

**ACADEMIC POLICY AND PLANNING COMMITTEE
REQUEST FOR HEALTH AND WELLNESS CONSIDERATION**

Department: _____

Initiator: _____

Course Prefix and Number: _____

Course Title: _____

Statement of Purpose

The purpose of the Health and Wellness graduation requirement is to promote awareness and understanding of the significance/importance of the lifelong process of actively increasing the quality of one’s decision making such that it leads towards a more positive, comprehensive state of well-being, which is by far, above and beyond a state of merely being free from illness, injury, and/or disease.

This graduation requirement encompasses two distinct areas.

- Area 1 - Physical Activity (Performance Based Courses)
- Area 2 – Health Education or First Aid Safety (Lecture Based Courses)

A course submitted for this graduation requirement will be submitted for consideration for either Area 1, or Area 2.

Health and Wellness Definitions

Health:

A multi-dimensional state of being, which encompasses aspects of: physical, psychological, social, intellectual, spiritual, and environmental health, that indicate more than merely being absent of illness or disease.

Wellness:

A dynamic state of being that spans a continuum, and requires one to actively become aware of the decision making process that leads towards a more positive and balanced existence.

Physical Activity:

Individual performance involving physical movement, action, and motion focusing on a particular set of skills, for the purpose of positively, directly elevating one’s aptitude and abilities in the particular set of skills, with the intention of raising one’s overall health-related level of fitness, i.e. strength, flexibility, and endurance.

Guiding Principles for Health and Wellness: Area 1 - Physical Activity

A course that satisfies the Health and Wellness requirement for Area 1 - Physical Activity **must meet at least six** of the following criteria. The emphasis in each course should be substantial and thematic rather than incidental or supplemental to a different focus.

CRITERIA Area 1 - Physical Activity (Performance Based Courses)	COURSE OBJECTIVE NUMBER	OTHER EVIDENCE IN THE OUTLINE
1. Identify the lifelong benefits of physical activity.		
2. Identify specific techniques relevant to physical activity.		
3. Explore the importance of physical activity in daily life.		
4. Increase students' knowledge and understanding of the benefits of physical activity.		
5. Develop an awareness of proper methods for increasing physical fitness.		
6. Promote critical thinking about issues relevant to physical activity.		
7. Identify practices of adaptation, modification, and integration leading towards better levels of physical activity.		
8. Recognize artistic achievements and aesthetic values of physical activity.		
9. Provide opportunities for students to recognize their own attitude towards physical activity.		
10. Encourage an understanding view of physical activity.		

Guiding Principles for Health and Wellness: Area 2 – Health Education or First Aid Safety

A course that satisfies the Health and Wellness requirement for Area 2 - Health Education or First Aid Safety **must meet at least six** of the following criteria. The emphasis in each course should be substantial and thematic rather than incidental or supplemental to a different focus.

CRITERIA Area 2 – Health Education or First Aid Safety (Lecture Based Courses)	COURSE OBJECTIVE NUMBER	OTHER EVIDENCE IN THE OUTLINE
1. Study the history or experience of health related issues.		
2. Identify specific impacts one has on one’s own state of health.		
3. Explore the individual decision making process in daily life impacting wellness.		
4. Increase students' knowledge and understanding of health and wellness.		
5. Develop an awareness of health and wellness.		
6. Promote critical thinking about issues relevant to health and wellness.		
7. Identify theories and practices of adaptation, modification, and integration leading towards better levels of wellness.		
8. Acquaint students with societal distinctions of health and wellness.		
9. Provide opportunities for students to recognize their own attitude toward health and wellness.		
10. Encourage an understanding of the behavior modification process.		

**ACADEMIC POLICY AND PLANNING COMMITTEE SIGNATURE PAGE
REQUEST FOR H&W GENERAL EDUCATION CONSIDERATION**

Course Prefix and Number:		Course Title:	
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This page contains all the required signatures, including department vote. Follow instructions carefully to avoid delays in the processing of your proposal. Work closely with your AP&P department representative to assist you in meeting deadlines.

PREPARED BY:

Name of the initiator [printed]:	
Campus extension:	
Email address:	
Signature:	Date:

DEPARTMENT ACTION:

Allow at least one week for faculty peers to review and comment on your proposal prior to a department vote.

# YES votes:	# NO votes:	# Abstentions:
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The signatures below certify that the content in this form is accurate and that due diligence was followed in ensuring curriculum development criteria, such as appropriateness to the mission of the college, need, curriculum standards, adequate resources, and CEC and Title 5 compliance. Furthermore, the signature of the academic dean and vice president, academic affairs, further indicates that planning, which includes the provision for adequate resources, has taken place to ensure that the proposed curriculum can be offered within two years of adoption.

REVIEWED BY:

	NAME [printed]:	SIGNATURE:	DATE:
AP&P Representative			
Department Chair			
Academic Dean			
AP&P Chair, on behalf of the committee	Sofia Ramirez Gelpi		
Vice President, Academic	Luis Sanchez		

Affairs			
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