

**LEHMAN COLLEGE
OF THE
CITY UNIVERSITY OF NEW YORK**

DEPARTMENT OF HEALTH PROMOTION AND NUTRITION SCIENCES

CURRICULUM CHANGE

Name of Program and Degree Award: Health Education and Promotion, B.S.

Hegis Number: 0837

Program Code: 02587

Effective Term: Fall 2024

1. **Type of Change:** Degree requirements and description; course credits; course options for HEA Dual Credit option

2. **From:**

Health Education and Promotion, B.S. (48-61.5 Credit Major)

~~Health education aims primarily to motivate individuals and groups in various settings to assume greater responsibility for their health by learning and adopting behaviors that promote health and prevent disease. This is a rapidly expanding field that has received added impetus from recent Federal legislation emphasizing disease prevention and health promotion as major priorities of national social policy.~~

~~The program is designed to prepare students for careers in community health education. Students will be able to develop, manage, and evaluate health education and promotion programs in a variety of settings where such programs are implemented. These include public and community agencies, business and industry, hospitals, and other types of clinical facilities.~~

~~The program includes two options, one in community health and the other in community health and nutrition. Satisfactory completion of all program requirements in community health enables students to apply for certification as a Health Education Specialist, awarded by the National Commission for Health Education Credentialing.~~

Departmental Grading Policy:

Students must earn a C- or above in all courses required for the major and the minor. If a grade is lower, the student must repeat the course. D grades in courses for the major that are transferred in from another institution are acceptable.

Courses to be taken by all program majors (30-34 credits)

12 credits in Department courses:

		Credits
EXS 240	Nutrition and Health	3
HSD 266	The U.S. Health Care Delivery System	3
HSD 269	Fundamentals of Biostatistics for Health Professionals	3
HSD 306	Epidemiology	3

18 credits in Health Education and Promotion:

		Credits
HEA 249	Foundations of Health	3
HEA 267	Human Behavior and Health	3
HEA 300	Introduction to Public Health	3
HEA 320	Health Counseling	3
HEA 400	Program Planning and Evaluation	3
HEA 437	Strategies in Community Health and Nutrition Education	3

4-credit Pre-Requisite:

~~MAT 132 is required to enroll in HSD 269 and is one of several pre-requisite MAT options for CHE 114. This course satisfies a General Education requirement.~~

Option 1: Community Health Specialization (48-53 credits)

Additional courses to be taken (18-19 credits)

14-15 credits in Health Education and Promotion:

		Credits
HEA 440	Seminar in Community Health	3
HEA 470	Internship in Community Health	3

HEA	HEA Electives	8-9
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HEA electives: Chosen in consultation with the Advisor.

4 credits in Biological Sciences:

		Credits
BIO 183	Human Biology	4

BIO 183: This course also satisfies a General Education requirement.

Option 2: Community Health and Nutrition (~~57.5-61.5~~ credits)

Additional courses to be taken (27.5 credits)

~~12 credits in Dietetics, Foods, and Nutrition:~~

		Credits
DFN 120	The Nature and Science of Food	3
DFN 220	Foods, Society, and Health	4
DFN 341	Nutrition Throughout the Life Cycle	3
DFN 472	Field Experience in Community Nutrition	2

~~3 credits in Exercise Science:~~

		Credits
EXS 264	Introduction to Exercise Science	3
EXS 265	Behavioral Aspects of Physical Activity	3

4.5 credits in Chemistry:

		Credits
CHE 114	Essentials of General Chemistry Lecture	3

CHE 115 Essentials of General Chemistry Laboratory 1.5

CHE 114, CHE 115: These courses also satisfy a General Education requirement.

8 credits in Biological Sciences:

	Credits
BIO 181 Anatomy and Physiology I	4
BIO 182 Anatomy and Physiology II	4

BIO 181, BIO 182: These courses also satisfy a General Education requirement.

