## TRIAL COURSE OR NEW COURSE PROPOSAL

**SUBMITTED BY:**

<table>
<thead>
<tr>
<th>Department</th>
<th>Community Health</th>
<th>College/School</th>
<th>CRCD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prepared by</td>
<td>Linda Curda</td>
<td>Phone</td>
<td>786-1630</td>
</tr>
<tr>
<td>Email/Contact</td>
<td><a href="mailto:Linda.curda@uaf.edu">Linda.curda@uaf.edu</a></td>
<td>Faculty Contact</td>
<td>Linda Curda</td>
</tr>
</tbody>
</table>

See [http://www.uaf.edu/uafgov/faculty/cd/cdman.html](http://www.uaf.edu/uafgov/faculty/cd/cdman.html) for a complete description of the rules governing curriculum & course changes.

### 1. ACTION DESIRED (check one):

- **Trial Course**
- **New Course**
- **X**

### 2. COURSE IDENTIFICATION:

<table>
<thead>
<tr>
<th>Dept</th>
<th>CHP</th>
<th>Course #</th>
<th>No. of Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHP</td>
<td>218</td>
<td></td>
<td>2</td>
</tr>
</tbody>
</table>

Justify upper/lower division status & number of credits:

Basic information on promoting health and prevention of chronic diseases.

### 3. PROPOSED COURSE TITLE:

**Wellness: Promoting Health and Preventing Chronic Disease**

### 4. CROSS LISTED?

- **YES/NO**
  - **No**
  - **If yes, Dept:**
  - **Course #:**

(Requires approval of both departments and deans involved. Add lines at end of form for such signatures.)

### 5. STACKED?

- **YES/NO**
  - **No**
  - **If yes, Dept:**
  - **Course #:**

### 6. FREQUENCY OF OFFERING:

- **As Demand Warrants**
  - (Every or Alternate) Fall, Spring, Summer — or As Demand Warrants
  - **Semester & Year of First Offering (if approved):**
  - **Fall 2009**

### 8. COURSE FORMAT:

**NOTE:** Course hours may not be compressed into fewer than three days per credit. Any course compressed into fewer than six weeks must be approved by the college or school's curriculum council. Furthermore, any core course compressed to less than six weeks must be approved by the core review committee.

- **COURSE FORMAT**
  - (check one)
  - **1**
  - **2**
  - **3**
  - **4**
  - **5**
  - **6 weeks to full semester**

- **OTHER FORMAT**
  - (specify)
  - **Blended Intensive and Audioconference**

- **Mode of delivery**
  - (specify lecture, field trips, labs, etc)
  - **Lecture with class and community activities.**

### 9. CONTACT HOURS PER WEEK:

- **LECTURE hours/weeks**
- **LAB hours /week**
- **PRACTICUM hours /week**

Note: # of credits are based on contact hours. 800 minutes of lecture=1 credit. 2400 minutes of lab in a science course=1 credit. 1600 minutes in non-science lab=1 credit. 2400-4800 minutes of practicum=1 credit. 2400-8000 minutes of internship=1 credit. This must match with the syllabus. See [http://www.uaf.edu/uafgov/faculty/cd/credits.html](http://www.uaf.edu/uafgov/faculty/cd/credits.html) for more information on number of credits.

- **OTHER HOURS (specify type)**
  - **37.5 hour Intensive with additional 2 Audio-conferences after completing the community activities**
10. **COMPLETE CATALOG DESCRIPTION including dept., number, title and credits (50 words or less, if possible):**

CHP 218 Wellness: Promoting Health and Preventing Chronic Disease (2+0)

This course shares wellness information and activities on: self-care, physical activity, nutrition, tobacco cessation, and recommended cancer screening exams and procedures. Participants will learn how to provide community presentations with the help of lesson plans. Presentations focus on: self-care, physical activity, fat and cholesterol, healthy weight, salt and blood pressure, tobacco cessation, breast health, cervical health, and colorectal health. Additional topics: inviting community participants, finding help and support, presentation skills, storytelling as health education, group facilitation, and evaluation.

11. **COURSE CLASSIFICATIONS:** (undergraduate courses only. Use approved criteria found on Page 10 & 17 of the manual. If justification is needed, attach on separate sheet.)

