this course. This course is an elective option for all HWP majors and minors. The class size is usually about 22 students. At 4 credits, the class meets for a total of 3 hrs and 20 minutes. This class's format is lecture, discussion, and hands-on activities. One faculty in the department (Steele) teaches this course. The addition of this course will not change our ability to support the LAC. This course is not part of the UNC Common Numbering System. Student learning outcomes include:

- To be able to understand, evaluate, and apply current research related to the concept of 'food as medicine'.
- To understand the importance of using specific dietary patterns and healthy eating habits for disease prevention and/or treatment.
- To improve personal quality of life through healthy eating choices, lifestyle modifications and the application of concepts learned.
- To be able to discuss controversial health topics from an informed perspective.
- To be able to research and write about the pathophysiology of a disease and the use of 'food as medicine' in the prevention and/or treatment of that disease.

Rationale: The description has been updated to provide more detail on the course and more accurately reflect the current course content.

3. Delete: On page 176, the entry for **HWP 425, Exercise Prescription, Fitness, and Lifestyle Assessment**, reinstating **HWP 355**

425 Exercise Prescription, Fitness, and Lifestyle Assessment (4)

Prepares the student to recognize and implement appropriate strategies to enhance fitness and exercise performance based on sound physiological principles. Topics include strength, flexibility and cardiovascular conditioning as well as body composition and nutrition for fitness. The course will cover principles of exercise program design, fitness and lifestyle assessment techniques. Students will have the option to sit for the ACSM Personal Training Certification exam at the end of the course. No credit given to students with credit for HWP 355. Prerequisite: HWP 420. See department chair.

Add: On page 174, new course, **HWP 354, Health and Fitness Assessment and Exercise Prescription:**

354 Health and Fitness Assessment and Exercise Prescription (2)

Includes hands-on training for field and laboratory assessments of health and fitness including cardiorespiratory fitness, muscle fitness, flexibility, body composition, and balance. Students will gain practice in administering and evaluating these tests in relation to physical activity, nutrition, and mental wellness. In response to results, students will gain an understanding of prescribing safe and effective interventions. An overview of physical activity, health, and chronic disease risk stratification will be provided. Class may be repeated for a total of 4 credits. No credit given to students with credit for HWP 425. Prerequisite: HWP 223. See department chair.

Impact: This change in title, number, and description will not impact major, minor, or university requirements, and does not affect the department's ability to support the LAC. This change is not anticipated to impact our staffing needs. No specialized space or materials are needed for this course that are not already available (SHE 409). HWP 354 is a Health Science elective. The class size will be kept to 4-6 students. As a 2-credit lab, the class meets for 2 hours and 45 minutes. This class's format is lab and discussion. Two community volunteers (Mike McCammon and Dr. Rick Croskery) teach this course. This course is not part of the UNC Common Numbering System. Student learning outcomes include:

- To understand the importance of health and fitness assessments.
- To be able to conduct a wide array of health and fitness assessments.
- To gain skills sharing results from health and fitness assessment with participants.
- To be able to understand how to develop interventions based on assessment results.

Rationale: We are changing the title and description of this course to better align with our goals of the course. Students in this course will primarily gain hands-on experience and practice with health and fitness assessments. Students will have the opportunity to work with our community health and fitness assessment program to gain even more experience and career skills. Because of this, we are reverting the number back to a 300-level course to draw a wider array of students and students earlier in their career. We are changing the prerequisite to enable more students to take this course and to attract students earlier on in their career. It is not a necessity to have HWP 420 before taking this course. We are, however, adding HWP 223 which is an introduction to the science of physical activity and exercise which can provide the foundational knowledge needed for this course. We are removing the certificate option because this is not a goal of this course. This was added several years ago by a now retired faculty who was a certified personal trainer. Neither of the instructors are certified personal trainers. Additionally, we have added the option of studying and sitting for a certification exam into HWP 459 Senior Capstone. The change in credit hours and the ability to repeat this course for a total of 4 credits is to allow students to gain these skills during one semester and then continue to master them the next while assisting the Health and Fitness Assessment Program in HWP. Students in their second semester can also mentor students coming in for their first semester. Lastly, by allowing students to repeat the course for 4 credits, students can more easily use this course for their additional 12 credits in the Health Science concentration.

4. Delete: On page 176, the entry for **HWP 459, Senior Capstone in Health and Wellness Promotion:**

459 Senior Capstone in Health and Wellness Promotion (4)

Senior Capstone in Health and Wellness Promotion includes four components. The first three components will be required of all students: (1) career and/or graduate study preparation; (2) evidence of growth in the ability to critically evaluate and synthesize

information across their health and wellness course of study; and (3) an oral presentation of learning from an applied capstone project or field experience internship. For the fourth component, students will have the option of completing one of the following: (1) an applied research, teaching/learning, and/or leadership project with emphasis in primary prevention of disease and chronic conditions; or (2) a field-based internship in an area related to their chosen career path. This senior capstone experience serves as a demonstration of competency in the major. A grade of C or better is required to graduate. Prerequisites: HWP 245 and HWP 310. Fall and Spring.

Add: On page 176, in place of deleted entry:

459 Senior Capstone (4)

Senior Capstone offers the opportunity for students to engage in one of the following capstone experiences: undergraduate research, an internship, studying and sitting for a certification exam, or interviewing/shadowing a variety of professionals in the field of interest. In addition to this capstone experience, students will practice skills in résumé building, interviewing, and presenting. Students will also explore a text of their choosing in their field of interest and report what they learn to both their professor and peers. Finally, students in this class will engage in life lessons typically not taught elsewhere in formal education (e.g. financial literacy and wellness, navigating relationships). This senior capstone experience serves as a demonstration of competency in the major. A grade of C or better is required to graduate. Prerequisite: HWP 245 and HWP 310. Junior Standing. Fall and Spring.

Impact: This change in title and description will not significantly impact major, minor, or university requirements. These changes are not anticipated to impact our staffing needs and will not affect our ability to support the LAC. No specialized space or materials are needed for this course. This course is required for all HWP majors. The class size is usually about 15 students. At 4 credits, the class meets for a total of 3 hrs and 20 minutes. This class's format is discussion. Two faculty in the department (Jones and Rote) teach this course, but any faculty in the department can teach it if called upon. This course is not part of the UNC Common Numbering System. Student learning outcomes include:

- Building skills in creating one's own schedule and deadlines and meeting those deadlines.
- Completing a large, capstone project that will help with next career move.
- Enhancing ability to be a lifelong learner in the field of health.
- Building skills in interviewing and presenting.
- Learning things that are not covered in most high school or college educational programs (e.g., about mortgages, interest, retirement).

Rationale: Because we are changing our department name, it no longer makes sense to have Health and Wellness Promotion in the title of this course. The description has been updated to provide more detail on the course and more accurately reflect the current course content.