HLTH 152: HEALTH, COMMUNITY & BELONGING

In Workflow

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Approval Path

1. 2026-09-28T19:37:20Z
   Andrea Becker (andrea.becker): Approved for AHS Chair
2. 2026-10-07T18:32:29Z
   Scott Thompson (irwin.thompson): Approved for HHS College Committee Chair
3. 2026-10-13T01:28:17Z
   Aishah Patterson (patterson): Approved for HHS Dean

New Course Proposal

Date Submitted: 2026-09-28T19:29:07Z

Viewing: HLTH 152 : Health, Community & Belonging

Last edit: 2026-10-07T18:32:12Z

Changes proposed by: Andrea Becker (101053364)

Contact(s):

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Catalog Title:
Health, Community & Belonging

Class Schedule Title:
Health, Community & Belonging

Academic Group: (College)
HHS - Health & Human Services

Academic Organization: (Department)
Allied Health Sciences

Will this course be offered through the College of Continuing Education (CCE)?
No

Catalog Year Effective:
Fall 2027 (2027/2028 Catalog)

Subject Area: (prefix)
HLTH - Health

Catalog Number: (course number)
152

Course ID: (For administrative use only.)
TBD

Units:
3

Is the ONLY purpose of this change to update the term typically offered or the enforcement of existing requisites at registration?
No

In what term(s) will this course typically be offered?
Fall, Spring, Summer

Does this course require a room for its final exam?
Yes, final exam requires a room

Does this course replace an existing experimental course?
No

This course complies with the credit hour policy:
Yes

Justification for course proposal:
HLTH 152: Health, Community and Belonging is being created to address an important dimension of health and human flourishing that is not examined in sufficient depth within the existing curriculum. Health and well-being are shaped not only by individual behaviors and personal choices, but also by the quality of people's relationships, their sense of belonging, the communities and institutions in which they participate, and the social conditions that either support or limit connection. The course will provide students with a focused examination of how interpersonal relationships, social identity, culture, social networks, community institutions, place, social capital, inclusion, and structural conditions influence health across the lifespan.

HLTH 152 will benefit students by helping them understand that efforts to improve well-being must extend beyond recommendations directed at individuals. Students will learn to evaluate evidence, identify community strengths and barriers, assess the conditions that promote or hinder belonging, and design practical strategies to strengthen social connection and inclusion. Assignments involving community observation, evidence appraisal, asset mapping, case analysis, and project design will allow students to apply course concepts to healthcare, educational, workplace, recreation, and neighborhood settings. These skills are particularly valuable for students preparing for careers in healthcare and allied health, where practitioners must understand how patients' relationships, identities, environments, and access to community resources affect health and engagement with care.

The course is an important addition to the required core of the Minor in Health and Human Flourishing because social connection and belonging are fundamental components of a healthy and fulfilling life. Including HLTH 152 in the core ensures that every student completing the minor develops an understanding of well-being at multiple levels. HLTH 22 provides a lifespan and quality-of-life perspective, HLTH 144 establishes the interdisciplinary science of flourishing, and HLTH 152 examines the interpersonal, community, and structural conditions that allow individuals and groups to flourish. Together, these courses create a coherent progression from understanding happiness and flourishing to examining the broader social environments in which they occur.

The course also responds to a growing need for students to understand loneliness, social disconnection, exclusion, and weakened community ties as significant health concerns. Students need the ability to recognize these concerns without treating them solely as individual problems. HLTH 152 will prepare students to consider culturally responsive, evidence-informed, and community-centered approaches that build on existing strengths and promote meaningful connection. By making the course part of the minor's core, the program affirms that belonging is not an optional aspect of well-being, but a central condition of individual and collective health.

Course Description: (Not to exceed 90 words and language should conform to catalog copy.)
This course examines how social connection, community, and belonging influence health and human flourishing across the lifespan. Students analyze interpersonal relationships, social identity, culture, social networks, community institutions, place, social capital, and the structural conditions that support or hinder belonging. Through community observation, evidence appraisal, asset mapping, and applied project design, students develop evidence-informed strategies to strengthen connection, inclusion, and collective well-being.

Are one or more field trips required with this course?
No

Fee Course?
No

Is this course designated as Service Learning?
No

Is this course designated as Curricular Community Engaged Learning?
No

Does this course require safety training?
No

Does this course require personal protective equipment (PPE)?
No

Does this course have prerequisites?
No

Does this course have corequisites?
No

Graded:
Letter

Approval required for enrollment?
No Approval Required

Course Component(s) and Classification(s):
Lecture

Lecture Classification
CS#02 - Lecture/Discussion (K-factor=1WTU per unit)
Lecture Units
3

Is this a paired course?
No

Is this course crosslisted?
No

Can this course be repeated for credit?
No

Can the course be taken for credit more than once during the same term?
No

Description of the Expected Learning Outcomes and Assessment Strategies:

List the Expected Learning Outcomes and their accompanying Assessment Strategies (e.g., portfolios, examinations, performances, pre-and post-tests, conferences with students, student papers). Click the plus sign to add a new row.

	Expected Learning Outcome	Assessment Strategies
1	Define and distinguish belonging, social connection, loneliness, social isolation, social support, sense of community, social cohesion, and social capital.	Evidence Notes Social Connection Evidence Brief
2	Explain how relationships, social identity, culture, institutions, the built environment, and structural conditions influence health and belonging.	Community Connection Observation and Map Belonging Case Analysis
3	Evaluate research methods and measures used to study social connection, community, belonging, and health outcomes.	Evidence Notes Social Connection Evidence Brief
4	Analyze how exclusion, stigma, discrimination, displacement, and unequal access to community resources affect opportunities to belong and flourish.	Belonging Case Analysis Community Action Project
5	Conduct an asset-based assessment of a community using observation, public information, and appropriate stakeholder perspectives.	Community Connection Observation and Map Community Action Project
6	Design an ethical, culturally responsive, evidence-informed strategy to strengthen community connection and belonging, including an evaluation plan.	Community Action Project

Attach a list of the required/recommended course readings and activities:

HLTH_152_Health_Community_Belonging_Sample_Syllabus.pdf

For whom is this course being developed?

Majors in the Dept
Majors of other Depts
Minors in the Dept
Other

Is this course required in a degree program (major, minor, graduate degree, certificate?)

Yes

Has a corresponding Program Change been submitted to Workflow?

Yes

Identify the program(s) in which this course is required:

Programs:
Minor in Health and Human Flourishing

Does the proposed change or addition cause a significant increase in the use of College or University resources (lab room, computer)?

No

Will there be any departments affected by this proposed course?

No

I/we as the author(s) of this course proposal agree to provide a new or updated accessibility checklist to the Dean's office prior to the semester when this course is taught utilizing the changes proposed here.

I/we agree

Attach Accessibility Checklist: (Optional at submission. Fulfills requirement to file with Dean's office.)

HLTH_152_Course-accessibility-checklist.pdf

University Learning Goals

Undergraduate Learning Goals:

Competence in the disciplines
Knowledge of human cultures and the physical and natural world
Intellectual and practical skills
Personal and social responsibility
Integrative learning

Is this course required as part of a teaching credential program, a single subject, or multiple subject waiver program (e.g., Liberal Studies, Biology) or other school personnel preparation program (e.g., School of Nursing)?

No

Is this a General Education (GE) or Graduation Requirement (GR) course or is it being considered for GE/GR?

Is this a General Education (GE) course or is it being considered for GE?

No

Key: 15617