Dual Credit Option

Undergraduate students majoring in Health Education and Promotion with 72 or more credits and a minimum of a (3.0) cumulative index may be permitted to enroll in ~~graduate coursework~~ for the College's Fully Online M.A. degree in Health Education and Promotion. The following graduate courses may be taken in place of undergraduate courses with a maximum of 42 credits: HEA 620 (for HEA 320), any 500-level HEA elective that is offered at the 300-level, HEA 623 (for HEA 400), HEA 670 (for HEA 470), and HEA 675 (for HEA 437). Written permission from both the academic undergraduate and graduate advisors must be secured by the student prior to registration.

3. To:

Health Education and Promotion, B.S. (57-62 Credit Major)

This program is designed to prepare students for careers that focus on health education, program planning, outreach, advocacy, and policy development around healthy living, disease prevention, and removing barriers to health equity. Graduates are employed in many professional sectors including community agencies, hospitals, government and health departments, schools, and universities.

The program includes two options: Community Health (Option 1) and Community Health and Nutrition (Option 2). Graduates (and eligible seniors) can sit for the Certified Health Education Specialist (CHES) exam, a nationally-recognized certification awarded by the National Commission for Health Education Credentialing.

Eligible majors can participate in the Dual-Credit Option and take up to 15 graduate-level credits towards the College's fully online, 33-credit M.A. degree in Health Education and Promotion.

Departmental Grading Policy:

Students must earn a C- or above in all courses required for the major and the minor. If a grade is lower, the student must repeat the course. D grades in courses for the major that are transferred in from another institution are acceptable.

Courses to be taken by all program majors (36 credits)

3 credits in HSD courses:

		Credits
HSD 266	The U.S. Health Care Delivery System	3

33 credits in Health Education and Promotion:

		Credits
HEA 249	Foundations of Health	3
HEA 267	Human Behavior and Health	3
HEA 300	<u>Equity in Public Health</u>	3
HEA 320	Health Counseling	3
<u>HEA 330</u>	<u>Health Communication and Advocacy</u>	<u>3</u>
<u>HEA 350</u>	<u>Health Literacy and Numeracy</u>	<u>3</u>
HEA 400	Program Planning and Evaluation	3
HEA 437	Strategies in Community Health and Nutrition Education	3
HEA 440	<u>Seminar in Community Health Professional Preparation</u>	3
<u>HEA 470</u>	<u>Field Experience in Community Health</u>	<u>3</u>
<u>HEA</u>	<u>HEA Electives</u>	<u>3</u>

HEA electives: Chosen in consultation with the Advisor.

Option 1: Community Health Specialization (57-61 credits)Additional courses to be taken (21-25 credits)17 credits in Health Education and Promotion:

		Credits
<u>HEA 266</u>	<u>Research Techniques in Health Education</u>	<u>3</u>
<u>HEA 350</u>	<u>Health Literacy and Numeracy</u>	<u>3</u>
<u>HEA 450</u>	<u>CHES Exam Preparation</u>	<u>2</u>
HEA	HEA Electives	<u>9</u>

HEA electives: Chosen in consultation with the Advisor.

4-8 credits in Biological Sciences:

		Credits
BIO 183	Human Biology	4
OR		
BIO 181	Anatomy and Physiology I	4
AND		
BIO 182	Anatomy and Physiology II	4

BIO 181, 182, and 183: These courses also satisfy a General Education requirement.Option 2: Community Health and Nutrition (62 credits)Additional courses to be taken (26 credits)13.5 credits in Dietetics, Foods, and Nutrition:

		Credits
<u>DFN 200</u>	<u>ServSafe Certification</u>	<u>1</u>

<u>DFN 250</u>	<u>Food Science Laboratory</u>	<u>1.5</u>
<u>OR</u>		
<u>DFN 260</u>	<u>Food Culture Laboratory</u>	<u>1.5</u>
<u>DFN 221</u>	<u>Social and Cultural Determinants of Food and Health</u>	<u>2</u>
<u>DFN 246</u>	<u>Introduction to Nutrition</u>	<u>3</u>
<u>DFN 340</u>	<u>Community Nutrition and Food Justice</u>	<u>3</u>
DFN 341	Nutrition Throughout the Life Cycle	3

4.5 credits in Chemistry:

		Credits
CHE 114	Essentials of General Chemistry Lecture	3
CHE 115	Essentials of General Chemistry Laboratory	1.5

CHE 114, CHE 115: These courses also satisfy a General Education requirement.

