LEVEL I FORM (4/15)

Please attach/submit additional documents as needed to fully complete each section of the form. See information about Level I Proposals.

I. DEPARTMENT / PROGRAM

School of Physical Therapy & Rehabilitation Science

II. SUMMARY

Health-Focused Lifestyle Intervention Certificate Program

Vision: Transforming Health through Responsible Self-Care to Prevent, Manage, and Treat Chronic Disease

I. Program Overview and Mission:

A growing body of scientific evidence has demonstrated that lifestyle intervention is an essential component in the treatment of chronic disease that can be as effective as medication, but without the risks and unwanted side-effects. The field of lifestyle medicine has grown significantly over the last two decades, but there are very few programs that train providers in the clinical application of lifestyle intervention, including defining a structured framework, identifying and building integrated intervention teams, assessing best clinical pathways, and measuring outcomes.

The mission of this program is to:

1. To give physical therapists and physical-therapist led teams a practical, evidence-based framework for delivering well-coordinated, value- and outcomes-driven, health-focused lifestyle interventions

2. To provide a model for developing health-focused lifestyle intervention clinics and/or clinical delivery systems in a variety of settings that provide preventive as well as first line treatment services for chronic disease.

3. To define the role and competencies required to develop physical therapist-led multidisciplinary teams that can be held accountable for defining and adhering to best clinical pathways and specific outcomes.

II. Target Audience

Physical Therapists and ancillary providers necessary to deliver health focused lifestyle intervention.

III. Program Overview

The Certification Program Health-Focused Lifestyle Intervention (HFLI) is made up of six courses, 2 credits each. The first five courses are on-line. The sixth course is on-site for three days. The six courses are as follows:

- Course One: Introduction to Health-focused Lifestyle Intervention [HFLI]
- Course Two: Defining Framework for Delivering Health-focused Lifestyle Intervention
Course Three: Principles of Interpersonal and Organizational Health Coaching

Course Four: Clinical KSA’s for Health-Focused Lifestyle Intervention [HFLI] Teams

Course Five: Developing a Health-focused Lifestyle Intervention Business Plan

Course Six: Health-Focused Lifestyle Intervention Capstone Experience

IV. Program Objectives

Upon completing the program, students will be able to:

1. Define the healthcare and public health context for those on physical-therapist led health-focused lifestyle intervention [HFLI] teams.

2. Describe the influences that impact the dynamics of those on physical-therapist led health-focused lifestyle intervention [HFLI] teams.

3. Identify the target population for HFLI programs both nationally, and locally.

4. Evaluate the core competencies needed to develop a HFLI team

5. Identify the competency gaps that need to be overcome when building effective teams.

6. Define and execute a structured framework for assessing, planning, delivering, and evaluating HFLI programs

7. Evaluate individuals, organizations, and/or communities with respect to health beliefs, health behaviors, health status, and health risks.

8. Describe the influence of health beliefs on health behaviors at an individual, organizational, and community level.


10. State the elements, critical thresholds, and intervention options for key disease risk factors.

11. Design and execute exercise prescription sufficient to drive change in key disease risk factors.

12. Describe the relationship between stress, stress tolerance, and other domains of health.

13. Demonstrate basic competency in stress remediation coaching

14. Demonstrate basic competency in developing functional fitness programming that promotes good movement quality, in conjunction with standard fitness norms

15. Develop micro and macro level programming to meet the lifestyle modification needs of individuals, organizations, or communities.

16. Develop an achievable strategic plan for creating a health-focused lifestyle intervention program that meets needs local to each student.
IV. ENDORSEMENTS AND APPROVALS

Requestor: Anita Santasier
Signature  Date 10/2/15

Phone/ Email: x5190, anita.santasier@umontana.edu

Program Chair: Anita Santasier
Signature  Date 10/2/15

*Other Affected Programs:
Signature  Date
Signature  Date
Signature  Date

Dean: Reed Humphrey
Signature  Date 10/2/15

Provost’s Office:
Signature  Date 10/5/15

* Are affected because of: (a) required courses including prerequisites or corequisites, (b) perceived overlap in content areas, or (c) cross-listing of coursework.

After the Faculty Senate approves the proposal on a consent agenda the Provost’s Office forwards the item for Board of Regents approval at the next possible meeting.

V. TYPE OF LEVEL I PROPOSAL

☐ Retitling existing majors, minors, options, or certificates
☐ Eliminating existing majors, minors, or options. (submit with BOR program termination checklist)
☐ Adding new minors or certificates where there is a major or an option in a major*
☒ Campus Certificates: Adding, retitling, terminating or revising a certificate of 29 or fewer credits
☐ Revising a program* (for minor modifications use the program modification form)
☐ Distance or online delivery of previously authorized degree or certificate program
☐ Adding option within an existing major or degree *
☐ Consolidating existing programs and/or degrees *
☐ Placing a program into moratorium
☐ Withdrawing a program from moratorium
☐ Adding BAS/AA/AS Area of Study

*Must submit with BOR Curriculum Proposal Form

IV. CATALOG LANGUAGE

Attach the current or proposed catalog language with any changes clearly identified.
III. JUSTIFICATION

A growing body of scientific evidence has demonstrated that lifestyle intervention is an essential component in the treatment of chronic disease that can be as effective as medication, but without the risks and unwanted side-effects. The field of lifestyle medicine has grown significantly over the last two decades, but there are very few programs that train providers in the clinical application of lifestyle intervention, including defining a structured framework, identifying and building integrated intervention teams, assessing best clinical pathways, and measuring outcomes.

VI SUBMISSION

Submit the complete Level I proposal to the Provost’s Office for initial review. After all signatures have been obtained, submit original, and an electronic file to the Faculty Senate Office, UH 221, camie.foos@mso.umt.edu

Level 1 proposals also require Board of Regents approval. The appropriate BOR forms must be submitted with this form.