

Program Request for a Minor in Health

Submitted by:

Department of Health Promotion and Education

College of Health

University of Utah

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Section I

Sponsoring Department:

The Department of Health Promotion and Education, College of Health

Departmental Mission:

The mission of the Department of Health Promotion and Education is to discover, refine and facilitate the practical application of strategies that can assist individuals, communities, and societies in adopting and maintaining healthy actions. The goal of Health Promotion and Education is to improve the health status of people, to reduce health disparities, and to improve overall quality of life.

The faculty is committed to the integration of teaching, research and service into an inclusive process of planning, implementing, and evaluating successful health education policies, environments and practices.

Current Health Promotion and Education Program at the University of Utah

The University of Utah currently offers an undergraduate major in Health Promotion and Education, as well as a graduate program (M.S. and Ph.D.). The department also offers a teaching minor in health, for students pursuing a teaching major in other disciplines.

Section II

The Request

This proposal requests to establish an Undergraduate Minor in Health offered by the Department of Health Promotion and Education. The proposed Minor in Health will offer undergraduate students content in the areas of public health, positive behavior change and healthy lifestyles. It is designed for students entering into careers other than health promotion and education, who wish to have formally-recognized educational preparation in health. The Minor in Health would be a valuable minor for students interested in careers in health care (i.e. medicine, physical therapy, occupational therapy, and physicians assistances.) In addition, the Minor in Health would serve as an ideal complement to existing B.S. programs in Exercise Sports Science, Parks, Recreation and Tourism, Family and Consumer Studies, Psychology, Anthropology, Sociology, Political Science, and Communication. This proposed Minor in Health would take advantage of faculty and coursework infrastructure already in place to meet the needs of students interested in health.

Program Necessity

With the rapid changes in health care today, there is an ever-increasing need for professionals in many fields to understand the importance and role of prevention as a strategy to improve health in communities, schools, and workplaces. The Minor in Health would meet the needs

of students interested in health from a personal, consumer perspective, as well as students who wish to pursue careers in other health-related careers, including medicine, nursing, occupational therapy, physical therapy, physician assistant, dentistry, nutritional sciences, public health, mental health counseling and rehabilitation counseling. There is no other comparable Minor offered through the University of Utah.

The Minor in Health will make students conversant in issues in health promotion, primary prevention strategies, health terminology, health care, social and political issues, disability awareness, ethics, and future trends in health and health care. The nature of the Minor in Health allows flexibility to choose a number of health topics that are most applicable to the students' anticipated future professional endeavors.

Labor Market Demand

By providing a Minor in Health, the University of Utah would be offering students an additional identifiable skill set that may make them more attractive to employers. Health-related professions are currently in demand, and are projected to remain in demand through 2020 (National Labor Statistics, 2004). We believe that students preparing for a wide variety of careers would benefit from the general health content provided by this proposed minor. Among those careers possibly benefiting from a minor in health would be athletic trainers, personal trainers, social workers, allied health professionals, coaches, physicians, dentists, substance abuse and behavioral disorder counselors, mental health and substance abuse social workers, and long-term care providers. The Minor in Health would also prepare students to become well-informed consumers of health, or to prepare them with health content for graduate school.

Student Demand

A major impetus for this proposal is the level of student interest in this content area. The Department of Health Promotion and Education offers a wide range of undergraduate courses covering topics ranging from healthy lifestyles, stress management, human sexuality, substance use and abuse, health service administration, first aid and emergency care, and eating disorders and body image. For the last five years there has been a strong and consistent interest and participation in these courses by non-majors. Many of these students have expressed a desire to take more health related classes, and to be able to have them formally recognized as a minor. These comments have been made to several faculty, adjunct instructors, the academic advisors as well as to administrative personnel. By offering a Minor in Health, we can reward students with formal recognition on their college transcript for health-specific content courses apart from their chosen major field.

Benefits

The University of Utah will benefit by offering a Minor in Health because it responds to the needs of our undergraduate student population. When students have options such as this open to them, they will be more likely to integrate health content in their chosen professions.

Consistency with the Institutional Mission

The proposed Minor in Health will help the University fulfill its mission to disseminate knowledge through teaching by providing high quality academic, professional and applied learning opportunities in a critical area of study to professionals in allied fields and to individuals wishing to ensure their health and the health of their families and communities.

