Print Form

CHECK LIST -- HEALTH AND WELLNESS

Knowledge Area Criteria which the course must meet:

_____ Treat concepts, themes and events in sufficient depth to enable students to appreciate the complexity, history and current implications of what is being studied; and not be merely cursory coverage of lists of topics.

_____ Suggest the major intellectual questions/problems which interest practitioners of a discipline and explore critically the important theories and principles presented by the discipline.

_____ Allow students to use and enhance the methods of inquiry and vocabulary commonly used in the discipline.

_____ Encourage students to use and enhance, wherever possible, the composition and mathematics skills built in the Skill Areas of Liberal Studies.

Health and Wellness Criteria which the course must meet:

_____ Address the major components relevant to a healthy lifestyle for both men and women. These major components include, but are not limited to, exercise, nutrition, stress, and substance abuse. In this respect, appropriate courses must be multidisciplinary in nature and not specialize in any single area of health and wellness.

_____ Employ laboratory experiences and physical activities that correlate to the recognized content areas of the course.

_____ Utilize a scientific base, and promote knowledge and skills that have strong empirical validity.

_____ Provide the students with an opportunity to assess their personal well-being and forecast the possible outcomes of altered patterns of behavior.

_____ Focus on a variety of behavioral skills to assist students in selecting lifestyles for quality living.

_____ Identify hereditary, personal and environmental factors that affect health.

_____ Assist the students in recognizing contemporary health issues and evaluating the credibility of health information.

_____ Encourage the students to assume responsibility for their personal health as well as the wellness of family and community.

____ Address health and wellness in a gender-balanced fashion