

Health and Wellness Course Guidelines

Under the new General Education curriculum requirements all IUSB students will be required to complete courses in Health and Wellness. The Health and Wellness requirement is two credit hours. According to the Bulletin, it is possible for students to fulfill this requirement either by taking one of the Health and Wellness courses of at least 2 credit hours, or by taking a one-credit hour approved course in combination with a sports and recreation course.

General Guidelines

The instruction in health and wellness within these courses needs to be formal in some way, not just a matter of a few words of advice here and there. The course should address ***at least ONE of the following goals:***

1. Students should be able to demonstrate skills and knowledge of physical fitness concepts (sports, exercise, dance, etc). The skills and knowledge may be demonstrated partly through physical performance; but the course must also include some academic instructional elements that ensure that these concepts become a familiar part of the students' thinking, thereby heightening their awareness of the benefits of a lifelong commitment to personal fitness and wellness.
2. Students should develop an understanding of holistic health concepts in a manner that **promotes** personal responsibility for health and wellness. The course must include academic instructional elements that ensure the students' command of these concepts.
3. Students should learn the means of making lifestyle changes geared toward the maintenance of healthy living and the prevention of disease and illness. The course must include academic instructional elements that direct and encourage students in the understanding and accomplishment of these goals.