8 credits in Biological Sciences:

		Credits
BIO 181	Anatomy and Physiology I	4
BIO 182	Anatomy and Physiology II	4

BIO 181, BIO 182: These courses also satisfy a General Education requirement.

Undergraduate students majoring in Health Education and Promotion with 72 or more credits and a minimum of a (3.0) cumulative index may be permitted to enroll in up to 15 graduate credits in the College's 33-credit Fully Online M.A. degree in Health Education and Promotion. The following graduate courses may be taken in place of undergraduate

courses with a maximum of 15 credits: HEA 620 (for HEA 320), any 500- or 600-level HEA elective that is offered at the 300-level, HEA 623 (for HEA 400), HEA 670 (for HEA 470), and HEA 675 (for HEA 437). Written permission from both the academic undergraduate and graduate advisors must be secured by the student prior to registration.

4. Rationale:

The changes in degree and (most) course requirements in this proposal reflect the current standards for the Health Education Specialist profession. The changes in this proposal:

- 1) align with the recently revised Areas of Responsibility set forth by the National Commission for Health Education Credentialing;
- 2) update the curriculum to better prepare students for the CHES (Certified Health Education Specialist) certification exam;
- 3) incorporate recent changes made to the DFN Program curriculum (that affect HEA Option II: Community Health and Nutrition);
- 4) extend course offerings to students participating in the HEA Dual Credit Option.

5. Date of departmental approval: October 17, 2023

**LEHMAN COLLEGE
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DEPARTMENT OF HEALTH PROMOTION AND NUTRITION SCIENCES

CURRICULUM CHANGE

1. Type of Change: *Course title and description*

2. From:

Department(s)	Health Promotion and Nutrition Sciences
Career	<input checked="" type="checkbox"/> Undergraduate <input type="checkbox"/> Graduate
Academic Level	<input checked="" type="checkbox"/> Regular <input type="checkbox"/> Compensatory <input type="checkbox"/> Developmental <input type="checkbox"/> Remedial
Subject Area	Health Education and Promotion
Course Prefix & Number	HEA 300
Course Title	Introduction to Public Health
Description	Science of community health. Prevention and control of disease, vital statistics, and current health problems.
Pre/ Co Requisites	
Credits	3
Hours	3
Liberal Arts	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Course Attribute (e.g. Writing Intensive, WAC, etc)	

General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World
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3. To:

Department(s)	Health Promotion and Nutrition Sciences
Career	<input checked="" type="checkbox"/> Undergraduate <input type="checkbox"/> Graduate
Academic Level	<input checked="" type="checkbox"/> Regular <input type="checkbox"/> Compensatory <input type="checkbox"/> Developmental <input type="checkbox"/> Remedial
Subject Area	Health Education and Promotion
Course Prefix & Number	HEA 300
Course Title	<u>Equity in Public Health</u>
Description	<u>Examination of public health principles, history, and current systems in the US and globally with emphasis on social determinants of health and multi-level strategies.</u>
Pre/ Co Requisites	
Credits	3
Hours	3
Liberal Arts	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No

Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World

4. Rationale (Explain how this change will impact the learning outcomes of the department and Major/Program):

The proposed changes in title and description more accurately reflect the rigor of, and greater focus on health equity for, this 300-level course. Additionally, students who transfer from select CUNY community colleges have often taken a public health introductory course as part of their major. Completion of HEA core courses should generally take place at Lehman versus at the Community College level.

