

UNDERGRADUATE CURRICULUM FORMS

ILLINOIS STATE UNIVERSITY - NEW PROGRAM PROPOSAL

[HOME](#) | [NEW PROGRAM](#) | [REVISE PROGRAM](#) | [DELETE PROGRAM](#) | [NEW COURSE](#) | [REVISE COURSE](#) | [DELETE COURSE](#) | [TEMPORARY, WORKSHOP, OR INSTITUTE COURSE](#) | [PROFESSIONAL PRACTICE COURSE](#) | [EDITORIAL REQUEST](#) | [CONTACT US](#) | [LOGOUT](#)

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

Program Department [Health Sciences](#)Initiator [James Broadbear](#)Phone [438-8807](#)Initiator Department [Health Sciences](#)Coauthor(s) [None](#)Title of New Program [Minor in Health and Wellness Coaching](#)Submission Date [Monday, March 27, 2017](#)Email jtbroad@ilstu.eduCampus Address [5220 Health Sciences](#)Version [2](#)Proposed Starting Catalog Year [2018-2019](#)

Associated Course Proposals

	Course	Title	Version	Proposal Type	Initiator
View	HSC 377	Health and Wellness Coaching	3	New Course	James Broadbear

1. Proposed Action

New Major

New Minor

New Sequence

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

No Is this program an Integrated Bachelors/Masters degree program?

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

MINOR IN HEALTH AND WELLNESS COACHING

Director: Dr. Jim Broadbear, Department of Health Sciences

226B Felmley Science Annex, Campus Box 5220

Phone: (309) 438-8807

E-mail: jtbroad@ilstu.edu

The Minor in Health and Wellness Coaching provides students with a foundation in coaching knowledge and skills and will complement studies in various majors. Students who aspire to work with people one-on-one and to help them reach their health goals may be particularly interested in this minor. Completion of the minor will prepare students for health and wellness coaching certifications and advanced study.

Standards for Progress in the Minor:

- Students must maintain a minimum cumulative GPA of 2.50 to progress in the minor.
- A grade of C or better must be achieved in all courses in the minor.
- 21 hours required.
- Required courses: FCS 102, HSC 207, 296, 298A04, 377, KNR 113, 303.
- No more than 9 hours taken in the minor may count toward a major plan of study.
- Other courses approved by the minor director may be counted toward the minor.

3. Provide a description for the proposed program.

The Minor in Health and Wellness Coaching is a 21 hour, 7 course program that will provide students in many disciplines with a foundation in coaching knowledge and skills. The courses include:

- FCS 102: Fundamentals of Human Nutrition;
- HSC 207: Mind/Body Health;
- HSC 296: Health Behavior & Theory;
- HSC 298A04: Practicum in Health Promotion & Education;

- HSC 377: Health & Wellness Coaching;
- KNR 113: Personal Fitness; and
- KNR 303: Exercise Psychology.

The International Consortium for Health and Wellness Coaching (ICHWC) identified four domains for practice including establishing the coaching relationship, engaging in key behavior change activities, evaluating progress, and ethical practice. The minor is aligned with these domains and prepares students to become certified through the ICHWC. The Minor in Health and Wellness Coaching is proposed as an interdisciplinary minor, housed in the Department of Health Sciences with additional courses from the School of Kinesiology and Recreation and the Department of Family and Consumer Sciences.

4. Provide a rationale of proposed program.

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.

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

It is realistic to expect that the effect on existing campus programs will be beneficial with minimal use of resources. The only new course is HSC 377 which will be taught once/year by the Department of Health Sciences. This can be offered with existing instructional capacity. The benefits will be providing students from various disciplines the opportunity to develop skills that are marketable and complementary to their major. Enrollment in the minor will be capped at around 25 students.

6. Provide a sample four year plan of study demonstrating that a student could realistically complete the program requirements in a specific number of semesters.

Sophomore Fall: FCS 102

Sophomore Spring: KNR 113

Junior Fall: HSC 207, KNR 303

Junior Spring: HSC 296

Senior Fall: HSC 298A04

Senior Spring: HSC 377

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:

One new course is included in the proposal - HSC 377: Health and Wellness Coaching. All other courses in the Minor in Health and Wellness Coaching currently exist and have sufficient capacity to accommodate additional students. HSC 377 can be taught with existing instructional capacity by the Department of Health Sciences.

8. Anticipated funding needs and source of funds.

No funds are needed.

9. No Does this program count for teacher education?

10. No Is this an Interdisciplinary Studies program?

11. The following questions must be answered.

- 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.
- Yes** Does this minor, including all required prerequisite hours, include 18-36 hours?
- No** Does this minor include more than 25 hours from any major department/school?
- No** Does this minor require more than 9 hours from major program of study?

[View Support](#)

If new window does not appear after clicking the View Support button, please disable the "pop-up blocker" feature of your internet browser.

Financial Implications Form

If new window does not appear after clicking the View Financial Implications button, please disable the "pop-up blocker" feature of your internet browser.

[View Financial](#)**Executive Summary**[View Summary](#)

If new window does not appear after clicking the View Executive Summary button, please disable the "pop-up blocker" feature of your internet browser.

Upload Provost Approval Memo. Must be in Adobe PDF format. PDF cannot exceed 4MB in size.

no file selected

[Upload File](#)**12. Routing and action summary for New Program:**[Proposal Routing](#)**1. Health Sciences Department Curriculum Committee Chair**Meridee Vandraska (website)

Signature

Meridee Vandraska

Print

3/27/2017 5:13:56 PM

Date

2. Health Sciences Department Chair/School DirectorJeffrey Clark (website)

Signature

Jeffrey Clark

Print

3/28/2017 7:49:37 AM

Date

3. College of Applied Science and Technology College Curriculum Committee ChairGlen Sagers (website)

Signature

Glen Sagers

Print

5/6/2017 12:40:52 PM

Date

4. College of Applied Science and Technology College DeanKevin Laudner (website)

Signature

Kevin Laudner

Print

5/8/2017 7:54:08 AM

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):**

In section 2 under the heading "Standards for Progress in the Minor, please include the names of the courses listed. This would be helpful to those reading the proposal, so they can better understand the requirements AND so they don't have to look up the course names in the undergraduate catalog.

 Include Page Breaks on Print No Page Breaks Include User HTML Markup Exclude User HTML Markup[Click here for printing help](#)[Return](#)[View Revisions](#)**UCC Reviewer 1**

Erin Mikulec

UCC Reviewer 2

Elke Segelcke

Tentative UCC Review Time

03 : 00 PM

Last Updated [8/22/2017 3:12 PM](#)**UCC Circ. Complete Time**

04 : 30 PM

Tentative UCC Review Location**Revision Comments.**

Yes No Route Proposal to Academic Senate?

Circulation

Revise

Reject

Update & Email

Circ. Complete

Upload Financial Implications Form. Must be in Adobe PDF format. PDF cannot exceed 4MB in size.

no file selected

Upload File

View Financial

*If new window does not appear after clicking the View Financial File button,
please disable the "pop-up blocker" feature of your internet browser.*

Upload Executive Summary. Must be in Adobe PDF format. PDF cannot exceed 4MB in size.

no file selected

Upload File

View Summary

*If new window does not appear after clicking the View Summary File button,
please disable the "pop-up blocker" feature of your internet browser.*

Edit