



University Council

March 11, 2022

UNIVERSITY CURRICULUM COMMITTEE – 2021-2022

Susan Sanchez, Chair

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Public Health – Allan Tate

Social Work – Harold Briggs

Veterinary Medicine – Shannon Hostetter

Graduate School – Wendy Ruona

Ex-Officio – Provost S. Jack Hu

Undergraduate Student Representative – Matthew Jue

Graduate Student Representative – Sarah Burns

Dear Colleagues:

The attached proposal from the Mary Frances Early College of Education to offer a new minor in Personal Health and Well-Being will be an agenda item for the March 18, 2022, Full University Curriculum Committee meeting.

Sincerely,

Susan Sanchez, Chair

University Curriculum Committee

cc: Provost S. Jack Hu  
Dr. Marisa Pagnattaro

## PROPOSAL FOR MINOR PROGRAM OF STUDY

1. **School/College:** Mary Frances Early College of Education
2. **Department/Division:** Educational Psychology; Kinesiology
3. **Minor Name:** Personal Health and Well-Being
4. **Proposed Effective Date:** Fall 2022
5. **Which campus(es) will offer this program:** Athens
6. **CIP:** 51000101

**7. Program Description:**

The minor in Personal Health and Well-Being is designed to support students' exploration, understanding, and development of practices and habits that support personal health and well-being. Students will learn about the scientific foundations of personal health and well-being and articulate these principles as they reflect on their experience implementing evidence-based practices designed to develop skills, habits, and practices to support personal health and well-being.

Situated within the field of positive psychology, well-being extends beyond happiness and encompasses the elements of positive emotion, engagement, relationships, meaning, and achievement. Healthy lifestyle habits are integral to well-being. The minor in Personal Health and Well-Being is a natural complement for students interested in education, positive youth development, human services, and various therapeutic and professional careers.

Educational objectives:

- Demonstrate understanding of theory and research underpinning the science of well-being and interplay with personal health habits, including physical activity, sleep, and diet.
- Demonstrate understanding of basic psychological mechanisms, emotional states, and other cognitive processes impacting well-being and habit formation and change.
- Demonstrate understanding of how habits relate to goals, intentions, motivation, and self-control.
- Learn to self-assess and self-monitor the measurable elements of health and well-being and use this information to identify areas for change and growth.
- Learn to recognize obstacles, stressors, and contextual factors that contribute to undesirable habits and contextual factors that can promote and support desirable habits.
- Demonstrate knowledge of and ability to implement behavioral science techniques to develop healthy lifestyle habits and empirically supported practices that support well-being.
- Learn to identify obstacles to healthy habits and to adapt to changing life circumstances to modify and create new plans.

**8. Program of Study:**

- *A minor must contain at least 9 hours of upper division course work (numbered 3000 or above).*
- *Courses taken to satisfy Core Areas I through V may not be counted as course work in the minor.*
- *Courses taken in Core Area VI may be counted as course work in the minor.*
- *A grade of "C" (2.0) or better must be earned in each course that is to be counted toward the minor.*

Total Hours Required for Minor - 15 hours

*Required Courses – 9 hours*

- KINS 2500-2500L, Exercise is Medicine (3 hours)
- EPSY 3500, Psychology of Habit (3 hours)
- EPSY 3600-3600L, Science and Practice of Health and Well-Being (3 hours)
  - *It is strongly recommended that this course be taken after KINS 2500-2500L and EPSY 3500*

*Elective Courses – Choose 6 hours from the following (3 hours must be upper division coursework)*

- FDNS 2100 or FDNS 2100E or FDNS 2100H, Human Nutrition and Food (3 hours) or FDNS 3100, Macronutrients and Energy Balance (3 hours) or IDIS(NUTR) 4200/6200, We Are What We Eat! How Your Gut Influences Your Overall Health (3 hours)
- SOCI(AFAM) 4600, Health among Black Americans (3 hours) or ANTH 3540, Multicultural Health Care (3 hours)
- ECHD 4020/6020 or ECHD 4020E/6020E, Interpersonal Relationships (3 hours) or COMM 2600 or COMM 2600E, Communicating and Relationships (3 hours)
- DANC 2020 Practicing Wellness (1 hour) or DANC 2030, The Pilates Method I (1 hour) or DANC 2040 or DANC 2040E, Yoga: Asana Practice I (1 hour)
- FHCE 3200 or FHCE 3200E, Introduction to Personal Finance (3 hours) or FHCE 4100/6100 or FHCE 4100S/6100S, Consumer Well-Being (3 hours) or FHCE 3100 or FHCE 3100E, Consumer Decision Making (3 hours)
- ECHD 4380/6380 or ECHD 4380E/6380E, Human Development and Mental Health (3 hours) or PSYC 3810, Psychology of Health (3 hours)
- SOCI 3710, The Science of Happiness (3 hours)
- DANC 2010 or DANC 2010E, Dance Appreciation (3 hours) or MUSI 2020 or MUSI 2020E, Introduction to Music (3 hours) or ARTS 2000 or ARTS 2000E, Art Appreciation (3 hours) or ARED 4010/6010, Art Criticism and Aesthetic Understanding (3 hours), ARST 2100 Introduction to Painting and Visuality (3 hours) or (ARST 2205, Introduction to Photography and Image Culture and ARST 2205L, Introduction to Photography and Image Culture Laboratory (3 hours)) or ARST 2210, Introduction to Photography and Image Culture (3 hours) or ARST 2500, Introduction to Ceramics (3 hours) or ARST 2550 Ceramics-Introductory Pottery (3 hours) or ARST 2600 Jewelry and Metals: Design and Construction (3 hours)

**9. Approvals:**



Department Head Educational Psychology 1.10.22  
Department Date



Department Head Kinesiology 1.10.22  
Department Date

Dean School/College Date

## Documentation of Approval and Notification

**Proposal:** Minor in Personal Health and Well-Being

**College:** Mary Frances Early College of Education

**Department:** Educational Psychology, Kinesiology

**Proposed Effective Term:** Fall 2022

### Department:

- Educational Psychology Department Head, Dr. Amy Reschly, 1/10/22
- Kinesiology Department Head, Dr. Janet Buckworth, 1/10/22

### School/College:

- Mary Frances Early College of Education Associate Dean, Dr. Stacey Neuharth-Pritchett, 1/21/22
- Mary Frances Early College of Education Dean, Dr. Denise Spangler, 1/21/22

### Notification/Use of Courses:

- College of Public Health Associate Dean, Dr. Erin Lipp, 2/10/22
- Anthropology Department Head, Dr. Ted Gragson, 1/18/22
- Communication Studies Department Head, Dr. Celeste Condit, 1/11/22
- Dance Department Head, Dr. Clint Taylor, 1/18/22
- Financial Planning, Housing, and Consumer Economics Department Head, Dr. Swarn Chatterjee, 1/13/22
- Hodgson School of Music Director, Dr. Peter Jutras, 1/8/22
- Lamar Dodd School of Art Interim Co-Director, Mr. Michael Marshall, 1/13/22
- Nutritional Sciences Department Head, Dr. Lynn Bailey, 1/18/22
- Psychology Department Head, Dr. Adam Goodie, 1/10/22
- Sociology Department Head, Dr. Jim Coverdill, 1/7/22