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DEPARTMENT OF HEALTH PROMOTION AND NUTRITION SCIENCES

CURRICULUM CHANGE

1. Type of Change: *Course title and description*

2. From:

Department(s)	Health Promotion and Nutrition Sciences
Career	<input checked="" type="checkbox"/> Undergraduate <input type="checkbox"/> Graduate
Academic Level	<input checked="" type="checkbox"/> Regular <input type="checkbox"/> Compensatory <input type="checkbox"/> Developmental <input type="checkbox"/> Remedial
Subject Area	Health Education and Promotion
Course Prefix & Number	HEA 440
Course Title	Seminar in Community Health
Description	Study of factors involved in the development, organization and administration of effective community health education programs. Overview of the Responsibilities and Competencies necessary for becoming a Certified Health Education Specialist (CHES).
Pre/ Co Requisites	Departmental permission
Credits	3
Hours	3
Liberal Arts	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Course Attribute (e.g. Writing Intensive, WAC, etc)	

General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World
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3. To:

Department(s)	Health Promotion and Nutrition Sciences
Career	<input checked="" type="checkbox"/> Undergraduate <input type="checkbox"/> Graduate
Academic Level	<input checked="" type="checkbox"/> Regular <input type="checkbox"/> Compensatory <input type="checkbox"/> Developmental <input type="checkbox"/> Remedial
Subject Area	Health Education and Promotion
Course Prefix & Number	HEA 440
Course Title	Seminar in Community Health <u>Professional Preparation</u>
Description	<u>Study and practice of professional standards, competencies, and skills in the field of health education and promotion.</u>
Pre/ Co Requisites	Departmental permission
Credits	3
Hours	3
Liberal Arts	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No

Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World

4. Rationale (Explain how this change will impact the learning outcomes of the department and Major/Program):

The proposed changes in course title and description more accurately reflect the focus on standards, competencies, and skills related to professional preparation in this course. The specific text in the course description related to the Certified Health Education Specialist (CHES) is covered in a proposed new course focusing on CHES exam preparation.

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CURRICULUM CHANGE

1. Type of Change: *Course title and description*

2. From:

Department(s)	Health Promotion and Nutrition Sciences
Career	<input checked="" type="checkbox"/> Undergraduate <input type="checkbox"/> Graduate
Academic Level	<input checked="" type="checkbox"/> Regular <input type="checkbox"/> Compensatory <input type="checkbox"/> Developmental <input type="checkbox"/> Remedial
Subject Area	Health Education and Promotion
Course Prefix & Number	HEA 470
Course Title	Internship in Community Health
Description	Supervised placement and on-the-job community health training in public, private, or voluntary agency setting.
Pre/ Co Requisites	Prerequisite: HEA 400; HEA 437; Departmental permission
Credits	3
Hours	3
Liberal Arts	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Course Attribute (e.g. Writing Intensive, WAC, etc)	

General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World
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3. To:

Department(s)	Health Promotion and Nutrition Sciences
Career	<input checked="" type="checkbox"/> Undergraduate <input type="checkbox"/> Graduate
Academic Level	<input checked="" type="checkbox"/> Regular <input type="checkbox"/> Compensatory <input type="checkbox"/> Developmental <input type="checkbox"/> Remedial
Subject Area	Health Education and Promotion
Course Prefix & Number	HEA 470
Course Title	<u>Field Experience</u> in Community Health
Description	Supervised placement and community health training in public, private, or voluntary agency setting.
Pre/ Co Requisites	Prerequisite: HEA 400; HEA 437; Departmental permission
Credits	3
Hours	3
Liberal Arts	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Course Attribute (e.g. Writing)	

Intensive, WAC, etc)	
General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World

4. Rationale (Explain how this change will impact the learning outcomes of the department and Major/Program):

The proposed change in course title more accurately reflects students' participation in professional experiences that may include an internship with an external agency. The title also allows for hours completed to cover certification and other opportunities such as training workshops to count towards the field experience.

5. Date of departmental approval: October 17, 2023

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DEPARTMENT OF HEALTH PROMOTION AND NUTRITION SCIENCES

CURRICULUM CHANGE

1. Type of Change: *New Course*

2.

Department(s)	Health Promotion and Nutrition Sciences
Career	<input checked="" type="checkbox"/> Undergraduate <input type="checkbox"/> Graduate
Academic Level	<input checked="" type="checkbox"/> Regular <input type="checkbox"/> Compensatory <input type="checkbox"/> Developmental <input type="checkbox"/> Remedial
Subject Area	Health Education and Promotion
Course Prefix & Number	HEA 450
Course Title	CHES Exam Preparation
Description	Review and practical application of responsibilities and competencies covered on the Certified Health Education Specialist national certification exam.
Pre/ Co Requisites	Note: Students can take an HEA elective in lieu of this course with permission from HEA Advisor.
Credits	2
Hours	2
Liberal Arts	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Course Attribute (e.g. Writing Intensive, WAC, etc)	

General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World
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3. Rationale:

This proposed course is designed to prepare HEA students to take the Certified Health Education Specialist (CHES) exam either as eligible seniors or graduates.

