

Critical Competency: Individual Well-Being (CC 9)

Description:

Students will explore and practice healthy behaviors that foster emotional, physical, intellectual, interpersonal, spiritual, and environmental balance and individual well-being.

Intended Learning Outcomes:

Students will ...

1. recognize behaviors which promote physical, mental, and/or emotional health.
2. recognize disorders which can affect one physically, mentally, and/or emotionally.

Course Guidelines:

1. The course must provide students with the knowledge to recognize disorders and health-promoting behaviors.
2. The course must require students to complete assignments which require them to explore activities and practices which encourage healthy well-being and to demonstrate their knowledge of such activities.

Application for Inclusion in the General Education Curriculum

Area: CC 9 Individual Well-Being

Course:

Contact Person:

Proposing Department:

Attach to this form the following:

1. Core syllabus ***common to all sections of the proposed course.***
2. Narrative that explains how the proposed course addresses the description, learning outcomes, and course guidelines.

General Education Approval Tracking Form

as of 7 February 2022

Course Subject & Number: _____ Number of Credits: _____

Course Title: _____

If a course is going to meet more than one topic area below, please use a separate form for each topic area.

Required Core

___ MATH___

Critical Competencies (CC)

- ___ CC 1 Problem Solving
- ___ CC 2 Information Literacy
- ___ CC 3 Critical Reading
- ___ CC 4 Quantitative Literacy
- ___ CC 5 Oral/Written Communication
- ___ CC 6 Collaboration
- ___ CC 7 Cultural and Community Awareness
- ___ CC 8 Experience
- ___ CC 9 Individual Well-Being

Form Submitter:

General Education Chair

Date

Faculty Senate Secretary

Date

Vice President of Academic Affairs

Date