MINOR IN HEALTH AND HUMAN FLOURISHING

In Workflow

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Approval Path

1. 2026-09-28T19:37:26Z
   Andrea Becker (andrea.becker): Approved for AHS Chair
2. 2026-10-07T18:33:18Z
   Scott Thompson (irwin.thompson): Approved for HHS College Committee Chair
3. 2026-10-13T01:27:13Z
   Aishah Patterson (patterson): Approved for HHS Dean

New Program Proposal

Date Submitted: 2026-09-28T19:27:18Z

Viewing: Minor in Health and Human Flourishing

Last edit: 2026-09-28T19:27:16Z

Changes proposed by: Andrea Becker (101053364)

Academic Group: (College)

Health & Human Services

Academic Organization: (Department)

Allied Health Sciences

Catalog Year Effective:

2027-2028 Catalog

NOTE: This degree major program will be subject to program review evaluation within six years after implementation.

Individual(s) primarily responsible for drafting the proposed degree major program:

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Program Snapshot

Type of Program:

Minor

Title of the Program:
Minor in Health and Human Flourishing

Designation: (degree terminology)
Minor

Delivery Mode:
Hybrid

Support Mode:
State Support

CIP Code:
12011

Please see the CSU/CIP Code Crosswalk: https://www.csus.edu/academic-affairs/curriculum-workflow/_internal/_documents/csu_codes_to_cip.pdf

Is this a pilot program?
No

Will this program require accreditation?
No

Provide a clear, concise overview of the program proposal (new or change) and provide a justification. For NEW programs describe the purpose and focus of the program, identify the target student population(s), and highlight key strengths and distinguishing features of the program.
The proposed Minor in Health and Human Flourishing is a 15-unit undergraduate program housed in the Department of Allied Health Sciences. Its purpose is to help students learn how to thrive, to live healthy, meaningful, and connected lives, and to translate that understanding into evidence-informed choices and practices. Through relevant and applied coursework, students will learn strategies they can use to enhance their own well-being while also contributing to the health and flourishing of others.

In addition to complementing curricula designed for future healthcare professionals, this minor responds to the growing number of college students experiencing anxiety, depression, chronic stress, and other challenges that can negatively affect their academic success, personal well-being, and future professional lives. Its purpose is not to provide clinical training or treatment, but to equip students with accessible, research-informed tools for navigating challenges, developing healthy habits, strengthening resilience, and living meaningful and fulfilling lives.

The minor will be available to students across the University and will be particularly valuable to those preparing for careers in healthcare and other helping professions. These students will enter demanding fields in which burnout, compassion fatigue, and chronic stress are significant concerns. By learning to care for their own health and well-being, students will be better prepared to sustain their professional effectiveness, model healthy practices, and serve others with empathy and compassion.

A distinguishing strength of the minor is its whole-person approach to health. Rather than focusing exclusively on illness prevention or a single dimension of health, the program will integrate multiple aspects of health and emphasize the practical application of knowledge to students' daily lives, relationships, education, and future careers. Additionally, the minor aligns with the department's commitment to preparing students to improve health across diverse individuals, professions, and communities. Ultimately, the program recognizes that flourishing has a ripple effect: when students develop the capacity to live healthier and more fulfilling lives, they are better positioned to help others do the same.

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

Will this program be 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

Curriculum Alignment and Assessment

Program Goals

Provide a brief statement of the program's overarching goals and priorities: • Describe the program's mission, focus, and intended impact on students. • Identify broad areas of emphasis (e.g., career preparation, research, community engagement, leadership development). • Goals may be aspirational or developmental and do not need to be directly measurable.

Program Goals Statement

The mission of the Minor in Health and Human Flourishing is to prepare students to understand, evaluate, and apply interdisciplinary knowledge that supports healthy, meaningful, and connected lives. The program is intended to strengthen students' own capacity to flourish while preparing them to contribute to the well-being of the people, organizations, and communities they will serve.

Program Learning Outcomes

Provide measurable, program-specific learning outcomes that reflect the most important competencies students will demonstrate upon completion of the program. Programs are expected to assess and use PLOs for continuous improvement.

Program Learning Outcomes

Learning Outcome
Explain the interdisciplinary foundations of human flourishing.
Critically evaluate research and public claims about health and human flourishing by assessing the quality of evidence, appropriateness of methods and reasoning, assumptions, bias, limitations, and cultural context.
Analyze the ethical, equitable, inclusive, and culturally responsive conditions that promote or hinder connection, belonging, resilience, and well-being among diverse individuals and communities.
Develop and justify evidence-informed, feasible, and sustainable strategies that promote personal, interpersonal, organizational, or community flourishing.

Learning Outcomes Display

Course Code	PLO 1	PLO 2	PLO 3	PLO 4
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Please attach a Comprehensive Program Assessment Plan

Minor_Health_Human_Flourishing_Assessment_Plan.xlsx

Please attach a Curriculum Map Matrix

Minor_Health_Human_Flourishing_Curriculum_Matrix.xlsx

Please attach a Five-Year Budget Projection. For NEW programs, also attach a Budget Narrative.