The HEA Program's 2021-22 Self-Study concluded that the curriculum be revised to 1) emphasize the newly revised Eight Areas of Responsibility for Health Education Specialists, and 2) prepare majors for the nationally recognized Certified Health Education Specialist exam to bolster students' professional preparation and advance their social mobility.

An option of taking an HEA elective in lieu of this course is in place for students who do not wish to formally prepare for/take this exam.

4. Learning Outcomes (By the end of the course students will be expected to):

- Possess, interpret, and apply knowledge related to the Eight Areas of Responsibility for Health Education Specialists
- Be prepared to take the national credentialing Certified Health Education Specialist exam.

5. Date of Departmental Approval: October 17, 2023

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DEPARTMENT OF HEALTH PROMOTION AND NUTRITION SCIENCES

CURRICULUM CHANGE

1. Type of Change: *New Course*

2.

Department(s)	Health Promotion and Nutrition Sciences
Career	<input checked="" type="checkbox"/> Undergraduate <input type="checkbox"/> Graduate
Academic Level	<input checked="" type="checkbox"/> Regular <input type="checkbox"/> Compensatory <input type="checkbox"/> Developmental <input type="checkbox"/> Remedial
Subject Area	Health Education and Promotion
Course Prefix & Number	HEA 330
Course Title	Health Communication and Advocacy
Description	Theory and methods of health communication and advocacy to inform, empower, and effect policy change in health promotion.
Pre/ Co Requisites	HEA 249
Credits	3
Hours	3
Liberal Arts	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Course Attribute (e.g. Writing Intensive, WAC, etc)	

General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World
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3. Rationale:

This proposed course is designed to 1) align the HEA curriculum with the profession's newly revised Eight Areas of Responsibility for Health Education Specialists, and 2) prepare majors for the nationally recognized Certified Health Education Specialist exam.

HEA 249 is a prerequisite as it will provide foundational knowledge for this course.

4. Learning Outcomes (By the end of the course students will be expected to):

- Describe the role of communication and its effects in promoting and maintaining health and wellness for all individuals
- Explain the correlation of theory and practice in health communication settings and campaigns.
- Identify barriers and strategies to target various audiences and health communities for health communication campaigns
- Develop effective written, oral, and graphical health messaging for communication skills necessary in public health contexts.
- Identify barriers, strengths, and interventions that strengthen community skills and action that will address health equity.
- Develop a plan to engage community members in understanding, addressing, and resolving health and environmental problems. recognizing the barriers and modes of communication between patients and providers.

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CURRICULUM CHANGE

1. Type of Change: *New Course*

2.

Department(s)	Health Promotion and Nutrition Sciences
Career	<input checked="" type="checkbox"/> Undergraduate <input type="checkbox"/> Graduate
Academic Level	<input checked="" type="checkbox"/> Regular <input type="checkbox"/> Compensatory <input type="checkbox"/> Developmental <input type="checkbox"/> Remedial
Subject Area	Health Education and Promotion
Course Prefix & Number	HEA 350
Course Title	Health Literacy and Numeracy
Description	Health literacy and numeracy and implications for populations at risk. Individual, institutional, and policy-level strategies will be explored
Pre/ Co Requisites	
Credits	3
Hours	3
Liberal Arts	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Course Attribute (e.g. Writing Intensive, WAC, etc)	

General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World
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3. Rationale:

This proposed course is designed to 1) align the HEA curriculum with the profession's newly revised Eight Areas of Responsibility for Health Education Specialists, and 2) prepare majors for the nationally recognized Certified Health Education Specialist exam.

