

**E - New or Revised Program/Degree/Major Revised  
8/19 : Entry # 2108****Today's Date**

08/17/2022

**Your Name**

Daniel Tarara

**Your Email**[dtarara@highpoint.edu](mailto:dtarara@highpoint.edu)**Please select the appropriate school overseeing this proposal:**

Health Sciences

**Category**

Degree - New

**Are you also proposing a corresponding new minor?**

No

**Please provide a 200 word summary of the proposed school/program/degree/major**

The Bachelor of Arts in Health and Wellness will be an interdisciplinary major emphasizing the foundations of lifestyle medicine across the lifespan. It will prepare students with the essential knowledge and skills to work within healthcare or the community to provide evidence-based support and leadership in the promotion of healthy behaviors with the goal of increasing health equity and decreasing health disparities. The major will also help prepare students for graduate school in public health, nutrition education, health communications, and health management/administration, among others.

The learning objectives of the health and wellness major are strongly influenced by the social ecological model of health, which emphasizes the interaction between the individual, community, and environment (e.g., physical, social, cultural, & political). As such, the interdisciplinary nature of the program will leverage expertise across multiple schools to deliver a distinctive major that will increase options for undergraduate students at the University. The core courses and electives within the major are housed in the Stout School of Education (Department of Educator Preparation) and the Congdon School of Health Sciences (Department of Exercise Science). Additional electives have been identified for inclusion from the School of Humanities and Behavioral Sciences (English, Psychology, Sociology) and the School of Business (Management).

**List of Required Courses**

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| Course (Prefix and Number) | NEW or EXISTING? | Revisions needed for an existing course (if necessary) |
|----------------------------|------------------|--------------------------------------------------------|
| ANA 2070                   | Existing         |                                                        |
| ANA 2071                   | Existing         |                                                        |
| PHS 2060                   | Existing         |                                                        |
| PHS 2061                   | Existing         |                                                        |
| HED 1200                   | Existing         |                                                        |
| HED 2100                   | Existing         |                                                        |
| HED 2200                   | Existing         |                                                        |
| HED 3100                   | Existing         |                                                        |
| WEL 1010                   | Existing         |                                                        |
| WEL 4400                   | Existing         |                                                        |
| WEL 4650                   | Existing         |                                                        |
| WEL 4425                   | Existing         |                                                        |

**List of Elective Courses**

| Course (Prefix and Number) | NEW or EXISTING? | Revisions needed for an existing course (if necessary) |
|----------------------------|------------------|--------------------------------------------------------|
| EXS 3100                   | Existing         |                                                        |
| EXS 3200                   | Existing         |                                                        |
| HED 3300                   | Existing         |                                                        |
| MGT 3600                   | Existing         |                                                        |
| MGT 3620                   | Existing         |                                                        |
| MGT 3640                   | Existing         |                                                        |
| NTR 3175                   | Existing         |                                                        |
| NTR 4275                   | Existing         |                                                        |
| PEC 2130                   | Existing         |                                                        |
| PSY 3610                   | Existing         |                                                        |
| SOA 3030                   | Existing         |                                                        |
| WEL 4475                   | Existing         |                                                        |
| WEL 4675                   | Existing         |                                                        |
| EXS 4810-4815              | Existing         |                                                        |

**Overlap with Existing Schools/Programs/Degrees/Majors**

No there are you overlaps with existing schools/programs/degrees/majors

**What is the rationale for the new school/program/degree/major?**

Please see attached documents:

- 1) Executive summary- a document for Dr. Qubeins review and approval.
- 2) BA HLTH WELLNESS Rationale Final 2022

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### What Academic Divisions, University Officers, Programs, or other stakeholders are involved in, or affected by, this proposal?

Timeline of Consultations and Events.

- Dr. Tarara, initial email to Dr. Cavendish Monday August 23, 2021
- Dr. Tarara, Dr. Cavendish - Initial meeting to discuss Health Education & Wellness related course; – Wednesday September 8, 2021
- Dr. Tarara, Dr. Cavendish – Confirmation of Dean level conversations with Drs Holcombe and Ford, to move forward to explore a HED+NTR+WEL BA degree program; request to form an CSHS-SSHE ad Hoc work group – Wednesday September 22, 2021.
- Work group: Dr. Reich and Ms. Rosie Tarara
- Formally established Wednesday September 22, 2021
- Received pre-proposal – Friday February 4, 2022
- Dr. Cavendish, Dr. Tarara, Chairs Consultation – Thursday February 17, 2022
- Dr. Ford, Dr. Cavendish received draft Proposal for review– March 3, 2022
- Dr. Erb, Dr. Bauer – Preliminary proposal presentation, March 22, 2022
- Signed memo Provost Intent to Consider - April 7, 2022
- Mr. Calloway, Ms. Shutters, Dr. Erb, Dr. Ford - Proforma Meeting, Friday April 24, 2022
- Dr. Ford, Dr. Holcombe, Dr. Cavendish, follow-up email - Friday April 24, 2022
- Dr. Kemerly – Draft Copy for review and open comment – May 5, 2022
- Department of Exercise Science meeting, proposal update – Monday May 9, 2022
- Educator Preparation (SSOE) Voted to approve proposal – Tuesday May 10, 2022.
- Proforma submitted to Mr. Calloway & Ms. Shutters -May 11, 2022
- Dr. Cavendish, signed Department Approval Form - May 12, 2022
- Proforma Approval – email from Mr. Calloway – May 20, 2022
- Dean Elston and Hall, email request to consult with Chairs of Psychology, SOA, and Management respectively- Thursday May 26, 2022
- Ms. Kaleigh Hemstock, Office of Student Success – June 2, 2022 / June 14, 2022
- Dr. Raquel Ingram, Nursing – Thursday June 9, 2022
- Dr. Tofanelli, Chair Management - Thursday June 9, 2022
- Dr. Kerr Ramsey, Office of Admissions – Friday June 10, 2022
- Dr. Li-Barber, Chair Psychology – Thursday June 16, 2022
- EXS Department Vote – Monday June 20, 2022
- Dr. Sayre, Chair SOA – Wednesday July 20, 2022
- Dr. Qubein Intent to Consider/Approval – July 21, 2022 (Email from Dr Ford, from Dr. Erb)
- EXS Department FINAL Vote – July 25, 2022

