

MEMO

To: The UVM Faculty Senate
From: Curricular Affairs Committee of the Faculty Senate (Stephen Everse, Co-Chair)
Date: April 8th, 2021
Re: Approval of a Proposal from the College of Nursing and Health Sciences for a New Minor in Integrative Health and Wellness Coaching

On April 7th, 2022, the Curricular Affairs Committee (CAC) unanimously approved a proposal from the College of Nursing & Health Sciences (CNHS) to create a new minor in Integrative Health and Wellness Coaching in the Department of Rehabilitation and Movement Sciences. On January 17th, 2022 the CNHS Curriculum Planning Committee endorsed the proposal as does Dean Anderson. The anticipated start date is Fall 2022.

Program Description and Rationale

Integrative Health and Wellness Coaching currently exists as a certificate program in CNHS (while interdisciplinary, most of the faculty involved are in the Department of Rehabilitation and Movement Science). The certificate program is in good shape (approximately 30 undergraduate students enroll each year; another 30 enroll in a parallel program for non-degree students), but for various reasons CNHS would like to terminate the current certificate program for undergraduates and replace it with a minor. (CNHS will retain the certificate program for non-degree students.) Among those reasons, two stand out:

1. UVM students who must have a minor often find it difficult to take the extra courses to get the certificate. If this proposal is accepted, any student needing a minor could fulfill that requirement with this new minor.
2. A prestige factor: as Dean Anderson observes, “the minor in Health Coaching will add to the national reputation of CNHS,” in part because UVM “will be only the second institution ... that offers a pathway to national board certification of a Health Coach at the undergraduate level.”

In very broad terms, as the proposal puts it, the shift to the minor is primarily “a strategic move to capitalize on both interest [high demand among students] and workforce need.” In terms of a formal course of study, the proposal adds that “this transition will better reflect the coherent body of knowledge that students are learning.” Since there is very little curricular change to the certificate program (a move from 12 to 15 credits and the addition of “one of the electives to the list of required courses”), the implication here is that the certificate program *already* represents the “coherent body of knowledge” that distinguishes minors from certificate programs. That said, one of the major attractions of the certificate program will not change: “to prepare undergraduate students to become certified integrative health and wellness coaches” by preparing them and making them eligible “to sit for the NBHWC Certification Exam.”

Justification and Evidence for Demand

a) Enrollment in the certificate program is very healthy; in fact, it exceeded original projections by 75%. With limited space in its courses, students must apply to it, and the new minor will maintain that requirement. CNHS expects that approximately 60 students will enroll each year: half would be in the new minor and the other half in the current certificate program for non-degree students.

b) The proposal notes that, nationally, Health and Wellness Coaching is a high growth industry. Because UVM already has a successful certificate program, CNHS believes that the shift to the minor will help “meet an emerging need in healthcare.” The key here is that, as noted above, students who successfully complete the minor become eligible to sit for the NBHWC Certification Exam. Currently, UVM is one of only twelve NBHWC approved academic credit programs in the country, and only one other program currently offers a minor.

Relationship to Existing Programs

a) At UVM, there is no other course of studies that explicitly aims to educate students in the area of health and wellness coaching and leads to eligibility to sit for national qualifying exam.

b) Nationally: only one other university in the United States has a NBHWC-approved minor

Curriculum

Required courses (11 credits)

Course Number	Course Name	Credits
HLTH 187	Integrative Health & Wellness Coaching Immersion Introduction	1
HLTH 188	Motivational Interviewing Introduction	1
HLTH 189	Integrative Health & Wellness Coaching Skills Introduction	2
HLTH 287	Integrative Health & Wellness Coaching Immersion Advanced	1
HLTH 288	Motivational Interviewing Advanced	1
HLTH 289	Integrative Health & Wellness Skills Advanced	2
HLTH 292	Integrative Health & Wellness Coaching Practicum	2
HLTH 299	Integrative Health & Wellness Coaching: Building your Coaching Career	1