4. Learning Outcomes (By the end of the course students will be expected to):

- Define health literacy and numeracy and importance of these skills in individual and community health promotion.
- Explain the educational and public health impact of low health literacy and numeracy on health knowledge, learning, behaviors and outcomes.
- Discuss the intersection of health disparities and health literacy within the context of the *Healthy People* initiative.
- Discuss barriers faced and skills required of populations with low health literacy.
- Discuss the components and role of cultural competency in building health literacy.
- Analyze the role of mass media and the Internet in health literacy.
- Identify practical strategies to improve health literacy as future health professionals, including individual, institutional and policy-based approaches.
- Apply the fundamentals of health literacy fundamentals through various learning activities.
- Evaluate efficacy of various health materials and programs focused on developing health literacy.
- Develop an action plan to increase health literacy in a health content area.

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DEPARTMENT OF HEALTH PROMOTION AND NUTRITION SCIENCES

CURRICULUM CHANGE

1. Type of Change: *Liberal Arts Designation*

2. From:

Department(s)	Health Promotion and Nutrition Sciences
Career	<input checked="" type="checkbox"/> Undergraduate <input type="checkbox"/> Graduate
Academic Level	<input checked="" type="checkbox"/> Regular <input type="checkbox"/> Compensatory <input type="checkbox"/> Developmental <input type="checkbox"/> Remedial
Subject Area	Health Education and Promotion
Course Prefix & Number	HEA 267
Course Title	Human Behavior and Health
Description	Psychological, social, and cultural determinants of health behavior, implications for educators in school and community settings, and conditions and phenomena that affect acceptance of health information.
Pre/ Co Requisites	
Credits	3
Hours	3
Liberal Arts	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Course Attribute (e.g. Writing Intensive, WAC, etc)	

General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World
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3. To:

Department(s)	Health Promotion and Nutrition Sciences
Career	<input checked="" type="checkbox"/> Undergraduate <input type="checkbox"/> Graduate
Academic Level	<input checked="" type="checkbox"/> Regular <input type="checkbox"/> Compensatory <input type="checkbox"/> Developmental <input type="checkbox"/> Remedial
Subject Area	Health Education and Promotion
Course Prefix & Number	HEA 267
Course Title	Human Behavior and Health
Description	Psychological, social, and cultural determinants of health behavior, implications for educators in school and community settings, and conditions and phenomena that affect acceptance of health information.
Pre/ Co Requisites	
Credits	3
Hours	3
Liberal Arts	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No

Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World

4. Rationale (Explain how this change will impact the learning outcomes of the department and Major/Program):

This course has no prerequisites and focuses on the broader psychological, social, and cultural determinants (and implications) of health. It is therefore a course that students from any major could benefit academically and personally.

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CURRICULUM CHANGE

1. Type of Change: *Liberal Arts Designation*

2. From:

Department(s)	Health Promotion and Nutrition Sciences
Career	<input checked="" type="checkbox"/> Undergraduate <input type="checkbox"/> Graduate
Academic Level	<input checked="" type="checkbox"/> Regular <input type="checkbox"/> Compensatory <input type="checkbox"/> Developmental <input type="checkbox"/> Remedial
Subject Area	Health Education and Promotion
Course Prefix & Number	HEA 302
Course Title	Women and Health
Description	Physiological, psychological, political, and social determinants of the health and health care of women.
Pre/ Co Requisites	Two courses in the behavioral sciences
Credits	3
Hours	3
Liberal Arts	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Course Attribute (e.g. Writing Intensive, WAC, etc)	

General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World
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3. To:

Department(s)	Health Promotion and Nutrition Sciences
Career	[X] Undergraduate [] Graduate
Academic Level	[X] Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Health Education and Promotion
Course Prefix & Number	HEA 302
Course Title	Women and Health
Description	Physiological, psychological, political, and social determinants of the health and health care of women.
Pre/ Co Requisites	Two courses in the behavioral sciences
Credits	3
Hours	3
Liberal Arts	[<u>X</u>] Yes [] No

Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World

4. Rationale (Explain how this change will impact the learning outcomes of the department and Major/Program):

This course focuses on the determinants (psychological, political, and social) and implications of women's health and health care. It is therefore a course that students from any major could benefit academically and personally.

