

## UMBC UGC Instructions for New Course Request Form (revised 4/2016)

**Course number & title:** AGNG 389: Integrative Approaches to Promoting Wellness in Aging

**Date submitted:** 9/2018

**Effective date:** Spring 2019

**Contact information:** Galina Madjaroff, Associate Dean, Erickson School and Robin Majeski, Clinical Associate Professor, The Erickson School (course author).

**Course number:** AGNG 389

**Transcript title:** Integrative Approaches

**Recommended Course Preparation:** *Please note that all 300 and 400 level courses should have either recommended course preparation(s) or prerequisite(s) and that 100 or 200 level courses may have them.*

**Prerequisite:** *Please note that all 300 and 400 level courses should have either recommended course preparation(s) or prerequisite(s)* Here fill in course(s) students need to have taken before they enroll in this course. These prerequisites will be enforced through the registration system. Please explain your choices in the "rationale" (discussed below).

**NOTE:** Please use the words "AND" and "OR", along with parentheses as appropriate, in the lists of prerequisites and recommended preparation so that the requirements specified will be interpreted unambiguously.

**NOTE:** Unless otherwise indicated, a prerequisite is assumed to be passed with a "D" or better.

**ONE** of the following:

AGNG 100 So You Say You Want a Revolution OR  
AGNG 200 Aging People, Management, and Policy OR  
HAPP 100 Survey of US Health Care System OR  
HAPP 200 Human Development Implications for Health and Disease OR  
SOCY 101 Introduction to Sociology OR  
PSYC 100 Introduction to Psychology OR  
SOWK 200 Social Issues-Social Action

**# of credits:** 3.

**Maximum total credits:**3 cr.

**Grading method(s):** Graded

**Proposed catalog description:** Introduces students to fundamental concepts of integrative approaches to healthy aging. Differences between conventional western and integrative approaches to health are presented. Patterns of and motivations for the use of integrative approaches among older adults is covered. Also discussed are the safety and efficacy of major integrative health modalities such as functional medicine, nutrition, supplements and herbs, homeopathy, acupuncture, yoga, qi gong and Tai Chi, mindfulness meditation, and spiritual well-being for older adults.

**Rationale:** Please explain the following:

a) Why is there a need for this course at this time? **Integrative approaches to health have become increasing popular among older adults (NCCIH, 2015 *Complementary and integrative health for older adults*, para 1).**

b) How often is the course likely to be taught? **Once a year.**

c) How does this course fit into your department's curriculum? **The course is an elective for the Management of Aging Services major and minor.**

d) What primary student population will the course serve? **Undergraduate students who are majoring or minoring in Management of Aging Services and those in health-related majors and minors such as HAPP and SOWK.**

e) Why is the course offered at the level (ie. 100, 200, 300, or 400 level) chosen?

f) Explain the appropriateness of the recommended course preparation(s) and prerequisite(s). **The course is a 300 level course since there is a pre-requisite course and has the academic demand of an upper-level course.**

g) Explain the reasoning behind the P/F or regular grading method. **The course can be used to fulfill a Management of Aging Service major and minor elective requirement.**

h) Provide a justification for the repeatability of the course. **Course is not repeatable.**

**Cross-listed courses:** Requests to create cross-listed courses must be accompanied by letters of support via email from all involved department chairs. Proposals for new courses or the addition of a cross-listing to an existing course must include as a part of the rationale the specific reason why cross-listing is appropriate. Email from all involved department chairs is also required when cross-listing is removed and when a cross-listed course is discontinued. Please note that SpecialTopics courses cannot be cross-listed. **This course is not cross-listed.**

**Course Outline:** Provide a syllabus with main topics and a weekly assignment schedule which includes complete citations for readings with page numbers as appropriate. Explain how students' knowledge and skills will be assessed. **A syllabus is provided as an email attachment.**

*Note: the UGC form is a Microsoft Word form. You should be able to enter most of the information by tabbing through the fields. The document is protected. In the rare case that you need to unprotect the document, use the password 'ugcform'. Beware that you will lose all the data entered in the form's fields if you unlock and lock the document.*