



SOUTH DAKOTA BOARD OF REGENTS
ACADEMIC AFFAIRS FORMS
New Course Request

USD	Kinesiology and Sport Management
Institution	Division/Department
<i>Elizabeth M. Freeburg</i>	3/19/18
Institutional Approval Signature	Date

Section 1. Course Title and Description

Prefix & No.	Course Title	Credits
HLTH 371	Access to Wellness	3

Course Description
The course is designed to help students understand and appreciate the concept of wellness in their lives. Dimensions of wellness, health, and fitness will be explored through lectures and activities to demonstrate the link between wellness and students' personal and professional success.

Pre-requisites or Co-requisites N/A

Registration Restrictions

Section 2. Review of Course

2.1. Was the course first offered as an experimental course (place an "X" in the appropriate box)?
 Yes (if yes, provide the course information below) No

2.2. Will this be a unique or common course (place an "X" in the appropriate box)?
If the request is for a unique course, verify that you have reviewed the common course catalog via Colleague and the system [Course Inventory Report](#) to determine if a comparable common course already exists. List the two closest course matches in the common course catalog and provide a brief narrative explaining why the proposed course differs from those listed. If a search of the common course catalog determines an existing common course exists, complete the Authority to Offer an Existing Course Form.

Unique Course

Prefix & No.	Course Title	Credits
HLTH 370	Stress Management	3

Provide explanation of differences between proposed course and existing system catalog courses below:

The HLTH 371 course will go beyond the realm of "Stress" to encompass the various Dimensions of Health. The Dimensions are an important "structure" in the health and wellness fields, and play an increasing important role in health delivery models and wellness maintenance. The Dimensions include: Physical Health, Social Health, Intellectual Health, Emotional Health, Environmental Health, and Spiritual Health.

Section 3. Other Course Information

3.1. Are there instructional staffing impacts?

No. Schedule Management, explain below: HLTH 371-Access to Wellness will replace in rotation with HLTH 370-Stress Management.

3.2. Existing program(s) in which course will be offered: HLTH

3.3. Proposed instructional method by university: R-Lecture

- 3.4. Proposed delivery method by university: 001 face-to-face
- 3.5. Term change will be effective (enter catalog year): 2018-19
- 3.6. Can students repeat the course for additional credit?
 Yes, total credit limit: _____ No
- 3.7. Will grade for this course be limited to S/U (pass/fail)?
 Yes No
- 3.8. Will section enrollment be capped?
 Yes, max per section: 35 No
- 3.9. Will this course equate (i.e., be considered the same course for degree completion) with any other unique or common courses in the common course system database in Colleague and the [Course Inventory Report](#)?
 Yes No
- 3.10. Is this prefix approved for your university?
 Yes No

Section 4. Department and Course Codes (Completed by University Academic Affairs)

4.1. University Department Code: UKSM

4.2. Proposed [CIP Code](#): 31.0501

Is this a new CIP code for the university? Yes No