### Please attach documentation showing support from key stakeholders, if any.

- [12-MOR-Dr.-Qubein-Approval-7-21-2022.pdf](#)
- [11-Executive-Summary-for-Dr-Qubein.pdf](#)
- [10-MOR-Pro-Forma-approved-Mr-Calloway.pdf](#)
- [9-Consult-with-Kerr-Ramsay.pdf](#)
- [8-MOR-Consult-with-Nursing.pdf](#)
- [7-Consult-PSY-Approval-to-include-PSY-3610-as-an-elective-option-for-the-BA-HealthLifestyle-Wellness.pdf](#)
- [6-Consult-with-SOA-7-20-2022.pdf](#)
- [5-Consult-with-Management-6-10-2022.pdf](#)
- [4-EXS-DEPART-APPROVAL-New-BA-HLTHWELL-July-2022.pdf](#)
- [4.2-SSOE-Approval-Confirmation-BA-Health-and-Wellness.xlsx.pdf](#)
- [3.1-EP-DEPART-APPROVAL-BA-HLTh-WELL-signature-page-copy.pdf](#)
- [1-BA-HLTH-WELLNESS-Rationale-Final.pdf](#)

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**What categories of students are expected to enroll in this program or pursue this degree/major? Provide estimated/projected enrollment.**

### Internal Demand

HPU admission enrollment funnel data for 2017-2021 BS.EXS.WEL indicate the potential health and wellness major has potential to draw 50 applications.

The program has strong potential as a retention tool for existing students. It is likely that former pre-nursing students would be attracted to a major that focuses on optimizing health and wellbeing in preparation for a less biological science-focused career in healthcare or a related field. Three of the nursing prerequisites will also be included in the health and wellness core, (i.e., anatomy, physiology, and nutrition), ensuring a smooth transition from pre-nursing to health and wellness. Moreover, students who enter HPU with a clinical career goal, but change their mind, will also be able to transition to this major to continue to pursue careers that align with their interests. Qualtrics student survey data highlights the following:

- 83% identify the major as beneficial to students seeking graduate school opportunities.
- 90% identify major as beneficial to students seeking career opportunities.

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## Consistency of Mission and Quality

[1] CSHS Strategic Plan - Priority 4: Academic Excellence & Innovation: Providing contemporary and innovative health-related educational programming that meets the current and future needs of society.

[2] Exercise Science Departmental Primary Outcomes:

- Students are prepared for success in postgraduate opportunities in the realm of exercise science and/or success in their future endeavors (e.g., traditional graduate school, professional graduate school, employment, etc.)
- Students are prepared with content knowledge to work in exercise science-related fields as well as eligibility to take discipline-specific certification exams.

## Timeline

Program can be implemented immediately.

## Assessment Strategy

This degree program will be part of the Department of Exercise Science's Strategic Plan and Annual Outcome Assessment. 1) The proposed BA has well defined learning objectives and Learning Outcomes Curriculum map. Assessment will occur annually based on these two factors. 2) Graduate placement outcomes will be gathered and reported annually.

**Please attach full proposal and any supporting documents/reports.**

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- [2-Provost-Willingness-to-Consider-Signed-4-7-20221.pdf](#)

**For Deans:**

**Does this proposal connect solely to programs in your school (Intra-Collegiate), or does it have connections to broader university programs and requirements (Inter-Collegiate)? Note that all proposals connected to University Academic Programs or within the General Education should be considered Inter-Collegiate proposals.**

Inter-collegiate

**Is this proposal consistent with the school and university mission?**

Yes

**Are necessary resources available to support this proposal?**

Yes

**[DEAN] I approve/deny this proposal for further advancement**

Approve

**Today's Date (REQUIRED)**

08/18/2022

**For School EPC:**

**Is this proposal consistent with the school and university mission?**

Yes

**[SCHOOL EPC] I approve/deny this proposal for further advancement**

Approve

**Today's Date (REQUIRED)**

09/09/2022

**For APIRC:**

**Is this proposal consistent with the history and mission of the university?**

Yes

**Does this proposal reflect a course that is rigorous, current, and reflects best practices and highest academic standards?**

Yes

**[APIRC] This committee approves/denies advancement of this proposal**

Approve

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10/21/2022