

Health and Wellness (B.A.)

Code: BA-HWL

Time Period: Continuous

Form E – Revise Program/Degree/Major/Minor

1 Today's Date:

09/05/2026

2 Your Email:

dtarara@highpoint.edu

3 Please list the appropriate school to oversee this proposal

Congdon School of Health Sciences

4 When should this proposal take effect?

Please input Semester and Year. E.g. Fall 2027

5 Please select the revision type (select all that apply)

☐ Program

☐ Degree

☒ Major

☐ Minor

6 Please select which revision you are requesting:

☐ Total Credit Hours

☐ Required & Elective Courses

☐ Learning Outcomes

☒ Other

7 Please provide a summary of the proposed revision. (Suggested word count is 200 words)

[1] Changing the following from "**Electives (16) Select four courses from the following list:**" to "**Electives: Complete 16 credit hours from the following list:**"

[2] Updating the department courses that comprise the list of electives.

The attached documentation includes a table that reflects present and revised structure of the major. Changes have been highlighted in red text for clarity.

8 Please describe the rationale for the requested revision:

Rationale:

[1] The Stout School of Education has proposed changing PEC 2130, Healthy Living for the Elementary Child, from 4 credits to 2 credits. Because PEC 2130 is included in the Health and Wellness elective pool, this change could allow a Health and Wellness major to complete four upper-division electives totaling only 14 to 16 credits. Revising the elective requirement to specify completion of 16 credit hours, rather than a fixed number of courses, would ensure consistency in the total number of credits required for the major and preserve the integrity of the program.

[2] This change would provide greater flexibility for students who complete varied combinations of courses to reach 16 credit hours within the upper-division elective pool, including undergraduate research, internship credits, and courses that may be offered for 2 or 3 credits. It would also support future course development by allowing 2-credit courses to be incorporated into the upper-division elective pool.

[3] This minor revision also formalizes the inclusion of HHP 4111 as part of the Health and Wellness upper-division electives. This provides clarity in the undergraduate bulletin by reflecting the current practice for course substitutions when a student accumulates 4 credits of HHP 4111, while also allowing greater flexibility for students who complete fewer than 4 credits of undergraduate research and want those credits to count toward the 16-credit upper-division elective requirement.

[4] Listing the variable credit range associated with HHP 4810–4815. Student Internship provides greater flexibility for students seeking and completing internship opportunities. Allowing internships to range from 1 to 4 credits may enable some students to complete an internship for

1 credit, reducing tuition burden and minimizing the time commitment associated with a traditional 4-credit internship. It may also allow students to complete more than one internship in different areas while applying those credits toward the Health and Wellness degree.

9 Is there any additional information you would like to share with the Registrar's Office?

See the attached document; it includes a table that reflects the present and revised structure of the major. Changes have been highlighted in red text for clarity.

10 Does this revision affect other programs / degrees / majors / minors? If so, which ones?

N/A

11 List any academic divisions, University officers, or other stakeholders are involved in, or affected by, this proposal?

N/A

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

To upload, please select the *add a new document* link to upload your files. Once uploaded, please select the files within the dropdown menu.

No document was selected.

13 Does this revision require a transition plan? If yes, please detail the transition plan below.

N/A

- 14 Are there any revisions to the assessment strategy of the program / degree / major / minor? If so, please detail the revisions to the assessment strategy below.

N/A

- 15 Please attach any final supporting documents for this proposed revision.

To upload, please select the *add a new document* link to upload your files. Once uploaded, please select the files within the dropdown menu.

[20260828 MEMO Minor Revision HTWL Major.docx](#)

Department Chair Feedback

- 1 Feedback/Comments
Please provide any feedback or comments for the proposer.

This should take effect in Fall 2027.

- 2 Today's Date:
09/05/2026

DEANS

- 1 What is your decision regarding this Course Revision form? (Please select a radial button below and also choose the corresponding workflow action on the bottom of this form)

- ☐ Inter-Collegiate : General Education
- ☐ Inter-Collegiate : Honors Council
- ☐ Inter-Collegiate : Non-General Education
- ☐ Inter-Collegiate : Study Abroad
- ☐ Inter-Collegiate : Service Learning
- ☐ Intra-Collegiate
- ☒ Small Change

2 Feedback/Comments

Please provide any feedback or comments for the proposer.

3 Today's Date:

09/22/2026