

**UPAC Notes**  
March 8, 2023  
8:45 AM -10:00 AM

**Welcome:** UPAC Co-Chairs

8:45 am to 9:00 am: **Interdisciplinary Studies Updates:** Daniel Gonzales, Vanessa Perez & Devyn Royal

- Good for students who:
  - Like flexibility and take courses they are interested in
  - Don't need to be told exact courses and sequence
  - Are transfer students or change of major students
  - Are interested in career fields w/o specific major/cert requirement
- Math: Typically recommend PHIL 110 (no math Placement)
- BIS – 2<sup>nd</sup> language semester proficiency in language / BA = 4<sup>th</sup> semester
- Only change in requirement from BGS to BIS = 8 courses required in emphasis (Intro to IDS course replaced those units - This course waived for students in their finals term or terms)
- Emphasis = Major and concentrations are mini-minors
- Major requires 36 upper division major courses (42 total to graduate)
- Can declare through an online form
- Allows 75 CC transfer units

Advising Contacts:

Daniel Gonzales: [dgonzales@arizona.edu](mailto:dgonzales@arizona.edu)

Vanessa Perez: [vanessaperez@arizona.edu](mailto:vanessaperez@arizona.edu)

Devyn Royal: [devynroyal@arizona.edu](mailto:devynroyal@arizona.edu)

9:00 am to 9:15 am: **Nutrition & Human Performance degree:** Nita Ocansey, Michelle Mendoza, & Ronnie Mullins

- First and only degree focused on fitness and exercise science and nutrition
- Elective tracks in coaching, leadership and behavioral sciences as well as diversity equity and ethics and science for those who want to go on to further studies
- Interdisciplinary aspect
- Class that allows students to sit for Personal Training exam at discounted price
- Experiential Learning: Nutrition and Human Performance lab
- General Advising email: [nscadvising@arizona.edu](mailto:nscadvising@arizona.edu)
- University of Technology – Sydney – Global Track for Study Abroad
- Coteach courses with Campus Rec
- Career options with or without further schooling
- Main Campus only but future AZOnline

9:15 am to 9:30 am: **Weight Inclusive Health Minor & Cert:** Nita Ocansey, Michelle Mendoza, Ashley Munro, & Katelyn Barker

- Certificate and Minor in Weight Inclusive Health
- Frameworks to provide weight inclusive care in the health or caring professionals
- All courses online, available to Main and AZOnline (2.0 GPA to declare)
- Ideally students start with NSC 212 and work their way up as course content builds on each other
- More information: <https://nutrition.cals.arizona.edu/weight-inclusive-health-programs>
- NSC 101 is a prereq for the program (not the courses – exceptions may be able to be made)
- <https://nutrition.cals.arizona.edu/undergraduate/declare-major>
- General Advising Contact: [nscadvising@arizona.edu](mailto:nscadvising@arizona.edu)

9:30 am to 9:45 am: **National Student Exchange is Back!:** Sabrina Sterbis

- Study in any US State, Guam, Puerto Rico, US virgin Islands and eventually Canada
- Pay regular UA tuition and use any financial aid/scholarships
- Works with advisor on which classes they should take at their host institution
- Great opportunity to access classes/ resources not available at UA, grad school exploration, not ready to study abroad, but explore new place
- Students meet with advisor after they are placed with their school
- Contact: [ssterbis@arizona.edu](mailto:ssterbis@arizona.edu)

9:45 am to 9:50 am: **Wrap Up Announcements:** Nicole Gonzalez

- March 24<sup>th</sup> Lunch and Learn – Space provided to write advising philosophy statement/portfolio
- UPAC Cochair Elections – Sending out call for nominees March 13-31<sup>st</sup> , must attend April UPAC meeting to run – elections will end on May 2<sup>nd</sup> – announced in May UPAC meeting.

Adjourn