<table>
<thead>
<tr>
<th>H - Humanities</th>
<th>N - Natural Science</th>
<th>S - Social Sciences</th>
</tr>
</thead>
<tbody>
<tr>
<td>YES</td>
<td>X NO</td>
<td></td>
</tr>
</tbody>
</table>

Will this course be used to fulfill a requirement for the baccalaureate core?  

**IF YES, check which core requirements it could be used to fulfill:**

- O = Oral Intensive, Format 6
- W = Writing Intensive, Format 7
- Natural Science, Format 8

12. **COURSE REPEATABILITY:**

Is this course repeatable for credit?  

<table>
<thead>
<tr>
<th>YES</th>
<th>X NO</th>
</tr>
</thead>
</table>

Justification: Indicate why the course can be repeated  

(for example, the course follows a different theme each time).

How many times may the course be repeated for credit?  

| TIMES |

If the course can be repeated with variable credit, what is the maximum number of credit hours that may be earned for this course?  

| CREDITS |

13. **GRADING SYSTEM:**

<table>
<thead>
<tr>
<th>LETTER</th>
<th>PASS/FAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>X</td>
</tr>
</tbody>
</table>

14. **PREREQUISITES**  

These will be required before the student is allowed to enroll in the course.

**RECOMMENDED**  

Classes, etc. that student is strongly encouraged to complete prior to this course.

| None |

15. **SPECIAL RESTRICTIONS, CONDITIONS**  

| None |

16. **PROPOSED COURSE FEES**  

| $0 |

Has a memo been submitted through your dean to the Provost & VCAS for  

| N/A |

17. **PREVIOUS HISTORY**

Has the course been offered as special topics or trial course previously?  

| Yes |

If yes, give semester, year, course #, etc.:

| Fall 2008; Spring 2009 |
18. ESTIMATED IMPACT
WHAT IMPACT, IF ANY, WILL THIS HAVE ON BUDGET, FACILITIES/SPACE, FACULTY, ETC.
None. Taught by UAF affiliate faculty at native tribal health agency facilities.

19. LIBRARY COLLECTIONS
Have you contacted the library collection development officer (ffklj@uaf.edu, 474-6695) with regard to the adequacy of library/media collections, equipment, and services available for the proposed course? If so, give date of contact and resolution. If not, explain why not.

20. IMPACTS ON PROGRAMS/DEPTS
What programs/departments will(170,412),(971,435)(170,438),(971,461) be affected by this proposed action?
Include information on the Programs/Departments contacted (e.g., email, memo)

CRCD Community Health Program

21. POSITIVE AND NEGATIVE IMPACTS
Please specify positive and negative impacts on other courses, programs and departments resulting from the proposed action.

Increase in student numbers and credit hours. Adds an additional 200 level course for students completing the Associate of Applied Science in Community Health.

JUSTIFICATION FOR ACTION REQUESTED
The purpose of the department and campus-wide curriculum committees is to scrutinize course change and new course applications to make sure that the quality of UAF education is not lowered as a result of the proposed change. Please address this in your response. This section needs to be self-explanatory. Use as much space as needed to fully justify the proposed course.

Course requested by Native Tribal Health organizations. Adds depth of knowledge and skills to community health workers in teaching wellness and disease prevention.

APPROVALS:

Signature, Chair, Program/Department of: Date

Signature, Division Chair CRCD of: Date

Signature, Chair, College/School Curriculum Council for: Date

Signature, Dean, College/School of: Date

Signature of Provost (if applicable) Date

Offerings above the level of approved programs must be approved in advance by the Provost.
CHP 218 Wellness: Promoting Health and Preventing Chronic Disease
includes Lifestyle Coach Training

**Course Syllabus** – 2 credits

**Face to Face:** Alaska Native Tribal Health Consortium (ANTHC) Anchorage, AK
March 30, 2009 – April 3, 2009 (8:30 am until 5:00 pm)

