

**OFFICE OF ACADEMIC AFFAIRS**  
**COURSE APPROVAL FORM**  
**NEW COURSE**



College: Nursing Prefix/Subject Code: NUR Course Number: 220

Banner Title: Health Promotion Nursing Majors Credit Hours: 3 First Offered: Spring 17  
*(32 Characters)*

Full Course Name: Health Promotion for Nursing Majors

Instructional Method:  Online  Hybrid  Classroom

Cross-listed: NA

*Cross-listed courses must provide both graduate and undergraduate syllabi.*

Prerequisites: NA

Min. Grade: NA

Catalog Description: *(300 Characters)*

Co-requisites: NA

The focus of this class is on health and high-level wellness across the lifespan, with an emphasis on promoting healthy living and preventing illness. Diverse perceptions and beliefs related to health and wellness are explored, and ways to to put healthy ideas into practice are applied. Medical terminology to improve healthcare communication is incorporated into the course.

Prerequisites with Concurrency: NA

Restrictions: Nursing

*Class, Level, Department, Program, College, etc.*

Grading System:  A-F  S-U

Does this course involve multiple academic units in the originating college? Yes  No   
*If so, the chair of each academic unit must sign this form.*

Is this course to be added to Charger Foundations? Yes  No   
*If so, the Charger Foundations committee must review this form.*

Does this course involve academic units external to the originating college? Yes  No   
*If so, deans of all colleges involved must sign this form.*

Is this a Laboratory course (stand alone or combined)? Yes  No   
*If yes, indicate the number of credit hours for the lab and the number of contact hours.*

Lab Hours:        Contact Hours:        Total Credit Hours:       

**Indicate type and hours for studio, clinical, internship, and study abroad courses.**

- Studio Course** Studio Hours:        Contact Hours:        Total Credit Hours:
- Clinical Course** Clinical Hours:        Contact Hours:        Total Credit Hours:
- Internship** Internship Hours:        Contact Hours:        Total Credit Hours:
- Study Abroad** Abroad Hours:        Contact Hours:        Total Credit Hours:

**Compare with existing catalog offerings, with justification if apparent overlap:**

KIN 240 Health and Wellness Concepts (2 credit hours) is offered by the department of Kinesiology. The course provides students with an overview of individual and societal health and wellness and the impact on lifestyle choices. Laboratory experiences provide opportunity for assessment of individual health and fitness behaviors.

The proposed course, NUR 220, focuses on the role of the nurse to promote health and wellness across the lifespan and to consider influences of culture, genetics, and environment on health. The new course also introduces medical terminology as it relates to the body and its systems, normal findings, and abnormal findings.

**Discuss demonstrated value of course. Please justify why this new course is needed.**

NUR 220: Health Promotion for Nursing Majors replaces NUR 202: Healthy Living Across the Lifespan and NUR: 102 Multidimension of Nursing. The course combines the nurses' role and medical terminology from NUR 102 and the health promotion content from NUR 202.

**Will this course be required? Explain.**

Yes, NUR 220 will be a required pre-professional course.

**Is this course part of a program core? Explain.**

Yes

**Is this course part of a new major or minor? Explain.**

Yes

**Textbooks:** Houseman & Odem (2016). Alters & Schiff Essential Concepts for Healthy Living (7th ed.). Jones & Bartlett Learning.

**Intended Instructors:** Sandy Cornelius, Sharon George

**Implications for faculty workload:** The course will be part of the workload -- no overload will be required

**Implications for facilities:** None. This course can be taught in the Nursing Building or online.

*A detailed syllabus must be attached giving an overview of topics covered, course goals and structure, grading system, and policies.*

**Department Chair:** Karen Juth

**Grad. Council:** \_\_\_\_\_

**College Dean:** Marsh H. Adams  
9/10/16

**Graduate Dean:** \_\_\_\_\_

**College Curriculum Committee:** \_\_\_\_\_

**Undergrad Curriculum Cmte:** \_\_\_\_\_

**Charger Foundations:** \_\_\_\_\_

**Provost:** \_\_\_\_\_

**Acknowledgements from other units:**

**Department Chair:** \_\_\_\_\_

**College Dean:** \_\_\_\_\_

## New Course Proposal

COURSE: NUR 220 Health Promotion for Nursing Majors

COURSE DESCRIPTION: The focus of this class is on health and high-level wellness across the lifespan, with an emphasis on promoting healthy living and preventing illness. Diverse perceptions and beliefs related to health and wellness are explored, and ways to put healthy ideas into practice are applied. Medical terminology to improve healthcare communication is incorporated into the course.

PLACEMENT: Lower Division  
3 credit hours, 1 class/week

PRE/CO-REQUISITES: None

### COURSE OBJECTIVES:

Upon successful completion of this course, the student will be able to:

1. Explore factors that influence health and wellness.
2. Explain wellness promotion guidelines across the lifespan.
3. Identify normal nutritional requirements across the lifespan.
4. Use medical terminology to communicate about health care.

CONTENT OUTLINE	CONCEPTS
1. Wellness Basics Basics of Healthy Living Integrative Medicine Levels of Nursing Care Medical Terminology: prefixes/suffixes	1 <sup>0</sup> Sleep 2 <sup>0</sup> Fatigue  1 <sup>0</sup> Nutrition
2. Nutrition and Fitness Body Image/Awareness and Self-Esteem Fitness Basics Food and the Human Body Nutrition Basics Weight Management	1 <sup>0</sup> Sexuality  1 <sup>0</sup> Stress 2 <sup>0</sup> Coping  1 <sup>0</sup> Health Promotion
3. Healthy Habits for Living Rest and Sleep Personal Stress Management	1 <sup>0</sup> Culture  1 <sup>0</sup> Safety

<p>Environmental Health (work and home) Habits and Addictions Sexual Health Spiritual Health</p> <p>4. Influences on Health Genomics Culture and Ethnicity Personal Safety</p> <p>5. Medical Terminology</p> <p>6. Nursing's Role in Healthy Living (this will be threaded throughout the course) Nursing and Holistic Health Nursing Responsibilities in Healthy Living</p>	<p>1<sup>0</sup> Communication</p>
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