Section III

Requirements for the minor

To obtain an undergraduate Minor in Health, a student must complete at least 18 hours of approved course work, consisting of the following required and recommended elective courses. All courses taken to fulfill the requirement of the minor must be passed with at least a C- grade, with a minimum GPA of 2.0 over all courses in the minor. The credit/no credit option may not be elected for any course used to fulfill the degree requirements for a Minor in Health. The course requirements for the proposed Minor in Health are presented below:

Requirements for the Minor in Health: 18 credits

Required Core Courses:

HEDU 1010 (Healthy Lifestyles)	3 cr.
HEDU 3050 (Community Health Issues)	3 cr.

Elective Courses: select 4 courses from the following:

HEDU 1950 (First Aid and Emergency Care)	4 cr.
HEDU 3000 (Human Sexuality)	3 cr.
HEDU 3160 (Stress Management)	3 cr.
HEDU 3190 (Death and Dying)	3 cr.
HEDU 3020 (Patient Education)	3 cr.
HEDU 3290 (Living with Chronic Disease)	3 cr.
HEDU 3350 (Eating Disorders and Body Image)	3 cr.
HEDU 3400 (Health Concerns of Women)	3 cr.
HEDU 3700 (Environmental Health)	3 cr.
HEDU 4180 (Prevention Practices in Health Promotion)	3 cr.
HEDU 4350 (Personal Resiliency)	3 cr.
HEDU 5370 (Health and Optimal Aging)	<u>3 cr.</u>

Total: 18 cr.

Course descriptions can be found in Appendix A.

Justification for Number of Credits

A minimum of 18 credit hours allows for two required core courses and at least four electives, ensuring exposure to a wide variety of health-related content. The number of credits is comparable to the number of hours required by other minors offered at the University of Utah and other minors in health-related areas other universities (see Appendix B).

Similar Programs

Many universities offer a minor in health or a closely-related content area. Such minors can be found in a majority of large universities. A comparison of our proposed Minor in Health to other established minors around the state of Utah and the country indicates similarity in core requirements and acceptable diversity in elective choices compared to other programs (see Appendix B). This comparison indicates that our proposed Minor in Health is based on core community health promotion and education concepts and topics that are recognized and accepted around the country.

External Review and Accreditation

No professional accreditation is required for this minor, and no external review would need to be conducted. The primary goal of this minor is to provide students with an understanding of the fundamentals of health promotion and education. It is not intended to prepare students for employment as a professional health educator. Students wishing to pursue a career as a certified health educator need to complete the B.S. Degree in Health Promotion and Education, Community Health track, and pass the Certified Health Education Specialist exam conducted by the National Commission for Health Education Credentialing.

Projected Enrollment

Based on the number of non-majors taking courses offered by the Health Promotion and Education department, the projected enrollment in the Minor in Health is expected to be approximately 20 students for the first year, increasing to approximately 30 students by the third year as awareness of the Minor increase across the campus.

Impact on other University of Utah Programs

We expect that students taking the proposed minor would primarily be those non-majors already interested in, and taking, our current class offerings. Students choosing to complete the Minor in Health would likely be taking an additional three to four courses over what they would take based on their interest. As we anticipate attracting a relatively modest number of students from a variety of majors, the impact on any single existing program would likely be minimal. This is a unique minor and does not overlap with other existing minors.

Expansion of Existing Program

Implementing the Minor in Health will not require any expansion of the existing programs and will not require the development of any additional courses.

Faculty

No additional faculty will be required; current faculty, materials and facilities can absorb the additional student load.

Staff

No additional staff will be required; current staff can meet the needs of the additional student load.

Library

The University of Utah's Marriott Library currently has all of the materials required to implement the proposed minor.

Other Learning Resources

No additional learning resources are required to support this minor.

Finances and Budget

No additional resources are required, either as new funding or reallocation of existing budgets. Courses required for the Minor in Health are currently offered and in place.

Expected Standards of Performance and Continued Quality Improvement

At the time of graduation, students will have basic knowledge of health content, acquired skills to become better consumers of health by disseminating health information and health services, and will have skills to promote health and wellness in various settings (community, corporate, clinical, and non-profit and educational settings). An overall GPA of 2.0 or higher in all required core and elective courses, and a minimum acceptable grade of C-, will assure that basic knowledge in these areas has been gained and achieved.

At the end of each semester, student course evaluations will be analyzed in order to make adjustments to course content and instruction.

Appendix A: Course Descriptions for Core and Elective Courses for the Minor in Health

1010 Healthy Lifestyles (3)

Exploration of mental, physical, spiritual, emotional, and social health issues, including personal maximizing potential in needed areas.

