



**1. Overview**

**A. Description**

Provide a brief description of the proposed minor.

This minor will provide students with academic interests that lie outside the realm of medical/health sciences the ability to explore and learn the latest information related to healthy lifestyles and the attainment/retention of a high quality of personal health.

**B. Why should this be a minor rather than a concentration?**

The program is specifically targeting non-medical/health sciences students, thus it is not appropriate to offer it as a concentration within a medical/health sciences related degree.

**C. Affiliation**

If the minor is affiliated with a degree program, include a brief statement of how it will complement the program. If it is not affiliated with a degree program, incorporate a statement as to how it will provide an opportunity for a student to gain knowledge or skills not already available at ASU.

This minor will be affiliated with the Health Sciences program within the School of Nutrition and Health Promotion. The proposed minor will complement our current degree offerings by [a] making use of existing courses and faculty expertise; [b] expanding our audience beyond those wishing to dedicate their entire academic career to health/personal health; and [c] add academic diversity to HSC courses, providing perspectives that may not otherwise be brought into class discussions.

**D. Demand**

Explain the need for the new minor (e.g., market, student demand, interdisciplinary considerations).

Students are increasingly interested in their personal health, as illustrated by increased use of ASU fitness facilities and the growing number of student clubs related to fitness, community health, food security, and related areas. As new insurance and health care regulations are put into effect, individuals and family units will bear increasing responsibility for their own personal health and well being. ASU students are highly diverse, with many adult learners and first generation students who will be able to share their newly acquired knowledge and skills related to personal health with a wide circle of family, friends, and co-workers. The minor reflects the interdisciplinary nature of personal health by including courses from Nutrition, Exercise & Wellness, and Health Sciences

**E. Projected Enrollment**

What are enrollment projections for the first three years?

|                                   | <b>1<sup>st</sup> Year</b> | <b>2<sup>nd</sup> Year</b><br>(Yr. 1 continuing + new entering) | <b>3<sup>rd</sup> Year</b><br>(Yr. 1 & 2 continuing + new entering) |
|-----------------------------------|----------------------------|---|---|
| Number of Students<br>(Headcount) | 75                         | 150   | 250   |

**2. Support and Impact**

**A. Faculty governance**

Provide a supporting letter from the chair of the academic unit verifying that the proposed minor has received faculty approval through appropriate governance procedures in the unit and that the unit has the resources to support the minor as presented in the proposal, without impacting core program resources.

Attached

**B. Other related programs**

Identify other related ASU programs and outline how the new minor will complement these existing ASU programs. (If applicable, statements of support from potentially-affected academic unit administrators need to be included with this proposal submission.)

Programs in family/child studies, global health, and social work will be able to offer this minor to their students; newly proposed BS degrees in Public Health, the Science of Health Care Delivery, and non-RN nursing degrees will also be able to suggest this minor as an enrichment option for their students.

**C. Letter(s) of support**

Provide a supporting letter from each college/school dean from which individual courses are taken.

All required courses are within the School of Nutrition and Health Promotion, thus implicit within this proposal is support from the School Director and College Dean for the courses included.

**3. Academic Curriculum and Requirements**

**A. Knowledge, competencies, and skills**

List the knowledge, competencies, and skills (learning outcomes) students should have when they complete this proposed minor. Examples of program learning outcomes can be found at (<http://www.asu.edu/oue/assessment.html>).

Students will be able to evaluate and modify their usual dietary patterns in order to optimize their personal health status.

Students will be able to evaluate and modify their usual physical activity patterns in order to optimize their personal health status.

Students will be able to evaluate health information sources to determine their accuracy, legitimacy, and consumer value.

Students will be able to demonstrate their ability to adapt health information to reflect specific cultural norms.

Students will be able to apply the concepts and skills learned in their coursework to their own personal health plan.