Elective Courses (4 credits)

Course Number	Course Name	Credits
CSD 299	Autism Spectrum Disorders: Issues in Assessment and Intervention	3
COMU 122	Family Wellness Coaching	3
HLTH 222	Critical Neuroscience: The Mind Body Connection	3
HLTH 098	Restore, Rejuvenate, Energize	1
HLTH 101	Introduction to Integrative Health	3
HLTH 297	Integrative Health Interdependent Study	variable
HLTH 298	Integrative Health Research Assistantship	variable

Admission Requirements and Process

There are no prerequisites, but because current resources can accommodate a limited number of students (approximately 30 in the minor; another 30 will likely enroll in the non-degree student certificate program), students will have to apply for admission. They will do so following the application process currently used for the certificate program. It is anticipated that accepted students will come from a diverse range of undergraduate majors across all the colleges. Some priority is given to students with majors in CNHS.

Anticipated Enrollment and Impact on Current Programs

60 / year: 30 in the minor, 30 in the continuing certificate program. Because the current certificate programs enroll 60 students and because the minor only modestly tweaks the certificate requirements (a move from 12 to 15 credits), CNHS does not anticipate any impact on current programs.

Intended Start Date

Fall 2022 (pending Board of Trustees approval)

Advising

Because this is a minor, students enrolled in the program would receive primary academic advising in the home academic unit of their declared major(s). Advising needs specific to the minor will be addressed by the Program director or designee.

Assessment Plan

The Integrative Health and Wellness Coaching Minor will undergo academic program review as per the department APR cycle as defined by Senate guidelines.

Staffing Plan, Resource Requirements, and Budget

a) Staffing plan: No anticipation of need for additional faculty. Current faculty connected to the Program will be sufficient for the minor and include:

- Karen Westervelt, Rehabilitation and Movement Science
- Kelly Tourville, Rehabilitation and Movement Science
- Cara Feldman-Hunt, Rehabilitation and Movement Science
- Susan Whitman, Rehabilitation and Movement Science
- David Tomasi, Rehabilitation and Movement Science
- Ellen McGinnis, Psychiatry
- Patricia Prelock, Communication Sciences and Disorders

b) Resources

- (i) current library resources are sufficient (letter of support from Director of Dana Medical Library)
- (ii) current university / CNHS facilities and technology resources are adequate to proposed minor

c) Budget

Current allocated resources from CNHS are sufficient to the needs of the minor.

Evidence of Support

Letters of support have been provided by:

- Theodore Angelopoulos, Chair, Rehabilitation and Movement Science
- Elizabeth Adams, Chair, CNHS Curriculum Planning Committee
- Noma Anderson, Dean, CNHS

- Denise Hersey, Director, DANA Medical Library

Summary

The key issue here is that CNHS is effectively converting its current certificate program for undergraduates into a new minor. (The certificate program for undergraduates will be terminated if the minor is approved.) The college gives various reasons for the change, but two stand out.

1. For UVM students who must have a minor, it has often been difficult to take the extra courses to get the certificate. If this proposal is accepted, any student needing a minor could fulfill that requirement with this new minor
2. A prestige factor: as Dean Anderson observes, “the minor in Health Coaching will add to the national reputation of CNHS,” in part because UVM “will be only the second institution ... that offers a pathway to national board certification of a Health Coach at the undergraduate level.”

The change from certificate to minor will not change much on the student end: required credits will rise from 12 to 15, and there are some tweaks in the course offerings / requirements (more electives / possible concentrations in specialized areas). Most of the courses, though, will be the same as what is currently offered. One of the main drawing cards of the certificate—students completing it become eligible to sit for NBHWC national certification—will be unchanged. That said, CNHS believes that, beyond the two points mentioned above, the proposed minor will enhance the student experience by providing the greater recognition of accomplishment that comes with the minor.