3050 Community Health Issues (3) Fulfills Social/Behavioral Science Exploration.

Major public-health problems, their causes, and resources for dealing with them. Students will look at the social and political implications of public-health issues.

1950 First Aid and Emergency Care (4)

Advanced first aid skills that are applicable to accidents, injuries and illnesses seen commonly at home, work, recreation or while traveling. CPR is included. Certificates in advanced level first aid and adult, child, and infant CPR are awarded upon successful completion of this course. Basic first aid is not required to enroll in this class.

3000 Human Sexuality (3)

Integrates biological, behavioral, and sociocultural factors in study of human sexual behavior. Balanced, scholarly, and thought-provoking examination of personal and social-sexual issues.

3160 Stress Management (3)

Exploration of the biopsychospiritual nature of stress, the healthy and unhealthy effects of stress in life, and exploration of strategies to manage and grow through stress.

3190 Death and Dying (3)

Introduction to death and dying. Philosophical, legal, religious, moral, and social issues. Strategies related to personal growth and awareness.

3020 Patient Education (3)

This course teaches Health Educators to effectively provide patient education and health promotion programs in clinical settings including hospital, clinic and home care. The role Health Educators play in the health care system will be discussed as well as various formats for patient education.

3290 Living with Chronic Diseases (3)

Introduction to prevalent chronic diseases and how the patient, caregiver, family and friends deal with challenges that accompany living with a chronic disease.

3350 Understanding Eating Disorders and Body Image (3)

Insight into the underlying biological, psychoemotional, and social causes of eating disorders and body image concerns.

3400 Health Concerns of Women (3)

Social-political analysis of women's health care. Women's roles as providers, consumers, patients, and clients. Tools for surviving in a predominately patriarchal system. Exploration of biological and psychological systems.

3700 Environmental Health (3)

Overview of the many facets of environmental health problems, issues, and programs. Field trips are taken to various program sites.

4180 Prevention: Substance Abuse and Violence (3) Prevention theory and application with an emphasis on alcohol, tobacco, and other drugs and violence. Implications for treatment will be discussed.

4350 Personal and Interdependent Resiliency (3)

Exploration of concepts and skills that lead to personal and interdependent resiliency including couples, families, corporations, and communities. Experientially based for personal application and skill development for self understanding, resilient paradigms, directioning, and adaptation.

5300 Diversity and Health (3) Fulfills Communication/Writing and Diversity.

This course is designed to explore and acquire knowledge concerning topics related to the social, psychological, historical, and contemporary health of those whose lives are different from the majority.

5370 Health and Optimal Aging (3) Cross listed as GERON 5370.

Meets with GERON 6370. Central issues involved in promoting healthful behavior and quality of life among older adults are explored and bring together the influences and contributions of theory, research, and practice as applied in gerontological health promotion and wellness. Content includes health promotion and wellness programming, the theoretical foundations of behavior change, lifelong learning and development, and relevant research findings pertaining to the health and well-being of older adults.

Appendix B: Course Requirements for minors in health at other Universities

Utah State University, Logan, UT

Public Minor in Health: 20 credit hours required

Required Core Courses:

- BIOL 1610-Biology I (4 credits)
- BIOL 1620-Biology II (4 credits)

Elective Courses- select 12 upper division credit hours from the following:

- HEP 3000-Drugs and Human Behavior (3 credits)
- HEP 3900-Social Marketing in Health Education (3 credits)
- HEP 4200-Planning and Evaluation for Health Education (3 credits)
- HEP 5300-Grant Proposal Writing (3 credits)
- PUBH 3120-Family and Community Health (3 credits)
- PUBH 4000-Public Health Field Experience (3 credits)
- PUBH 4030-Communicable Disease Control (3 credits)
- PUBH 4040-Fundamentals of Epidemiology (3 credits)
- PUBH 5000-Public Health Seminar (1 credit)
- PUBH 5500-Public Health Management (2 credits)

Weber State University, Ogden, UT

Health Promotion Minor: 22 credit hours required

Required Core Courses:

- HLTH 3000- Foundations of Health Promotion (3 credits)
- HLTH 3050-School Health Program (3 credits)
- and/or HLTH 3150-Community Health Agencies and Services (3 credits)
- HLTH 4150-Needs Assessment & Planning Health Promotion Programs (4 credits)

Elective Courses Select 9 credit hours from the following:

