

10-110.

LSC Use Only No:	LSC Action-Date:	UWUCC USE Only No.	UWUCC Action-Date:	Senate
		09-40v.	Rev. App 3-15-11 App-3/2/10	T-3/23/10 App 3-22-11

Curriculum Proposal Cover Sheet - University-Wide Undergraduate Curriculum Committee

Contact Person(s) David Pistole & B. Gail Wilson	Email Address dpistole@iup.edu bgwilson@iup.edu
Proposing Department/Unit Liberal Studies	Phone 357-5715, 357-2612, 357-3210

Check all appropriate lines and complete information as requested. Use a separate cover sheet for each course proposal and for each program proposal.

1. Course Proposals (check all that apply)

New Course     
  Course Prefix Change     
  Course Deletion  
 Course Revision     
  Course Number and/or Title Change     
  Catalog Description Change

Current Course prefix, number and full title     
 Proposed course prefix, number and full title, if changing

2. Additional Course Designations: check if appropriate

This course is also proposed as a Liberal Studies Course.     
  Other: (e.g., Women's Studies, Pan-African)  
 This course is also proposed as an Honors College Course.

3. Program Proposals

New Degree Program     
  Catalog Description Change     
  Program Revision  
 New Minor Program     
  Program Title Change     
  Other  
 Liberal Studies Criteria for Dimensions of Wellness

Current program name     
 Proposed program name, if changing

4. Approvals		Date
Department Curriculum Committee	N/A	
Chair(s)		
LIBERAL STUDIES Department Chair(s)	David H. Pistole	1/28/10
College Curriculum Committee	N/A	
Chair		
College Dean	David H. Pistole	1/28/10
Director of Liberal Studies *	B. Gail Wilson	1/28/10
Director of Honors College *	Michael J. ...	2/15/10
Provost *		
Additional signatures as appropriate: (include title)		
UWUCC Co-Chairs	Gail Sedquist	Revised 3-15-10 3/2/10

Received

JAN 28 2010

Liberal Studies

## Dimensions of Wellness

Students are required to complete three (3) credits in the Dimensions of Wellness category. The primary focus of this course requirement is upon one of the following dimensions of wellness: emotional, financial, intellectual, occupational, physical, social or spiritual. Because wellness is a multi-dimensional concept, each course must clearly demonstrate how the dimension of primary focus relates to at least one of the other dimensions. All Dimensions of Wellness courses must require students to participate in active learning or experiential activities designed to enhance personal well-being.

### Dimensions of Wellness Expected Undergraduate Student Learning Outcomes

Syllabi for courses designed to fulfill the Liberal Studies Dimensions of Wellness requirement must provide course content that enables students to achieve the Expected Undergraduate Student Learning Outcomes identified below. Course proposals may identify additional objectives from the list of Expected Undergraduate Student Learning Outcomes as appropriate to the course content.

As *Informed Learners* students will demonstrate knowledge and understanding of:

- the interrelationships within and across disciplines

As *Empowered Learners* students will demonstrate:

- information literacy skills including the ability to access, evaluate, interpret and use information from a variety of sources
- the ability to transform information into knowledge and knowledge into judgment and action
- critical thinking skills including analysis, application and evaluation
- reflective thinking and the ability to synthesize information and ideas

As *Responsible Learners* students will demonstrate:

- an understanding of the ethical and behavioral consequences of decisions and actions on themselves, on society and on the physical world

### Dimensions of Wellness Required Course Content

Proposals for courses designed to fulfill the Liberal Studies Dimensions of Wellness requirement must include:

- clearly identified active learning or experiential activities that require students to apply course content
- self-reflective activities that provide insight into personal wellness
- an assessment of personal strengths and challenges within the dimension of primary focus
- development of an improvement plan to address the challenges identified in the assessment exercises
- a culminating self-evaluation of the student's progress toward improvement
- use of the Internet as a means to gather accurate information relevant to the topic of primary focus; it is expected that the Internet will be where students and their families will seek wellness information

Individuals proposing courses designed to fulfill the Liberal Studies Dimension of Wellness requirement are encouraged to include:

- activities that promote development of oral and/or written communication
- activities that encourage service learning opportunities
- approximately 30 percent of the class time devoted to active learning or experiential activities

**Dimensions of Wellness Common Learning Objectives**

All courses meeting the Liberal Studies Dimensions of Wellness requirement will establish common course objectives stating:

