

New Undergraduate Program (Majors, Minors, Sequences) Proposal
Illinois State University - University Curriculum Committee

Program Department Health Sciences

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Coauthor(s) None

Title of New Program Integrative health and wellness

Submission Date Wednesday, May 5, 2021

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Campus Address 5220 Health Sciences

Version 5 **ID** 345

Proposed Starting Catalog Year 2022-2023

1. Proposed Action

New Major

New Minor

✓ New Sequence

More than 50% of courses in this program are Distance Education

Sequence Major

Health Promotion & Education

2. Provide *Undergraduate Catalog* copy for new program.

Health Promotion and Education Program

Degrees Offered: B.S. and B.S. in Ed.

Major in Health Promotion and Education

Health Promotion Specialists and Health Educators work with people in schools and community settings. They promote positive health behaviors by giving presentations, planning and implementing programs, preparing instructional materials, assessing community and individual health needs, teaching and training, coordinating community/school efforts, health coaching, advocating for healthy policies, leading coalitions, and acting as a resource person. The School Health Education sequence leads to a B.S. in Ed. degree and is accredited by the Council for the Accreditation of Educator Preparation (CAEP). The Public Health sequence leads to a B.S. degree is accredited by the Council on Education in Public Health (CEPH). The Integrative Health & Wellness sequence leads to a B.S. degree and includes preparation for certification by the National Board for Health and Wellness Coaching (NBHWC).

Standards for Progress in the Major

School Health Education Sequence: All students should have a projected program plan completed in consultation with the departmental academic advisor. A minimum cumulative and major GPA of 2.50 is required for admission to Student Teaching as well as for retention in the HPE major. Admission to Professional Studies is contingent upon meeting admission requirements to University-wide Teacher Education and recommendation of the HPE faculty and the School Health Education Coordinator.

Public Health Sequence: All students should have a projected program plan completed in consultation with the departmental academic advisor. A minimum cumulative and major GPA of 2.50 and grades of C or better in all 60 credit hours required by the major are required for retention in the Health Promotion & Education program as well as for enrollment in Professional Practice, HSC 398A02.

Integrative Health and Wellness Sequence: All students should have a projected program plan completed in consultation with the departmental academic advisor. A minimum cumulative and major GPA of 2.50 and grades of C or better in all 62 credit hours required by the major are required for retention in the Health Promotion & Education program as well as for enrollment in Professional Practice, HSC 298A04.

Students in the Health Promotion and Education major must complete one of the following sequences.

Community Health Promotion Sequence

School Health Education Sequence

Integrative Health and Wellness Sequence**Major in Health Promotion and Education, Integrative Health and Wellness Sequence****B.S. or B.S. in Ed.****Minimum required hours: 62**

- FCS 102
- FCS 217
- KNR 113
- KNR 303
- PSY 110
- HSC 105
- HSC 201
- HSC 202
- HSC 204
- HSC 207
- HSC 248
- HSC 286
- HSC 290A01
- HSC 292
- HSC 296
- HSC 298A04 (3)
- HSC 377
- HSC 396

Take 1 of the following course options

- BSC 181
- KNR 181 and 183

Take 1 of the following course options

- BSC 182
- KNR 182 and 184

3. Provide a description for the proposed program.

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The purpose of this sequence is to prepare HPE students for work in health & wellness coaching, integrative (functional, holistic) health, worksite wellness, and other wellness settings. This sequence emphasizes wellness, optimizing human health, prevention, healthy aging, holistic approaches, and complementary and alternative medicine. Students are prepared in HPE core sciences & competencies such as health data analysis, needs assessment, and program planning with an added emphasis on human nutrition, human biology, kinesiology, psychology and health & wellness coaching. The new sequence will prepare graduates for professional certifications as a Certified Wellness Practitioner (CWP) from the National Wellness Institute and as a Certified Health & Wellness Coach from the National Board for Health and Wellness Coaching (NBHWC).