Health_and_Human_Flourishing_5_Year_Budget_Projection.xlsx
Health_and_Human_Flourishing_Minor_Budget_Narrative.pdf

Please attach the updated roadmap:

Health_and_Human_Flourishing_Minor_Roadmap.pdf

Catalog Description (catalog copy):

The Minor in Health and Human Flourishing examines how individuals and communities thrive across the lifespan. Students integrate scientific, philosophical, cultural, social, and environmental perspectives on happiness, health, quality of life, belonging, resilience, purpose, leisure, and wellness. Through a required interdisciplinary core and flexible electives, students learn to evaluate evidence and apply inclusive, evidence-informed strategies that strengthen personal, relational, and community flourishing. The minor is open to students in all majors and is especially relevant to those preparing for careers in healthcare or other helping professions.

Admission and Continuation Requirements (catalog copy): minimum GPA and prerequisites (if applicable), required coursework or preparation, portfolio, test scores, and/or letters of recommendation. For graduate programs: expectations for a relevant bachelor's degree (required or preferred disciplines, prerequisite knowledge, or equivalent experience), include evidence that program requirements conform to the minimum requirements for the culminating experience, as specified in Title 5 Section 40510 The Master's Degree and Section 40511 The Doctoral Degree.

The Minor in Health and Human Flourishing is open to students in all undergraduate majors. To declare the minor, students must have a minimum overall GPA of 2.0 and be in good academic standing. No portfolio, standardized test, letter of recommendation, or program prerequisite is required.

Major and minor coursework may overlap in accordance with University policy; however, a Bachelor of Science major must retain at least 36 non-overlapping major units, including at least 18 upper-division units. All University residence and graduation requirements apply.

Program Requirements (catalog copy):

Code	Title	Units
Required Courses (9 Units)		**9**
HLTH 22	Happiness, Quality of Life, and Recreation Over the Lifespan	3
HLTH 144	Course HLTH 144 Not Found (Health and Human Flourishing)	3
HLTH 152	Course HLTH 152 Not Found (Health, Community and Belonging)	3
Elective Options		**6**
HLTH 143	Personal Wellness for Healthcare Professionals	
HLTH 146	Course HLTH 146 Not Found (Health in a Digital World)	
HLTH 154	Traumatology: An Introduction to Posttraumatic Growth	
HLTH 155	Perspectives on Health and Wellness	
HLTH 157	Leisure Education	
KINS 118C	Martial Arts: Tai Chi	
KINS 121	Peak Performance Through Psychological Skills	
KINS 124	The Science of Nature Engagement and Human Health & Wellbeing	
KINS 126	Sleep, Health and Athletic Performance	
KINS 128	The Science of Play	
Advising Notes: Students may apply up to 3 units from the approved activity courses below. Course unit values vary; students should confirm that their selections satisfy the 6-unit elective requirement.[1]		
KINS 4	Beginning Swimming	
KINS 5	Intermediate Swimming	
KINS 9	Beginning Sailing	
KINS 10	Intermediate Sailing	
KINS 11	Basic Windsurfing	
KINS 12	Water Skiing	
KINS 14	Basic Olympic Rowing	
KINS 15	Introduction to Fly Fishing	
KINS 19	Introduction to Rock Climbing	
KINS 22	Creative Aerobic Fitness I	
KINS 24	Aqua Aerobics	
KINS 26	Exercise For Fitness	
KINS 28	Jogging	
KINS 30	Bicycling	
KINS 33	Intermediate Weight Training	
KINS 36	Beginning Olympic Weight Lifting	
KINS 40	Tai Chi	
KINS 43	Beginning Tae Kwon Do	
KINS 46	Beginning Judo	
KINS 50	Uechi-Ryu Karate	
KINS 59	Self Defense and Conditioning	
KINS 63	Beginning Ballroom Dance	
KINS 72	Beginning Basketball	
KINS 73	Intermediate Basketball	
KINS 75	Beginning Volleyball	
KINS 77	Beginning Pickleball	
KINS 78	Intermediate Pickleball	
KINS 79	Beginning Soccer	
KINS 83	Beginning Golf	
KINS 86	Beginning Tennis	
KINS 87	Intermediate Tennis	
KINS 89	Beginning Badminton	
KINS 90	Intermediate Badminton	
KINS 91	Alpine Skiing and Snowboarding	

KINS 92	Beginning Racquetball
KINS 93	Intermediate Racquetball

[1] **ADVISING NOTES:**

- Students may begin the minor at different points in their degree program.
- Electives may be completed in any term, depending on course availability and prerequisites.
- Students may complete the minor in as few as two semesters when course availability and their degree plan permit.
- No more than 3 units of approved KINS activity coursework may be applied to the minor.
- Because activity courses vary in unit value, students should confirm that their selections produce 6 elective units and at least 15 total minor units.
- Students should consult an academic advisor regarding prerequisites, scheduling, residency requirements, General Education application, and overlap with major requirements.

Please attach the Curriculum Overview

Minor_Health_and_Human_Flourishing_Curriculum_Overview.pdf
Consult_Minor_HLTH.pdf

Key: 647