**Teleconference and Community Activities:** thru May 15, 2009

**Instructors**

**Teresa Hicks** RD, LD, CDE  
Health Promotion/ Disease Prevention  
Program Manager  
Alaska Native Tribal Health Consortium  
Department of Community Health Services  
4000 Ambassador Drive  
Anchorage, AK 99508  
Phone: 907-729-3634  
Fax: 907-729-3652  
[tahicks@anmc.org](mailto:tahicks@anmc.org)  
Office: 1st floor Inuit Building

**Melany Cueva** RN, EdD  
Alaska Native Tribal Health Consortium  
Community Health Aide Program  
4000 Ambassador Drive  
Anchorage, AK 99508  
Phone: 907-729-2441  
mcueva@anmc.org  
Office: 4th floor COB building, CHAP Training Center

Additional content experts are included as guest presenters to best meet course objectives.

**Course Materials**

A notebook with course materials developed by Teresa Hicks and Melany Cueva, co-Instructors, will be given to participants without cost on the first day of the course. Additional training materials to support community presentations will be provided free of charge.

**Course Description**

mcueva2/09
This interactive, hands-on course provides community health workers (CHA/Ps, CHRs, BHAs, CWAs, and village-based health educators) with the skills, support, and confidence to provide community wellness presentations. This course shares wellness information and activities on five main topic areas: self-care, physical activity, nutrition, tobacco cessation, and recommended cancer screening exams and procedures. Participants will also learn how to provide ten unique community presentations with the help of lesson plans. The nine community presentations focus on: self-care, physical activity, fat and cholesterol, healthy weight, salt and blood pressure, tobacco cessation, breast health, cervical health, and colorectal health. Additional course topics to support effective community presentations include: inviting community participants, finding help and support, presentation skills, storytelling as health education, group facilitation, and evaluation.

There are no prerequisites to take this course.

Goals
1. Provide a basic understanding of wellness through self-care, nutrition, physical activity, and recommended screening exams and procedures
2. Provide information and skills on ways to share community wellness presentations
3. Identify wellness resources to support continued learning

Objectives (Student Learning Outcomes)
Upon completion of this course, participants will be able to:
- Share wellness activities in their community
- Know how to do a community presentation
  - **Self Care**
  - Discuss important elements of self care
  - Identify healthy ways to incorporate wellness activities into their daily live
- **Physical Activity**
  - Understand the benefits of physical activity and exercise
  - Demonstrate warm-up, stretching, and cool-down activities
- **Nutrition**
  - Understand the benefit of eating healthy food including traditional Alaska Native foods
  - Demonstrate how to measure the sugar, fat, and sodium content in food items
- **Tobacco cessation**
  - Know the health concerns related to tobacco use
  - Discuss ways to support tobacco cessation
- **Recommended adult health screening exams and procedures**
  - Explain the importance of health screening exams and procedures
  - Know recommended screening guidelines for specific cancers

Instructional Methods
This is an interactive, hands-on course that includes short, focused presentations, with skill development for participants to gain knowledge and confidence to share wellness activities with the people in their community. Instructional methods include: discussion, PowerPoint presentations, games, readings from the course notebook, physical activities, a cooking demonstration, storytelling, and individual and two group presentations.

Additional Materials to support learning and cancer education community activities

Movies:
Cancer in the Great Land
The Story Basket: Weaving Breast Health into Our Lives
Awakening Choices: Colon Health, Our Stories
Staying Strong, Staying Healthy: Alaska Native Men Speak Out About Cancer
Course Policies
1. Participants are required to arrive on time and actively participate in the entire 1 week face-to-face training course.
2. Participants are required to complete the assignments as listed below.

Assignments
   b. Participate in 1-2 post-course teleconferences.
   c. Give a 5 minute presentation of your community activity during the teleconference.
   d. Write a 1-2 page summary of 1 community presentation. Due 1 week after completion of community activity.
   e. Complete all course evaluations. Including community activity evaluations to be faxed or mailed to Teresa Hicks within one week after the community activity.

Community Wellness Activity
Share your new knowledge and understanding. Choose an activity that is interesting and meaningful to you and the people of your community. Write a 1-2 page reflection of your activity to share with your classmates and other people interested in doing a community activity.

Objective: to develop and implement a meaningful community activity to promote wellness

Helpful Hints for Planning Your Community Activity

Head: What do you want to do? What is the best use of your strengths and talents? What will work best in your community?