4. Provide a rationale of proposed program.

The primary rationale for the proposed program is that it is distinct from existing sequences as follows:

- The existing Public Health sequence focuses on population health and skills that relate to systems change such as health communication and public health leadership. The emphasis is disease prevention.
- The existing School Health Education sequence is preparation for becoming a grades 6-12 health teacher.
- The proposed Integrative Health & Wellness (IHW) sequence focuses on skill-development in helping individuals pursue more optimal wellness. IHW prepares students to work with people one-on-one in various settings such as healthcare and worksite wellness. IHW is a distinct area of practice within health promotion and in demand by employers. For example, a recent search of the employment website Indeed.com returned over 17,000 jobs related to wellness and over 8,400 jobs related to health & wellness coaching nationally. Additionally, in 2019 the American Medical Association approved Category III "Current Procedural Terminology" (CPT) codes for health & wellness coaching effective January 1, 2020. This set the stage for insurance reimbursement for these services which is projected to lead to a significant increase in demand.

5. Describe the expected effects of the proposed program on existing campus programs (if applicable).

The direct effect is on academic units allowing students to take courses in their department or school. The anticipated maximum enrollment in the sequence is 60 students although that will take some time to achieve. With students spread out over 4 years enrollment in a particular course offered by academic units other than Health Sciences will be approximately 15 per year or roughly 7-8 in a section. These enrollments can be supported by the collaborating units that include Biology, Family & Consumer Sciences, Kinesiology & Recreation, and Psychology. Letters of concurrence are included.

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- 6. Provide a sample four-year plan of study that fulfills the following requirements:** 120 hours, 42 senior college hours (200 and 300 level courses), and 39 General Education Program hours or 36 hours with exemption. If the program is a BS program, show the BS-SMT degree requirement. If the program is from CAS, show Foreign Language Requirement (LAN 111/LAN 112). Confirm General Education requirement exemptions on the General Education page of the current Academic Catalog. *4-year plans are not required for minor program proposals.*

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First Year - Fall Semester (16 credit hours)

ENG 101 or COM 110 (General Education) (3)

BSC 181 (4) or KNR 181 and KNR 183 (3/1)

PSY 110 (General Education) (3)

General Education course (3)

General Education course (3)

First Year - Spring Semester (16 credit hours)

ENG 101 or COM 110 (General Education) (3)

BSC 182 (4) or KNR 182 and KNR 184 (3/1)

HSC 105 (3)

General Education course (3)

General Education course (3)

Second Year - Fall Semester (15 credit hours)

HSC 201 (3)

HSC 204 (3)

HSC 292 (3)

General Education course (3)

General Education course (3)

Second Year - Spring Semester (15 credit hours)

FCS 102 (3)

HSC 202 (3)

General Education course (3)

General Education course (3)

General Education course (3)

Third Year - Fall Semester (15 credit hours)

FCS 217 (3)

HSC 207 (3)

HSC 248 (3)

KNR 113 (3)

B.S. - SMT or University-wide elective (3)

Third Year - Spring Semester (16 credit hours)

HSC 286 (3)

HSC 290A01 (3)

HSC 296 (3)

KNR 303 (3)

CAS Foreign Language (4)

Fourth Year - Fall Semester (15 credit hours)

HSC 377 (3)

HSC 396 (3)

University-wide elective (3)

University-wide elective (3)

University-wide elective (3)

Fourth Year - Spring Semester (12 credit hours)

HSC 298A04 (3)

University-wide elective (3)

University-wide elective (3)

University-wide elective (3)

7. Describe the expected curricular changes required, including new courses. If proposals for new courses have also been submitted, please reference those related proposals here:

No new courses are required for the sequence.

8. Anticipated funding needs and source of funds.

No new funding is needed for the sequence. The FIF has been approved by the provost.

9. No Does this program count for teacher education?

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10. No Is this an Interdisciplinary Studies program?

