

THE UNIVERSITY OF NORTH CAROLINA ASHEVILLE

FACULTY SENATE

Senate Document Number SD4224S

Date of Senate Approval 04/04/2024

Statement of Faculty Senate Action:

APC Document 35 (HWP): Update the narrative and the major and minor requirements for Health and Wellness Promotion (Health Sciences)

Effective Date: Fall 2024

1. Delete: On page 170, the departmental narrative:

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 Health, which deepens student learning in community, population and public health.

Add: On page 170, in place of deleted entry:

In the liberal arts and sciences tradition, the major in Health Sciences is an interdisciplinary program that provides students with foundational knowledge in health and wellbeing from the cellular to global level, including training in nutrition, physical activity, mental health, and public health. The program also includes core instruction on the anatomy and physiology of the human body as well as the pathophysiology of chronic disease. Students develop skills interpreting research data, critically assessing scientific literature, and developing sound research methodologies. Students also develop an appreciation for ethics and develop skills in understanding and evaluating health programs and policies. The curriculum emphasizes equitable, culturally sensitive, multi-level approaches to health.

Health Sciences majors can complete the general major requirements, or they can choose from one of two concentrations: Health Promotion or Public Health. Health Promotion offers a broad lens on health promotion and allows students to choose a topical focus area. Public Health deepens student learning in community, population, and public health.

2. **Delete:** On pages 170-171, the entries for **Concentration in General Health and Wellness**

Promotion, Concentration in Health Sciences, and Concentration in 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, 326, 365, 384, 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, 326, 333, 353, 360, 365, 381, 384; 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.

Add: On pages 170-171, in place of deleted entries:

Major 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 and Human Performance Concentration—at least 28 hours distributed as follows: BIOL 136; CHEM 111, 132; CHEM 145 and 231, or PHYS

131; BIOL 328 or HWP 235; and 12 additional hours chosen from: BIOL 443, 444; CHEM 232 and 222, 323; HWP 315, 326, 327, 341, 353, 354, 365, 384, 401, 420; NEUR 362 or PSYC 362. 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 459 is required to graduate.

Concentration in Health 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 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 16 hours distributed as follows: HWP 335, 342, 440; and at least 4 additional hours chosen from ANTH 350; ENVR 334, 336; HWP 315, 316, 317, 326, 333, 353, 360, 365, 381, 384; SOC 352, 362; STAT 326. 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 459 is required to graduate.

Impact: Removing the Health Sciences concentration will remove the superfluousness of having a degree in Health Sciences with a concentration in Health Sciences. The increase in the number of credits required to accommodate these changes to the major may mean students will take fewer electives within the major but will need to take additional courses in other departments. Adding the requirement of CHEM 231/145 or PHYS 131 may necessitate additional sections of these courses. Adding BIOL 443, CHEM 232/222 and NEUR/PSYC 362 to the list of possible additional health science courses may necessitate additional sections of these courses. Concurrences from the chairs of Chemistry and Biochemistry, Biology, and Physics, and from the Program Director for Neuroscience have been obtained for these changes. Because these changes increase the number of credits required, we have attached a 2-year personnel plan for HWP (Appendix A).

Changing the General Health and Wellness Promotion concentration name to Health Promotion should have minimal impact on students and faculty. It also will not impact space or equipment needs. The required courses for this concentration will not change.

Removing 100 and 200-level classes from the list of additional hours in the Public Health concentration will not have an impact as those are offered in other departments. Reducing the number of credits from additional hours may have a very minor impact on enrollment in the courses from this list.

Rationale: The name of the major is changing to Health Sciences, so there is no need to have a separate concentration in Health Sciences. We are removing BIOL 125/126 from the BIOL options because we want students in Health Sciences to take BIOL 136, which covers cell structure and function and basic concepts of genetics and molecular biology,. We are adding CHEM 231/145 or PHYS 131 to the required science courses to include more graduate program prerequisites in our major. Many students in the Health Sciences major continue to graduate programs that all require two courses in chemistry with labs. In addition, all physical therapy programs and medical schools require two semesters of physics. We are adding BIOL 443, CHEM 232/222 and NEUR/PSYC 362 to also account for more graduate program prerequisites in our actual major requirements. HWP 327 is being added to the list of additional credits because it covers the science (anatomy, physiology, and physics) of how the body moves. Students who want to pursue physical therapy, occupational therapy, or exercise science will be particularly drawn to this class and will benefit from it. HWP 341 is being added because it covers the science (quantum physics, anatomy, and pathophysiology) of alternative approaches to health and healing. Students who want to pursue acupuncture, chiropractic, or other forms of energy medicine will be particularly drawn to this class and will benefit from it. Because these changes increase the number of credits required, Appendix A shows a 2-year personnel plan for HWP.

Health Promotion is a more clear and concise description of the (current) General Health and Wellness Promotion concentration.

Removing 100 and 200 level classes from the list of additional courses in the Public Health concentration will increase the rigor of this concentration. Reducing the number of credits from additional hours adjusts the credit load so that no more than 44 credits are required from the HWP major to complete the public health concentration.

3. Delete: On page 171, the entry for **Minor in Health and Wellness Promotion:**

Minor in Health and Wellness Promotion

At least 18 hours: HWP 234, 310; two courses from HWP 223, 224, 225, 245, 341, 353; and 3-4 additional hours of HWP at the 300-400 level.

University-wide minimum requirements for a minor: 1) one-half of the hours required for a minor must be completed in residence at UNC Asheville, to include at least 6 hours at the 300-400 level; 2) students must have a cumulative grade-point-average of at least 2.0 on minor courses taken at UNC Asheville.

Add: On page 171, in place of deleted entry:

Minor in Health Sciences

At least 24 hours: HWP 245, 234, 455; one course from HWP 223, 224, 225, 310; and 4 additional hours of HWP at the 300-400 level. Note: HWP 245 and 455 have a prerequisite of STAT 185.

University-wide minimum requirements for a minor: 1) one-half of the hours required for a minor must be completed in residence at UNC Asheville, to include at least 6 hours at the 300-400 level; 2) students must have a cumulative grade-point-average of at least 2.0 on minor courses taken at UNC Asheville.

Impact: The increase in credits required for the minor will have minimal impact on our ability to offer the HWP minor. HWP 245 is offered every semester and often has spaces available. HWP 234 is offered each fall and often has seats available. HWP 455 is offered each semester (and summer) and can accommodate

the addition of HWP minors. Many minors already opt to take this course (as their additional hours of HWP at 300-400 level. Moving HWP 310 to the list of options from which students may select one may have a minor impact on the enrollment in HWP 310 which would be good because this course is usually over-enrolled.

Rationale: We are updating our minor to better serve and prepare our students for careers that may include health sciences, public health, or health promotion. All students pursuing careers in health need a basic understanding of research in this field since recommendations and suggestions for improved health and disease prevention are, ideally, based on this research. Students should also have a basic understanding of chronic disease if they are pursuing a career in or related to health. We are moving HWP 310 to the list of options from which students may select one because it allows students the option to learn about public health, just as the other options allow students the option to learn about nutrition, exercise science, mental and emotional health.