**B. Provide a description of the curricular requirements for the minor. Be specific in listing required courses as well as electives and specify the total minimum number of hours required for the minor. Please attach one or more model programs of study to illustrate the choices students might make, if appropriate.**

**Required Minor Courses**

| Prefix            | Number | Title                      | Is this a new course? | Credit Hours |
|-------------------|--------|----------------------------|-----------------------|--------------|
| HSC               | 210    | Cultural Aspects of Health | No                    | 3            |
| HSC               | 300    | Complementary Healthcare   | No                    | 3            |
| EXW               | 325    | Fitness for Life           | No                    | 3            |
| NTR               | 100    | Introductory Nutrition     | No                    | 3            |
| Section Sub-total |        |                            |                       | 12           |

**Elective Minor Courses**

| Prefix            | Number | Title  | Is this a new course? | Credit Hours |
|-------------------|--------|--|-----------------------|--------------|
| HSC               | 410    | Supporting the Health of Older Adults AND/OR   | No                    | 3            |
| HSC               | 412    | Health Issues in Later Life AND/OR             | No                    | 3            |
| HSC               | 435    | Environmental Health Issues in the U.S. AND/OR | No                    | 3            |
| EXW               | 400    | Stress Management for Wellness AND/OR          | No                    | 3            |
| NTR               | 450    | Nutrition in the Life Cycle                    | No                    | 3            |
| Section Sub-total |        |  |                       | 6            |

**Other Minor Requirements**

E.g. – Capstone experience, internship, clinical requirements, field studies, foreign language skills as applicable

Credit Hours

Section Sub-total

**Total minimum credit hours required for the Minor**

**18**

**C. Minimum residency requirement**

How many hours of the minor must be ASU credit? 18

**D. New Courses**

Provide a brief course description for each new course.

Please note: Environmental Health Issues in the U.S. is currently offered under an omnibus course number but it will be converted to a permanent HSC 435.

Note: All new required courses should be submitted in Curriculum Changemaker and ready for Provost’s Office approval before this certificate is put on Curriculum and Academic Programs Committee (CAPC) agenda

**4. Administration and Resources**

- A. Describe the procedures and any qualifications for enrollment in the minor.  
Students will be able to select this minor in consultation with their academic advisor and/or the academic advisors in the School of Nutrition and Health Promotion. Students eligible for continued enrollment at ASU are eligible for enrollment in the proposed minor in Personal Health.
- B. Describe the advising procedures as well as measures for verification of completion of the minor.  
Students will have full access to the team of Academic Advisors serving the School of Nutrition and Health Promotion. This team will track the progress of each student and verify completion of the minor based upon information in selected ASU databases.
- C. What are the resource implications for the proposed minor, including any projected budget needs? Will new books, library holdings, equipment, laboratory space and/or personnel be required now or in the future? If multiple units/programs will collaborate in offering this minor, please discuss the resource contribution of each participating program. Letters of support must be included from all academic units that will commit resources to this minor.  
It is likely that additional Faculty Associates, Instructors and/or Lecturers will be needed to teach the required and elective courses within the minor as enrollment exceeds 100. No additional laboratory space is needed; it is possible that larger classrooms will be needed to accommodate the increased number of on-campus enrolled students. All programs involved in this minor are administratively housed within the School of Nutrition and Health Promotion in the College of Health Sciences thus implicit within this application is the commitment of the School and College to provide the necessary resources.

**D. Primary Faculty**

List the primary faculty participants regarding this proposed certificate. For interdisciplinary certificates, please include the relevant names of faculty members from across the University.

| <b>Name</b>       | <b>Title</b>        | <b>Area(s) of Specialization as they relate to proposed certificate</b> |
|-------------------|---------------------|---|
| Ann Sebren        | Sr Lecturer         | Stress Management   |
| Meg Breuning      | Assistant Professor | Lifecycle Nutrition   |
| Christina Barroso | Assistant Professor | Lifecycle Nutrition   |
| Simin Levinson    | Lecturer            | Nutrition   |
| Janelle Anderson  | Lecturer            | Personal Fitness  |
| Michael Collins   | Instructor          | Cultural Aspects of Health  |

**5. Additional Materials**

- A. Appendix**  
Complete and attach the Appendix document.
- B. Program of study**  
Provide one or more model programs of study (if appropriate).
- C. Attach other information that will be useful to the review committees and the Office of the Provost.**

**APPENDIX  
OPERATIONAL INFORMATION FOR MINORS**

(This information is used to populate the Degree Search/catalog website.