At the conclusion of the course the student should be able to:

- describe the factors within the course's primary focus that influence wellness
- understand how to apply the skills learned in this course throughout his or her life
- use information literacy skills to seek and evaluate wellness-related information
- identify the benefits of a wellness-oriented lifestyle and consequences of a wellness-neglected lifestyle

**Subject: Liberal Studies Criteria for Dimensions of Wellness**  
**From: "B. Gail Wilson" <bgwilson@iup.edu>**  
**Date: Tue, 17 Nov 2009 09:12:35 -0500**  
**To: susan.dahlheimer@iup.edu, elaine.blair@iup.edu, Elizabeth.palmer@iup.edu**  
**CC: David Pistole <dpistole@iup.edu>**

I am writing to you on behalf of the Liberal Studies Committee. Attached is the latest revision of the LS criteria for Dimensions of Wellness. The committee has approved this document and is ready to send it forward to the UWUCC for consideration. We would like to attach letters from affected departments to our curriculum proposal. If the criteria is acceptable, please respond with a short email by Wednesday, December 2.  
Thank you...

**B. Gail Wilson**  
**Dimensions of Wellness.docx**

**Subject: LS Criteria for Dimensions of Wellness**  
**From: "Elaine Blair" <eblair@iup.edu>**  
**Date: Wed, 9 Dec 2009 15:28:06 -0500**  
**To: "B. Gail Wilson" <bgwilson@iup.edu>**  
**CC: <kmckee@iup.edu>**

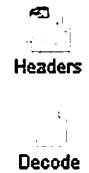
Gail,

The HPED faculty met recently and discussed at length the criteria for the Dimensions of Wellness. We feel strongly that, given the current epidemics of obesity, type II diabetes, and other lifestyle -related chronic diseases, that the primary focus of the Wellness Dimension should be on personal health for health promotion and disease prevention. We also believe that the criteria should include the important component of fitness and physical activity. Finally, we support the idea of providing variable credit options (1, 2, or 3 credit classes) to meet this criteria.

**Elaine**  
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**Elaine H. Blair, Ph.D., CHES**  
**Professor and Department Chair**  
**Health and Physical Education**  
**Indiana University of PA**  
**Indiana, PA 15705**  
**724-357-2770**

**From:** "B. Gail Wilson" <bgwilson@iup.edu>  
**Subject:** LS Criteria for Dimensions of Wellness  
**Date:** Tue, 15 Dec 2009 13:19:24 -0500  
**To:** Elaine Blair <elblair@iup.edu>  
**Cc:** kmckee@iup.edu, David Pistole <dpistole@iup.edu>



Elaine

Thank you for your response to the Liberal Studies Committee regarding the Dimensions of Wellness criteria. We do understand your department's concerns and have attempted to reach a compromise in the language for this course that will satisfy a number of campus constituencies.

In developing the original category, the Liberal Studies Revision Steering Committee envisioned a course that allowed students to pursue an area of wellness education that best met their needs. While we recognized the issues of obesity and other physical wellness issues, we also recognized that these issues do not apply to all students. The importance of financial wellness has become critically important for students to understand given the country's current economic situation.

The Liberal Studies Committee believes that the inclusion of a requirement for all students to participate in an active learning or experiential activity is an appropriate alternative for a physical activity in courses where a physical activity might not be appropriate.

We have revised the language that introduces the Dimensions of Wellness criteria that would respond your department's desire to have the option of a one, two or three credit course. The new language would not specify a three-credit course, but the completion of three credits in the category, leaving it open for departments to structure how those three credits would be accomplished. The new language reads:

\*Students are required to complete three (3) credits in the Dimensions of Wellness category. The primary focus of this course requirement is upon one of the following dimensions of wellness: emotional, financial, intellectual, occupational, physical, social or spiritual. Because wellness is a multi-dimensional concept, each course must clearly demonstrate how the dimension of primary focus relates to at least one of the other dimensions. All Dimensions of Wellness courses must require students to participate in active learning or experiential activities designed to enhance personal well-being.

We have attempted to address your department's concerns while considering the recommendations the LSRSC received from other interested departments. We would like to include a letter of support from your department when we send this forward to the UWUCC. We will be sending the revised document (with the language above) to the UWUCC as soon as the spring semester starts. For your comments to be included, we would need your response by January 25, 2010.

Thank you

Gail

**(no additional response received after this email)**