11. The following questions must be answered.

- Yes** Have you confirmed that Milner Library has sufficient resources for the proposed program?
- No** Are more than 120 hours required to complete a degree with this major?
- No** Beyond General Education, does the major require more than 66 semester hours?
- No** Does this sequence (if in a major) require more than 55 semester hours of major courses?
- No** Does this program stipulate specific general education courses offered in the major department/school as a part of the major requirements only if such courses serve as prerequisites for other courses required by the major?
- No** Is the proposed program intended to be longer than four years (as indicated by the plan of study)?
- Yes** Have letter(s) of concurrence from affected departments/schools been obtained?
A departments/school is affected if it has a program with significant overlap or if it teaches a required or elective course in the program.

12. Routing and action summary for New Program:

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1. Health Sciences Department Curriculum Committee Chair

<u>Meridee Vandraska (website)</u>	<u>Meridee Vandraska</u>	<u>4/12/2021 12:16:11 PM</u>
Signature	Print	Date

2. Health Sciences Department Chair/School Director

<u>David Grieshaber (website)</u>	<u>David Grieshaber</u>	<u>4/14/2021 1:50:27 PM</u>
Signature	Print	Date

3. College of Applied Science and Technology College Curriculum Committee Chair

<u>Rebecca Achen (website)</u>	<u>Rebecca Achen</u>	<u>5/5/2021 12:55:26 PM</u>
Signature	Print	Date

4. College of Applied Science and Technology College Dean

<u>Cara Rabe-Hemp (website)</u>	<u>Cara Rabe-Hemp</u>	<u>5/5/2021 1:16:25 PM</u>
Signature	Print	Date

5. University Curriculum Committee Chair

<u>Mary Califf (website)</u>	<u>Mary Califf</u>	<u>9/16/2021 4:38:59 PM</u>
Signature	Print	Date

All new programs (majors, minors, sequences) are routed by the U.C.C. to the Academic Senate

Comments**Comments from Version 1 from Meridee Vandraska (Department Curriculum Committee Chair):**

Question #2 Catalog copy

1. Is there a way to specify this is a B.S. degree? I think the catalog copy causes confusion by listing degrees offered: B.S. and B.S in Ed. as though either degree is available for each sequence. In the paragraphs that describe each sequence, it would be helpful to specify which degree the students earn.
2. IHW requires BSC/KNR 181 (4) and BSC/KNR 182 (4). In KNR, the labs are separate courses worth 1 credit hour. So, if your intent is to require the labs, you'll need to list them like this: KNR 181 and KNR 183 (3/1) and KNR 182 and KNR 184 (3/1). In BSC, the labs are built into the course.
3. HSC 297 is not included in the list of required courses - should it be? Note: if the course is added to the list, the new course proposal for HSC 297 should be linked to the IHW proposal. To do so, add Christy as a co-author, then click the associated course proposal box to add HSC 297.

Question #4 Rationale

1. Health Educators can also focus on worksite wellness, so just want to make sure we are making the sequences distinct since the Public Health sequence students will be prepared for CHES and will be able to focus on worksite as well.
2. In the third bullet point. "The proposed Integrative Health & Wellness (IHW) sequence focuses on skill-development in helping individuals pursue more optimal wellness IHW prepares students to work with people one-on-one in various settings such as healthcare and worksite wellness." Should there be a period between wellness and IHW?

Question #6. The sample plan of study

1. HSC 201 will need to come after HSC 105, BSC /KNR 181 and BSC/KNR 182 and in a fall semester. HSC 202 will need to come in a spring semester after 201.
2. Are university electives always during the last year of study?

Comments from Version 2 from Meridee Vandraska (Department Curriculum Committee Chair):

In the opening paragraph describing the three sequences, please change the accreditation for Teacher Education to Teacher Education is now CAEP, Council for the Accreditation of Educator Preparation.

Comments from Version 3 from Rebecca Achen (College Curriculum Committee Chair):

- Section 5; add more detail, listing which academic departments are impacted
- Attach the Financial Implications Form

Comments from Version 4 from Rebecca Achen (College Curriculum Committee Chair):

In Section 5, please list which departments at the university will be impacted.

