# http://www.ric.edu/webcommunications/images/SealWithText_Small_Black.pngUNDERGRADUATE CURRICULUM COMMITTEE (UCC) PROPOSAL FORM

## Cover page roll over blue text to see further important [instructions](#instructions): please read.

**N.B. DO NOT USE HIGHLIGHT, JUST DELETE THE WORDS THAT DO NOT APPLY TO YOUR PROPOSAL**

**ALL numbers in section (A) need to be completed, including the impact ones.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| A.1. [Course or program](#Proposal) | **HPE 410 STress management** | | | |  |
| [Replacing](#Ifapplicable) |  | | | |  |
| A.2. [Proposal type](#type) | **Course: | revision |** | | | |  |
| A.3. [Originator](#Originator) | **Susan Clark** | [Home department](#home_dept) | **Health and Physical Education** | | |
| A.4. [Rationale](#Rationale) | The prerequisite should be changed from: Gen. Ed. Social and Behavioral Sciences Category (SB) and 60 credit hours, or consent of department chair, to 45 credits or consent of department chair. The rationale includes the following:  HPE 410 is a health education course required in the Health Education Program, the Community Health and Wellness Program, and the Double Major (Health and Physical Education) Option. In the Double Major Option, the course should be taken during the 4th semester. The course is ideally taken prior to the first practicum as it contains demonstration of pedagogy, which can be applied during practicum and student teaching. The course requires students to practice several stress management techniques, including time management. There is significant reading and numerous projects where students apply the skills and pedagogy to their own lives. The course is most appropriate for students who have at least 45 credit hours of college credits. This will ensure the student enters the course with adequate life and college experiences to apply to the course, but early enough in their program of study to be able to apply the skills to their personal and professional lives.  The students possessing 45 credit hours instead of 60 will have more flexibility as to when they can take the course. This will also allow more time for the students to practice the skills during college, and the faculty will be able to help support them in making healthy stress management decisions.  After reflecting on the HPE programs, the current faculty has determined a Social Behavior General Education prerequisite is not critical for HPE 410. The SB courses offered do not contain the knowledge and skills necessary to prepare for or be successful in HPE 410. The rationale in the past may have possiblybeen that an SB would provide students perspectives and knowledge of various cultures and human behavior, but it has been determined by department faculty that students do not need an SB course to grasp the concepts of HPE 410. Experience of 45 college credits is all that is necessary to be prepared for the course. | | | | |
| A.5. [Date submitted](#date_submitted) | **4/12/17** | A.6. [Semester effective](#Semester_effective) | | **Fall 2017** | |
| A.7. [Resource impact](#Resource) | *[Faculty PT & FT](#faculty" \o "Need to hire new full-time or part-time faculty? This is where you indicate if this proposal will be affecting FLH in your department/program.)*: | **None** | | | |
|  | [*Library*:](#library) | **None** | | | |
|  | [*Technology*](#technology) | **None** | | | |
|  | [*Facilities*](#facilities): | **None** | | | |
| A.8. [Program impact](#prog_impact) | Undergraduate CHW programs, and graduateM.Ed. in Health Education and Health Psychology use this course and have been notified of the change | | | | |
| A.9. [Student impact](#student_impact) | The 45 credit requirement will make it more widely available to RIC students. | | | | |

B. [NEW OR REVISED COURSES](#delete_if) **DELETE THE WORDS THAT DO NOT APPLY TO YOUR PROPOSAL within specific categories, but do not delete any of the categories. DO NOT use highlight. Delete this whole page if this proposal does not include a new or revised course.**

|  | Old ([for revisions only](#Revisions)) | New |
| --- | --- | --- |
| B.1. [Course prefix and number](#cours_title) | **HPE 410** |  |
| B.2. Cross listing number if any |  |  |
| B.3. [Course title](#title) | **Stress Management** |  |
| B.4. [Course description](#description) |  |  |
| B.5. [Prerequisite(s)](#prereqs) | Gen. Ed. Social and Behavioral Sciences Category (SB) and 60 credit hours, or consent of department chair. | 45 credit hours or consent of department chair. |
| B.6. [Offered](#Offered) |  |  |
| B.7. [Contact hours](#contacthours) |  |  |
| B.8. [Credit hours](#credits) |  |  |
| B.9. [Justify differences if any](#differences) |  | |
| B.10. [Grading system](#grading) |  |  |
| B.11. [Instructional methods](#instr_methods) |  |  |
| B.12.[Categories](#required) |  |  |
| B.13. Is this an Honors course? |  |  |
| B.14. [General Education](#ge)  N.B. Connections must include at least 50% Standard Classroom instruction. |  |  |
| B.15. [How will student performance be evaluated?](#performance) |  |  |
| B.16. [Redundancy statement](#competing) |  |  |
| B. 17. Other changes, if any |  | |

| B.18**.** [**Course learning outcomes**](#outcomes) | [**Standard(s)**](#standards) | [**How will they be measured**](#measured)**?** |
| --- | --- | --- |
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|  |  |  |
|  |  | Click Tab from here to add rows |

| B.19. [**Topical outline**](#outline) |
| --- |
| 1. Sample    1. Sample    2. Sample 2. Sample    1. Sample etc. |

## D. Signatures

##### D.1. Approvals

* Changes that affect General Education in any way MUST be approved by ALL Deans and COGE Chair.
* Changes that directly impact more than one department/program MUST have the signatures of all relevant department chairs, program directors, and relevant dean (e.g. when creating/revising a program using courses from other departments/programs). Check UCC manual 4.2 for further guidelines on whether the signatures need to be approval or acknowledgement.
* Proposals that do not have appropriate approval signatures will not be considered.
* Type in name of person signing and their position/affiliation.
* Send electronic files of this proposal and accompanying catalog copy to [curriculum@ric.edu](mailto:curriculum@ric.edu) and a printed or electronic signature copy of this form to the current Chair of UCC. Check UCC website for due dates.

| Name | Position/affiliation | [Signature](#_Signature" \o "Insert electronic signature, if available, in this column) | Date |
| --- | --- | --- | --- |
| Robin Kirkwood Auld | Chair of Health and Physical Education |  |  |
| Donald Halquist | Dean of FSEHD |  |  |
|  |  |  | Tab to add rows |

##### D.2. [Acknowledgements](#acknowledge)

| Name | Position/affiliation | [Signature](#Signature_2) | Date |
| --- | --- | --- | --- |
| Carol Cummings | Undergraduate Community Health and Wellness Coordinator |  |  |
| Christine Fisher | M.Ed. in Health Education Coordinator |  |  |
| Christine Marco | Health Psychology Director |  | Tab to add rows |