Please consider the student audience in creating your text.)

**1. Proposed Minor Name:**

Personal Health

**2. Description (150 words maximum)**

This minor will provide students with academic interests that lie outside the realm of medical and health sciences the ability to explore and learn the latest information related to healthy lifestyles, including the attainment and retention of a high quality of personal health. Students will gain the knowledge and skills necessary to optimize their personal health and assume increased responsibility for their own personal health and well-being. The minor reflects the interdisciplinary nature of personal health by including courses from nutrition, exercise and wellness, and health sciences disciplines.

**3. Contact and Support Information**

Building Name, code and room number: (*Search ASU map*)

MERCC 250

Program office telephone number: (*i.e. 480/965-2100*)

602/496-888

Program Email Address:

snhp@asu.edu

Program Website Address:

<http://healthpromotion.asu.edu>

**4. Program Requirements:** Provide applicable information regarding the program such as curricular restrictions or requirements, specific course lists, or academic retention requirements.

Required minor courses (12)

HSC 210 Cultural Aspects of Health (3)

HSC 300 Complementary Healthcare (3)

EXW 325 Fitness for Life (3)

NTR 100 Introductory Nutrition (3)

Elective minor courses (6)

HSC 410 Supporting the Health of Older Adults AND/OR

HSC 412 Health Issues in Later Life AND/OR

HSC 435 Environmental Health Issues in the U.S. (3) AND/OR

EXW 400 Stress Management for Wellness (3) AND/OR

NTR 450 Nutrition in the Life Cycle (3)

**5. Additional Enrollment Requirements** If applicable list any additional enrollment requirements students must complete

Students in most majors may pursue one or more minors and, upon successful completion of the prescribed course work, have that accomplishment officially recognized on the ASU transcript at graduation if the college or department of the minor officially certifies, through established verification procedures, that all requirements for the minor have been met and the college (and, in certain colleges, the department) of the student's major allows the official recognition of the minor.

A student wishing to pursue a specific minor should consult an academic advisor in the unit offering that minor to ensure that an appropriate set of courses is taken. The student should also consult an academic advisor in the college or department of the major to make sure the college or department of the major allows the recognition of the minor.

Note: Certain major and minor combinations may be deemed inappropriate either by the college or department of the major or minor. Courses taken as part of a minor may not count toward both the major degree and the minor. Please contact the department for more information.

**6. Delivery/Campus Information Delivery:**

Both, On-Campus and ASU Online

*Note: Once students elect a campus or On-line option, students will not be able to move back and forth between the on-campus and the ASU Online options. Approval from the Office of the Provost and Philip Regier (Executive Vice Provost and Dean) is required to offer programs through ASU Online.*

7. **Campus/Locations:** indicate all locations where this program will be offered.

Downtown Phoenix     Polytechnic     Tempe     West    Other:

## Julie Ramsden

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**From:** Melanie Burn  
**Sent:** Wednesday, September 11, 2013 5:14 PM  
**To:** curriculumplanning@asu.edu  
**Cc:** Keith Lindor; Linda Vaughan  
**Subject:** Proposal to Establish a Minor in Personal Health  
**Attachments:** Proposal to Establish a Minor\_ Personal Health Final 9-11-13.docx

**Importance:** High

Good afternoon,

On behalf of Executive Vice Provost and Dean, Dr. Keith Lindor, and School Director Linda Vaughan, please accept the attached proposal to establish a minor in Personal Health within the School of Nutrition and Health Promotion.

Please let us know if you have any questions!

Thanks much.

Melanie

