

# HLTH 156: HAPPINESS AND QUALITY OF LIFE OVER THE LIFESPAN

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## In Workflow

1. HHS College Committee Chair (andrea.becker@csus.edu)
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## Approval Path

1. Wed, 19 Feb 2025 05:25:58 GMT  
Andrea Becker (andrea.becker): Approved for HHS College Committee Chair
2. Wed, 19 Feb 2025 05:28:16 GMT  
Robert Pieretti (sac19804): Approved for HHS Dean

## New Course Proposal

Date Submitted: Tue, 11 Feb 2025 23:22:02 GMT

**Viewing: HLTH 156 : Happiness and Quality of Life Over the Lifespan**

**Last edit: Wed, 19 Feb 2025 05:25:49 GMT**

Changes proposed by: Jamie Hoffman (216222514)

**Contact(s):**

Name (First Last)	Email	Phone 999-999-9999
Jamie Hoffman	jamie.hoffman@csus.edu	916-278-6259

**Catalog Title:**

Happiness and Quality of Life Over the Lifespan

**Class Schedule Title:**

Happiness and Quality of Life

**Academic Group: (College)**

HHS - Health & Human Services

**Academic Organization: (Department)**

Health & Human Services

**Will this course be offered through the College of Continuing Education (CCE)?**

Yes

**Please specify:**

CCE and Stateside

**Catalog Year Effective:**

Spring 2026 (2026/2027 Catalog)

**Subject Area: (prefix)**

HLTH - Health

**Catalog Number: (course number)**

156

**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:**

The purpose of this course is to provide Health Science and Recreation Therapy students with a comprehensive understanding of how happiness, well-being, life satisfaction, and emotional health directly influence quality of life across all stages of life. This course will help students recognize the vital role of happiness in promoting longevity and quality of life. It will provide critical insights into the connection between emotional well-being and holistic health, preparing them to deliver more effective, person-centered care in their future professional roles.

**Course Description: (Not to exceed 90 words and language should conform to catalog copy.)**

This course examines happiness and quality of life throughout the human lifespan. Students will explore the seven dimensions of wellness and their impact on life satisfaction. Emphasizing evidence-based research, the course covers topics such as positive psychology, culture, aging, and the impact of chronic illness or disability on happiness, and the role of healthcare providers in fostering quality of life. Practical applications and interventions for enhancing happiness will also be discussed. By the end, students will be equipped to promote holistic well-being in healthcare settings across all life stages.

**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#01 - Large Lecture (K-factor=1 WTU 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	1. Apply evidence-based strategies and interventions to promote happiness and quality of life with an emphasis on healthcare.	Examinations Quizzes Class Activities Instructor Formative Evaluation Writing Assignments: Case Study, Intervention Design, Personal Discharge Plan
2	2. Define key concepts related to happiness and quality of life across different stages of the lifespan.	Examinations Quizzes Class Activities Instructor Formative Evaluation Writing Assignments: Case Study, Cultural Perspectives Paper, Intervention Design, Personal Discharge Plan
3	3. Explain how physical, emotional, and social factors contribute to happiness and quality of life at various stages in life.	Examinations Quizzes Class Activities Instructor Formative Evaluation Writing Assignments: Case Study, Cultural Perspectives Paper, Personal Discharge Plan
4	4. Analyze the impact of chronic illness, aging, and disability on happiness and quality of life for diverse populations.	Examinations Quizzes Class Activities Instructor Formative Evaluation Writing Assignments: Cultural Perspectives Paper, Personal Discharge Plan
5	5. Explore how societal, cultural, and environmental factors impact happiness and quality of life of individuals across the lifespan.	Examinations Quizzes Class Activities Instructor Formative Evaluation Writing Assignments: Cultural Perspectives Paper, Personal Discharge Plan

6	6. Explore strategies for healthcare providers to support and improve patient happiness and quality of life through a strength-based approach.	Examinations Quizzes Class Activities Instructor Formative Evaluation Writing Assignments: Intervention Design, Personal Discharge Plan
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**Attach a list of the required/recommended course readings and activities:**

HLTH 156 Supplemental Reading Reference List.docx

**For whom is this course being developed?**

Majors in the Dept

**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:**

BS in Health Science

BS in Recreation Therapy

**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\_156\_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

## GE Course and GE Goal(s)

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

No

**Please attach any additional files not requested above:**

HLTH\_156\_Happiness\_Quality\_Of\_Life.pdf

Key: 15268