5. Date of departmental approval: October 17, 2023

**LEHMAN COLLEGE
OF THE
CITY UNIVERSITY OF NEW YORK**

DEPARTMENT OF HEALTH PROMOTION AND NUTRITION SCIENCES

CURRICULUM CHANGE

1. Type of Change: *Liberal Arts Designation*

2. From:

Department(s)	Health Promotion and Nutrition Sciences
Career	<input checked="" type="checkbox"/> Undergraduate <input type="checkbox"/> Graduate
Academic Level	<input checked="" type="checkbox"/> Regular <input type="checkbox"/> Compensatory <input type="checkbox"/> Developmental <input type="checkbox"/> Remedial
Subject Area	Health Education and Promotion
Course Prefix & Number	HEA 310
Course Title	Health and Aging
Description	The middle and later years of life. Physiological, psychological, and social aspects of the aging process. Examination of agencies and programs established to meet the health needs of the aged.
Pre/ Co Requisites	Two courses in the behavioral sciences.
Credits	3
Hours	3
Liberal Arts	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No

Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World

3. To:

Department(s)	Health Promotion and Nutrition Sciences
Career	<input checked="" type="checkbox"/> Undergraduate <input type="checkbox"/> Graduate
Academic Level	<input checked="" type="checkbox"/> Regular <input type="checkbox"/> Compensatory <input type="checkbox"/> Developmental <input type="checkbox"/> Remedial
Subject Area	Health Education and Promotion
Course Prefix & Number	HEA 310
Course Title	Health and Aging
Description	The middle and later years of life. Physiological, psychological, and social aspects of the aging process. Examination of agencies and programs established to meet the health needs of the aged.
Pre/ Co Requisites	Two courses in the behavioral sciences.

Credits	3
Hours	3
Liberal Arts	[<input checked="" type="checkbox"/>] Yes [] No
Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World

4. Rationale (Explain how this change will impact the learning outcomes of the department and Major/Program):

This course has no prerequisites and focuses on the broader psychological, psychological, and social aspects of aging. It is therefore a course that students from any major could benefit academically and personally.

5. Date of departmental approval: October 17, 2023

**LEHMAN COLLEGE
OF THE
CITY UNIVERSITY OF NEW YORK**

DEPARTMENT OF HEALTH PROMOTION AND NUTRITION SCIENCES

CURRICULUM CHANGE

1. Type of Change: *Liberal Arts Designation*

2. From:

Department(s)	Health Promotion and Nutrition Sciences
Career	<input checked="" type="checkbox"/> Undergraduate <input type="checkbox"/> Graduate
Academic Level	<input checked="" type="checkbox"/> Regular <input type="checkbox"/> Compensatory <input type="checkbox"/> Developmental <input type="checkbox"/> Remedial
Subject Area	Health Education and Promotion
Course Prefix & Number	HEA 309
Course Title	Alcohol, Tobacco, and Other Drugs
Description	The use and abuse of alcohol, tobacco, and drugs. Emphasis on the physiological, psychological, and social effects.
Pre/ Co Requisites	Two courses in the behavioral sciences
Credits	3
Hours	3
Liberal Arts	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Course Attribute (e.g. Writing Intensive, WAC, etc)	

General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World
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3. To:

Department(s)	Health Promotion and Nutrition Sciences
Career	[X] Undergraduate [] Graduate
Academic Level	[X] Regular [] Compensatory [] Developmental [] Remedial
Subject Area	Health Education and Promotion
Course Prefix & Number	HEA 309
Course Title	Alcohol, Tobacco, and Other Drugs
Description	The use and abuse of alcohol, tobacco, and drugs. Emphasis on the physiological, psychological, and social effects.
Pre/ Co Requisites	Two courses in the behavioral sciences
Credits	3
Hours	3
Liberal Arts	[<u>X</u>] Yes [] No

Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World

4. Rationale (Explain how this change will impact the learning outcomes of the department and Major/Program):

This course focuses on the broader psychological, psychological, and social aspects of alcohol, tobacco, and other drug use of aging. It is therefore a course that students from any major could benefit academically and personally.

5. Date of departmental approval: October 17, 2023