Heart: What are you passionate about sharing and why? Go for the gusto! You have the heart to make it happen!

Hands: Who can lend a hand? Who are the people in your community that you need to talk with to make this community activity work? Who can help you? Who can help with the actual work or give you emotional support?

Teleconference
1. The first teleconference will be 3-4 weeks after April 3. The date and time will be arranged during the face-to-face course. Be prepared to share your completed community activity in a brief 5-minute presentation. It is helpful to write your one to two page written reflection paper prior to your teleconference presentation.
2. The second teleconference will be 6-7 weeks after April 3. Participants can share their second community activity.

Written Reflection Paper Guidelines
The written reflection paper should summarize the following points:

**Head:** What did you do?

**Heart:** How did you feel about it?

**Hands:** What or who helped to make it work?

**Reflection:** How did it go? Why did it go that way? What did you learn from the activity?

**Future:** If you could do the activity again what would you do differently? Any plans for continuation or future activities?

Papers may be shared with other people wanting to do a community wellness activity or with people interested in learning more about health promotion in rural Alaska.
Course Evaluation

Course Grade: This is a pass/fail course.
To receive a passing grade, participants are required to:
1. Attend and actively participate in the entire week of the ‘Wellness: Promoting Health and Preventing Chronic Disease’ course, March 30, 2009 – April 3, 2009 (8:30 am until 5:00 pm).
2. Give individual and group presentations during the week-long course.
3. Provide 1 – 3 community presentations on a health promotion topic following completion of the face-to-face course.
4. Participate in 1-2 post-course teleconferences. Give a 5-minute presentation during the teleconference of your community activity.
5. Complete a 1-2 page written reflection paper of your community activity. Paper is due 1 week after the community presentation. Mail to Teresa Hicks. The paper may be shared with future course participants and other people interested in learning more about community wellness in rural Alaska.
6. Complete all course evaluations and fax or mail to Teresa Hicks by May 15, 2009.

Failure to complete the above tasks will result in a failing grade. An incomplete may be given if the participant makes arrangements with Teresa Hicks, the primary instructor on this course, to complete all of the above work within a timely fashion.

Support Services
The faculty will work with each participant to support their successful learning. Additionally, participants may be referred to appropriate resources to best meet their learning needs.

Disability Services
The Office of Disability Services implements the Americans with Disabilities Act (ADA), and insures that UAF students have equal access to the campus and course materials. Course instructors will work with the office of Disabilities Services to provide reasonable accommodations for course participants with documented disabilities. For additional assistance, participants may contact The Office of Disability Services directly at 907 - 474-7043.
### Wellness: Promoting Health and Preventing Chronic Disease Schedule

*☆ means an activity for you to share in your community*

#### March 30 conference room 3 COB

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30</td>
<td>Introductions</td>
<td>Melany Cueva</td>
</tr>
<tr>
<td>9:00</td>
<td>☆Self care</td>
<td>Melany Cueva</td>
</tr>
<tr>
<td>10:30</td>
<td>Physical activity PowerPoint</td>
<td>Diana Redwood</td>
</tr>
<tr>
<td>11:15-12:15</td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>12:15</td>
<td>Nutrition</td>
<td>Teresa Hicks</td>
</tr>
<tr>
<td>12:45</td>
<td>Fat and cholesterol PowerPoint</td>
<td>Teresa Hicks</td>
</tr>
<tr>
<td>1:30</td>
<td>☆Fat and cholesterol lesson</td>
<td>Teresa Hicks</td>
</tr>
<tr>
<td>3:00</td>
<td>Low fat cooking demonstration-</td>
<td>Meera Ramesh</td>
</tr>
<tr>
<td>4:00-5:00</td>
<td>Alaska Native Foods</td>
<td>Jennifer Johnson</td>
</tr>
</tbody>
</table>

