PROGRAM MODIFICATION FORM (4/15)

Please attach/submit additional documents as needed to fully complete each section of the form.

I. DEPARTMENT / PROGRAM

Health and Human Performance / Health Behavior Coach Certificate

II. SUMMARY

Requesting four slight modifications to the certificate program:

1. Reduction of Internship credits from 4 to 3
2. Reduction of Practicum credits from 2 credits to 1 credit (HTH 395)
3. Addition of 2 credits health behavior coach seminar (CHTH 494)
4. Addition of an either/or pre-requisite/co-requisite requirement - students may take BIOH 201 and 202 or BIOH 113

III. ENDORSEMENTS AND APPROVALS

Requestor: Kathleen “Annie” Sondag
Phone / Email: annie.sondag@umontana.edu
Program Chair: Jon Quindry
*Other Affected Programs:

Dean: Roberta Evans

[Signatures and dates]

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

IV. TYPE OF PROGRAM MODIFICATION

☐ Major  ☐ Minor  ☐ Option  ☐ Teaching major / minor

☒ Other, Please describe: Certificate Program in Health Behavior Coaching
V. CATALOG LANGUAGE

Attach the current catalog language with the proposed changes clearly identified.

College of ED & Human Sciences

Degree Specific Credits: 25

Required Cumulative GPA: 2.0

Catalog Year: 2017-2018

Note: Admission requirements for the Certificate Program in Health Behavior Coaching include:

1. Sophomore level or higher standing;
2. 3.0 GPA;
3. BIOH 201N and BIOH 202N or BIOH 113 pre-requisite or co-requisite; and
4. letter of intent.

Summary

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<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
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<tr>
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<td>Core Courses</td>
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Core Courses

Rule: Students must complete the following courses

Note: HTH 395 CTHH 494 must be completed for 2 credits and CTHH 498 must be completed for ≠ 3 credits

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<tr>
<th>Code</th>
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<tr>
<td>CTHH 485</td>
<td>Theories of Health Behaviors and Counseling</td>
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<tr>
<td>CTHH 498</td>
<td>Internship</td>
<td>≠ 3</td>
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<tr>
<td>CTHH 494</td>
<td>Health Coach Seminar</td>
<td>2</td>
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<td>HTH 370</td>
<td>Peer Health Education</td>
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<td>HTH 395</td>
<td>Peer Health Practicum</td>
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<td>HTH 430</td>
<td>Health and Mind/Body/Spirit</td>
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<td>KIN 201</td>
<td>Basic Exercise Prescription</td>
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<td>KIN 483</td>
<td>Exercise Disease &amp; Aging</td>
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<tr>
<td>KIN 484</td>
<td>Exercise Disease &amp; Aging Lab</td>
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<tr>
<td>NUTR 221N</td>
<td>Basic Human Nutrition</td>
<td>3</td>
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<td></td>
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VI. JUSTIFICATION

Addition of 2 Credits of Health Coach Seminar: Currently health behavior coach practicum students and interns are informally meeting for weekly (for 2 semesters) with faculty to discuss their challenges and successes with clients and to seek support and advice from peers and faculty mentors. The addition of a 1 credit seminar for both practicum students and students doing their internships will not only formalize these meetings and provide a more rigorous structure, but also will allow faculty to standardize the assessment of the quality of the health coaches’ work as they test their skills on campus as practicum students and in the community as interns.

Reduction of Practicum credits from 2 to 1: One credit of practicum will be replaced by 1 credit of health coach seminar that is focused entirely on the health coaching practicum experience.

Reduction of Internship credits from 4 to 3: One credit of Internship will be replaced by 1 credit of health coach seminar focused specifically on the health coaching internship experience.

Addition of an “either/or” pre-requisite or co-requisite: This certificate program was intended to attract students from a variety social and behavioral science programs across campus (e.g. sociology, psychology, communications). Currently, the majority of students who apply to the Health Behavior Coach program also are enrolled in the HHP Exercise Science or Community Health and Prevention Sciences options. These students take two semesters of human biology as a requirement for their degrees in HHP. Thus, while HHP students typically have the BIOH 201 and 202 prerequisite completed when they apply to the certification program, students in other disciplines across campus have found that taking two semesters of human biology as a prerequisite or co-requisite substantially delays their graduation date and thus is an impediment to applying to the program. Acknowledging that a basic understanding of human biology is an important aspect of health behavior coaching, faculty believe that students seeking the certificate do not need the depth of information that is provided by two semesters of human biology.

VII. SUBMISSION

After all signatures have been obtained, submit original, and an electronic file to the Faculty Senate Office, UH 221. An electronic copy of the original signed form is acceptable.