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

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

**N.B. DO NOT USE HIGHLIGHT, please 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 | **HPE 410 Managing Stress and Mental / Emotional health**  |  |
| [Replacing](#Ifapplicable)  | **Hpe 410 stress management** |
| A.2. [Proposal type](#type) | **Course: revision**  |
| A.3. [Originator](#Originator) | **Susan Clark** | [Home department](#home_dept) | **Health and Physical Education** |
| A.4. [Context and Rationale](#Rationale)  | **The proposed new course title better reflects the course content which includes not only techniques for managing stress but also:**1. **Emotional health - recognizing various emotions, especially anger and fear; the role emotional health plays in overall wellness; how to control and enhance a range of human emotions.**
2. **Mental health - mental health disorders (in particular types of anxiety and depression), signs/symptoms, etiology, pathology, management/treatment, prevention; how to educate various populations about mental health disorders; the role mental health plays in overall wellness.**
3. **Suicide - signs/symptoms, etiology, pathology, prevention/treatment, and relation to depression, as well as how to educate various populations about suicide**
4. **Social/Emotional Health and Learning – overview and demonstration of teaching strategies for school health educators.**
5. **Strategies for improving dimensions of wellness (mental health, emotional health, etc.), including application of communication strategies such as assertiveness, cognitive restructuring, behavior modification plan, skills-based techniques, art therapy, therapeutic writing, meditation, progressive muscular relaxation, imagery/visualization, breathing, helping others, self-advocacy and self-care, etc.**
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| A.5. [Student impact](#student_impact) | **Better understanding of course content based on title.**  |
| A.6. [Impact on other programs](#impact)  | **Used also in Community and Health Promotion’s core requirements, and in the Health Education M.Ed program which will need updating with the new title.** |
| A.7. [Resource impact](#Resource) | [*Faculty PT & FT*](#faculty):  | **None** |
| [*Library*:](#library) | **None** |
| [*Technology*](#technology) | **None** |
| [*Facilities*](#facilities): | **None** |
| A.8. [Semester effective](#Semester_effective) | **Fall 2019** | A.9. [Rationale if sooner than next Fall](#Semester_effective) |  |
| A.10. INSTRUCTIONS FOR CATALOG COPY: This single file copy must include ALL relevant pages from the college catalog, and show how the catalog will be revised. (1) Go to the “Forms and Information” page on the UCC website. Scroll down until you see the Word files for the current catalog. (2) Download ALL catalog sections relevant for this proposal, including course descriptions and/or other affected programs. (3) Place ALL relevant catalog copy into a single file. Put page breaks between sections and delete any catalog pages not relevant for this proposal. (4) Using the track changes function, revise the catalog pages to demonstrate what the information should look like in next year’s catalog. (5) Check the revised catalog pages against the proposal form, especially making sure that program totals are correct if adding/deleting course credits. If new copy, indicate where it should go in the catalog. If making related proposals a single catalog copy that includes all is acceptable. Send as a separate file along with this form. |

B NEW OR REVISED COURSES  **DO NOT USE HIGHLIGHT. DELETE THIS WHOLE PAGE IF THE PROPOSAL DOES NOT INCLUDE A NEW OR REVISED COURSE.**

|  |  |  |
| --- | --- | --- |
|  | OLD (FOR REVISIONS ONLY)Only include information that is being revised, otherwise leave blank (delete provided examples that do not apply) | NEWExamples are provided for guidance, delete the ones that do not apply |
| B.1. Course prefix and number  | **HPE 410** |  |
| B.2. Cross listing number if any |  |  |
| B.3. Course title  | **Stress Management** | **Managing Stress and Mental / Emotional Health** |
| B.4. Course description  |  |  |
| B.5. Prerequisite(s) |  |  |
| B.6. Offered |  |  |
| B.7. Contact hours  |  |  |
| B.8. Credit hours |  |  |
| B.9. Justify differences if any |  |  |
| B.10. Grading system  |  |  |
| B.11. Instructional methods |  |  |
| B.12.Categories |  |  |
| B.13. Is this an Honors course? | **no** |  |
| B.14. General EducationN.B. Connections must include at least 50% Standard Classroom instruction. | **no** |  |
| B.15. How will student performance be evaluated? |  |  |
| B.16. Redundancy statement |  |  |
| B. 17. Other changes, if any |  |  |

## D. Signatures

* 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 and a printed or electronic signature copy of this form to the current Chair of UCC. Check UCC website for due dates.

##### D.1. Approvals: required from programs/departments/deans who originate the proposal. may include multiple departments, e.g., for joint/interdisciplinary proposals.

| Name | Position/affiliation | [Signature](#_Signature" \o "Insert electronic signature, if available, in this column) | Date |
| --- | --- | --- | --- |
| Susan Clark | Program Coordinator of B.S in Health Education |  |  |
| Robin Kirkwood Auld | Chair of Health and Physical Education |  |  |
| Julie Horwitz and/or Gerri August | Deans of FSEHD |  | Tab to add rows |

##### D.2. [Acknowledgements](#acknowledge): REQUIRED from OTHER PROGRAMS/DEPARTMENTS IMPACTED BY THE PROPOSAL. SIGNATURE DOES NOT INDICATE APPROVAL, ONLY AWARENESS THAT THE PROPOSAL IS BEING SUBMITTED. CONCERNS SHOULD BE BROUGHT TO THE UCC COMMITTEE MEETING FOR DISCUSSION

| Name | Position/affiliation | [Signature](#Signature_2) | Date |
| --- | --- | --- | --- |
| Monica Darcy | Chair Graduate Committee |  |  |
| Carol Cummings | Director Community and Health Promotion |  |  |
|  |  |  | Tab to add rows |