#### March 31 conference room 3 COB

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30</td>
<td>Healthy weight PowerPoint</td>
<td>Teresa Hicks</td>
</tr>
<tr>
<td>9:15</td>
<td>☆Healthy weight lesson</td>
<td>Teresa Hicks</td>
</tr>
<tr>
<td>11:00</td>
<td>☆Physical activity lesson</td>
<td>Diana Redwood</td>
</tr>
<tr>
<td>12:30-1:30</td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>1:30</td>
<td>☆Tobacco activity lesson</td>
<td>Melany Cueva</td>
</tr>
<tr>
<td>2:30</td>
<td>Cancer Basics</td>
<td>Melany Cueva</td>
</tr>
<tr>
<td>4:15-5:00</td>
<td>Learning to be a facilitator</td>
<td>Lakota Murray</td>
</tr>
</tbody>
</table>

#### April 1 conference room 3 COB

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30</td>
<td>Salt and blood pressure PowerPoint</td>
<td>Teresa Hicks</td>
</tr>
<tr>
<td>9:00</td>
<td>☆Salt and blood pressure lesson</td>
<td>Teresa Hicks</td>
</tr>
<tr>
<td>10:30</td>
<td>Low salt cooking demonstration</td>
<td>Meera Ramesh</td>
</tr>
<tr>
<td>11:15</td>
<td>Activity</td>
<td></td>
</tr>
<tr>
<td>11:30-12:30</td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>12:30</td>
<td>Return Cooking Demo</td>
<td></td>
</tr>
<tr>
<td>2:45</td>
<td>Giving a presentation</td>
<td>Melany Cueva</td>
</tr>
<tr>
<td>3:30</td>
<td>Discuss Group presentations</td>
<td>Teresa Hicks</td>
</tr>
<tr>
<td>3:45 -5:00</td>
<td>Meet with you partners for presentation planning</td>
<td></td>
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</tbody>
</table>

#### April 2 conference room 3 COB

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-9:00</td>
<td>Group 1 Presentation</td>
<td></td>
</tr>
<tr>
<td>9:10-9:40</td>
<td>Group 2 Presentation</td>
<td></td>
</tr>
<tr>
<td>9:50-10:20</td>
<td>Group 3 Presentation</td>
<td></td>
</tr>
<tr>
<td>10:40-11:10</td>
<td>Group 4 Presentation</td>
<td></td>
</tr>
<tr>
<td>11:10</td>
<td>Lunch PROVIDED</td>
<td></td>
</tr>
<tr>
<td>11:50</td>
<td>☆Breast health</td>
<td>Melany Cueva</td>
</tr>
<tr>
<td>1:00</td>
<td>☆Colon health</td>
<td>Melany Cueva</td>
</tr>
<tr>
<td>2:45</td>
<td>colon screening tour</td>
<td>Claudia Christensen</td>
</tr>
<tr>
<td>4:00-5:00</td>
<td>Storytelling and health education</td>
<td>Laura Revels</td>
</tr>
</tbody>
</table>

#### April 3 conference room 3 COB

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30</td>
<td>DM and CVD screening</td>
<td>Karen Friedl</td>
</tr>
<tr>
<td>9:30</td>
<td>☆ Cervical health</td>
<td>Melany Cueva</td>
</tr>
<tr>
<td>Time</td>
<td>Event</td>
<td></td>
</tr>
<tr>
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<td>--------------------------------------</td>
<td></td>
</tr>
<tr>
<td>10:40-11:40</td>
<td>Group presentations meeting</td>
<td></td>
</tr>
<tr>
<td>11:40-1:00</td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>1:00-1:30</td>
<td><strong>Group 1 Presentation</strong></td>
<td></td>
</tr>
<tr>
<td>1:40-2:10</td>
<td><strong>Group 2 Presentation</strong></td>
<td></td>
</tr>
<tr>
<td>2:20-2:50</td>
<td><strong>Group 3 Presentation</strong></td>
<td></td>
</tr>
<tr>
<td>3:00-3:30</td>
<td><strong>Group 4 Presentation</strong></td>
<td></td>
</tr>
<tr>
<td>3:45-4:30</td>
<td>Evaluating your work <em>Melany Cueva</em></td>
<td></td>
</tr>
<tr>
<td>4:30-5:00</td>
<td>Evaluations and What’s next? <em>Teresa Hicks</em></td>
<td></td>
</tr>
</tbody>
</table>