

A - New Course Proposal V. 7.2022 : Entry # 3295**DEAN Decision**

Approved

Date

02/13/2024

Is this course intracollegiate or intercollegiate?

Intracollegiate

SCHOOL EPC Decision

Approved

Date

03/06/2024

Begin Form**Today's Date**

02/11/2024

Your Name:

Kimberly Reich

Your Email:kreich@highpoint.edu**Are you a Department Chair?**

No

Department Chair Name

Kevin Ford

Email address of your Department Chairkford@highpoint.edu**By checking below, I certify that my department chair has seen and approved the new course that I am proposing.**

Yes

Please select the appropriate school overseeing this proposal:

Health Sciences

Which semester is this course to be taught for the first time?

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Spring 2025

Information for the Registrar**Choose the department designator from the list below.**

HHP

Proposed Course Number?

1000

Is this course cross listed?

No

Does this course replace a current course?

No

What is the title of the new course?

Foundations of Lifestyle Medicine

Write the catalog description of your proposed course:

In this course, students will develop foundational knowledge of the six pillars of lifestyle medicine: healthy nutrition, regular physical activity, restorative sleep, stress management, avoidance of risky substances, and positive social connection. Students will gain an understanding of evidence-based concepts related to course topics, gain experience applying these principles in their own lives and develop the skills to consider applications in clinical and community environments.

How many credit hours will this course be?

4

How will the course be graded?

Letter grade

Please select the course repeat option for this course:

Not repeatable for credit

What is the offering cycle for this course?

Spring semester

Does your course have any prerequisites?

No

Is this new course being proposed because of a new or revised major or minor proposal?

Revised B.A. Health and Wellness, submitted 2/11/2024 by Kimberly Reich

Any other comments for the Registrar at this time?

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The department designator will be HHP (Health and Human Performance), but it is not yet on the dropdown list provided for the proposal form.

Gen Ed and Academic Programs**Is this course part of Gen Ed?**

- No

Does this course count towards a major or a minor?

Yes

Please list the Major / Minor and if it is Required or Elective

Health and Wellness Major - Required

Is this course part of an academic program?

- This course does not fulfill academic program requirements

Does this course include any community engagement?

No

Does this course participate in the GoGlobal Program?

No

Information for Curriculum Review**Rationale and evidence for new course's consistency with departmental mission:**

HHP 1000 - Foundations of Lifestyle Medicine: The BA in Health and Wellness was originally designed as an interdisciplinary major emphasizing the foundations of lifestyle medicine across the lifespan. The curriculum mapping in the original proposal was based on existing resources (e.g., faculty, existing courses), with the intention to evolve the structure of the major over time.

HHP 1000 will serve two distinct purposes. First, the course will provide a thematic overview of the central tenants of Lifestyle Medicine and provide a fuller context to the present and future direction of the field. Second, the course will map to the BA's Student Learning Outcome to Demonstrate competence in applying principles of evidence-based practice.

This course aligns with the mission of the HHP department, the Cogndon School of Health Sciences, and High Point University in the following ways:

HHP Department: helps prepare students for careers related to public health, wellness, and research.

CSHS: advances the principle of evidence-based practice across the lifespan.

University: aligns with the culture of innovation and life skills development. This course will lay a foundation for a forward-thinking perspective on best-practice in the health and wellness domains and will provide preparation for the application of evidence-based practice in personal and professional contexts within health and wellness. This perspective is at the forefront of professional advocacy by top professional, academic, and government organizations in the health/wellness domain, such as the American College of Lifestyle Medicine, the American Medical Association, American College of Sports Medicine, and the World Health Organization.

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1. Understand the principles of lifestyle medicine, including its evidence-based foundation, historical context, and significance for individuals, society, and healthcare systems.
2. Discriminate between expert and coaching approaches to behavior counseling and apply basic behavior change and motivation theory to diverse cases.
3. Describe characteristics and benefits of evidence-based exercise and nutrition prescription to reduce chronic disease.
4. Consider the influence of obesity on health risk and describe reasonable strategies for weight management.
5. Explain the relationships among sleep, stress, mental health and overall well-being, and describe techniques to improve sleep quality, manage stress, and enhance emotional health.
6. Recognize substance use disorders, understand their effects on health, explore treatment options, and appreciate the importance of self-care practices.
7. Evaluate the current state of lifestyle medicine integration in healthcare and wellness sectors and synthesize knowledge to implement lifestyle medicine principles personally and professionally.

List any units or content areas that will be required for all sections of this course.

n/a

List any assignments, tests, or other assessments that will be required for all sections of this course.

n/a

List any readings or other materials that will be required for all sections of this course.

n/a

List any course policies that will be required for all sections of this course.

n/a

If you would like to specify how requirements for contact hours must be met for all sections of this course, please indicate below. (e.g., if any experiential learning activities will replace seat time)

n/a

Is there anything else the reviewing parties should know about this new course proposal that hasn't been addressed?

no.

Sample Syllabus

- [HHP1000-Syllabus.pdf](#)