

ILLINOIS STATE
UNIVERSITY



University Curriculum Committee

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September 14, 2017

TO: Susan Kalter, Chairperson, Academic Senate
FROM: Jean Standard, Chair, University Curriculum Committee
RE: Executive Summary – Proposal for the New Minor in Health and Wellness Coaching

The University Curriculum Committee has approved and is forwarding for Academic Senate review the attached proposal to add a new Minor in Health and Wellness Coaching.

The Department of Health Sciences has given a rationale for adding the new minor:

“Health and Wellness Coaching has emerged as an important component of the continuum of services supporting and enhancing human health. Research supports the value of coaching for recovering from the effects of unhealthy behaviors, preventing and managing chronic health conditions, and maximizing health and wellbeing. Through a unique partnership that helps people identify and pursue self-determined goals, health and wellness coaches provide the structure and accountability for successful behavior change. Coaches know and utilize theories of behavior change and motivation.

Coaching is distinctive from educating, counseling, advising, mentoring and other authoritative or "one-up" relationships common to health professions. The collaborative communication skills inherent to health and wellness coaching do not come naturally to students. The minor will provide them with a foundation and skills that will be helpful for students in community health promotion, kinesiology, school health education, nutrition and other fields.”

The University Curriculum Committee supports the proposal to add this new minor.

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Attachments