- HLTH LS 1020-Foundations in Nutrition (3 credits)
- HLTH 1110-Stress Management (3 credits)
- HLTH 1300-First Aid: Responding to Emergencies (2 credits)
- HLTH 2220-Prenatal & Infant Nutrition (2 credits)
- HLTH 2400-Art of Emotional Wellness (3 credits)
- HLTH 2420-Childhood & Adolescent Nutrition (2 credits)
- HLTH 2700-Consumer Health (3 credits)
- HLTH 3320-Health & Nutrition in the Older Adult (3 credits)
- HLTH 3400-Substance Abuse prevention (3 credits)
- HLTH DV 3420-Multicultural Health and Nutrition (3 credits)
- HLTH 3500-Human Sexuality (3 credits)

HLTH 4220-Women's Health Issues (3 credits)
HLTH 4250-Contemporary Health Issues/ Adolescents (2 credits)
HLTH 4300-Health Education in the Elementary Schools (2 credits)
HLTH 4920-Short Courses, Workshops (1-4 credits)
HLTH 4860-Field Experience (2-6 credits)
HLTH 2890/4890-Cooperative Work Experience (1-6 credits)
HLTH 4800-Individual Projects (1-3 credits)
HAS 3000-The Health Care System (3 credits)
HAS 3020-Health Care Marketing (3 credits)
HAS 3150-Community Health Agencies & Services (3 credits)
HAS DV 3190-Cultural Diversity in Patient Education (3 credits)
HIM SI 3200-Epidemiology & Health Care Stats (3 credits)

Eastern Illinois University, Charleston, IL

Community Minor in Health, 21 credit hours

Required Core Courses:

HST 2000-Principles of Human Health (3 credits)
HST 2250-Professions in School & Community Health (3 credits)
HST 2270-Community Health (3 credits)
HST 3700-Community Health Behavior Methods (3 credits)
HST 3750-Health Care Delivery Systems (3 credits)

Elective Courses Select 9 credits from the following:

HST 1120-Basic CPR, (1 credit)
HST 2320-First Aid and Emergency Care (3 credits)
HST 2600-International Health Issues (3 credits)
HST 2900-Human Diseases (3 credits)
HST 3196-Public Health Statistics and Data Analysis (3 credits)
HST 3199-Microcomputers and Health Applications (3 credits)
HST 3200-School Health (3 credits)
HST 3300-Principles of Accident Prevention (2 credits)
HST 3350-Industrial Safety (2 credits)
HST 3500-Human Sexuality (3 credits)
HST 3765-Principles of Epidemiology (3 credits)
HST 4250-Planning Health Programs (3 credits)
HST 4741-Independent Study (3 credits)
HST 4800-Drugs and Society (3 credits)
HST 4810-Community Resources and Chemical Dependency (3 credits)
HST 4820-DUI: Legal Issues (2 credits)
HST 4890-Health and Aging (3 credits)

Indiana State University, Terre Haute, Indiana

Community Minor in Health, 18 credit hours

Required Core Courses:

- HLTH 111-Personal Health Science and Wellness (3 credits)
- HLTH 221-Community Health Concepts (3 credits)
- HLTH 392-Educational Methods for Health and Safety (3 credits)

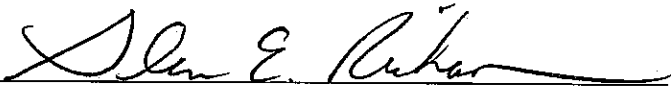
Elective Courses Select 9 credits from the following:

- HLTH 210-Principles of Environmental Health (3 credits)
- HLTH 212-Introduction to Industrial Health and Safety (3 credits)
- HLTH 340-Health Biostatistics (3 credits)
- HLTH 341-Community Health Research Methods (3 credits)
- HLTH 360-Epidemiology (3 credits)
- HLTH 393-Cooperative Practice (2 credits)
- HLTH 401-Substance Abuse Education (3 credits)
- HLTH 401-Mental Health and Stress Education (3 credits)
- HLTH 403-Communicable and Chronic Diseases, and AIDS (3 credits)
- HLTH 406-Human Sexuality Education (3 credits)
- HLTH 424-Health Promotion Planning (3 credits)
- HLTH 428-Health Program Evaluation (3 credits)

Signature Page

Institution Submitting Proposal: University of Utah
College, School or Division affected: College of Health
Department(s) or Area(s) affected: Department of Health Promotion and Education
Change Description: Creation of an Undergraduate Minor in Health
Proposed Beginning Date: Fall 2009

Institutional Signatures (as appropriate):



Glenn Richardson, Department Chair – Health Promotion and Education

James E. Graves, Dean College of Health

Chief Academic Officer

President

Date