

**Proposal for  
Health and Wellness  
a Contemporary Social Values Course of the IUSB General Education Curriculum**

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**Name:** \_\_\_\_\_ **Academic unit:** \_\_\_\_\_

**Course title:** \_\_\_\_\_

**First semester to be offered:** \_\_\_\_\_

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**Instructions:** Attach a course description and sample syllabus. Please type a brief response to each question that applies to your course in the space provided. The syllabus will provide primary data regarding the suitability of the course as a version of *Health and Wellness*. Use the comment section to clarify, expand, and/or guide the reviewer through your syllabus.

**GENERAL PURPOSE OF THE COURSE:**

Briefly discuss ways in which the course meets the stated objectives for *Health and Wellness*:

*The courses meeting the health and wellness component of general education will contribute to students' understanding of the importance of physical and mental health, and offer students the opportunity to acquire skills that will help them to achieve and maintain such health. It will serve to provide basic understanding of physical and mental health and the integration of different components into a person's lifestyle.*

**GENERAL CHARACTERISTICS OF the *Health and Wellness* course :**

**Briefly address the following aspects of the course structure and content.**

1. In what specific way will the course facilitate students' knowledge of physical and emotional well-being? How will the course utilize activities to promote physical and emotional well-being?
  
2. Students should develop an understanding of holistic health concepts and/or learn the means for making personal lifestyle changes geared towards the maintenance of health and wellness and the prevention of disease and illness. What academic instructional elements does the course contain that will direct and encourage students in the accomplishment of this goal?

**Additional Comments:**

**Attach Syllabus:**

The following section may be deleted when form is filled out.

## **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.

**There are specific guidelines for syllabus formation available on W:**