

Category 1D: Dimensions of Wellbeing LAC 2014

ADVISING NOTES

Dimensions of Wellbeing (DWB) is a combination of 2 courses: one special topic lecture (**KAHHS 1020 Dimensions of Wellbeing Lecture**) and one special topic lab (**KAHHS 1030 Dimensions of Wellbeing Lab**). Students are required to successfully complete both one DWB lecture and one DWB Lab to satisfy the LAC Category 1D requirement. Descriptions of specific lecture and lab topics are available at <https://coe.uni.edu/kahhs/dimensions-well-being>.

DWB lecture and lab courses are offered as half-semester courses for one credit hour each. The DWB lectures have section numbers like 80, 81, etc. or 90, 91, etc. The DWB labs are numbered 8B, 8C, etc. or 9A, 9B, etc. Section numbers beginning with an 8 meet during the first half of the semester; section numbers beginning with a 9 meet during the second half of the semester.

Currently, DWB courses cannot be taken as university electives. If students need one credit hour elective courses, they can enroll in PEMES activity courses that are listed as PEMES 1A or 1B.

Students with credit in **HPELS 1010 Personal Wellness**, which is no longer offered, have satisfied Category 1D.

Students who need to repeat **KAHHS 1020 Dimensions of Wellbeing Lecture** and/or **KAHHS 1030 Dimensions of Wellbeing Lab** for a grade change should request permission to re-enroll **through a student request** to Lea Ann Shaddox (Lea.Shaddox@uni.edu; 319-273-6157; WRC 104).

A student may take **KAHHS 1020 Dimensions of Wellbeing Lecture** and **KAHHS 1030 Dimensions of Wellbeing Lab** to replace a less than satisfactory grade in **HPELS 1010 Personal Wellness**. To do so, the student should submit a student request to the Provost's Office. If approved, the **KAHHS 1020 Dimensions of Wellbeing Lecture** and **KAHHS 1030 Dimensions of Wellbeing Lab** grade and hours earned will replace the **HPELS 1010 Personal Wellness** grade and hours earned. Note that **KAHHS 1020 Dimensions of Wellbeing Lecture** and **KAHHS 1030 Dimensions of Wellbeing Lab** combine for two hours of credit, whereas **HPELS 1010 Personal Wellness** is a three hour course; thus, the student will lose 1 hour of credit when choosing this option.

All LAC related student requests should be sent directly to the Provost's Office.

AS A RESULT OF THIS CATEGORY STUDENTS WILL ...

Recognize the multitude of ways that wellbeing affects all aspects and quality of life.

Be able to apply decision-making processes to improve wellbeing.

COURSE DESCRIPTIONS

KAHHS 1020 Dimensions of Wellbeing Lecture—1 hr.

Overall, the Dimensions of Wellbeing course is designed to prepare students for healthy, proactive lifestyles through lecture, experiential learning, and various physical and wellbeing activities. The core dimensions of wellbeing for the purposes of this course include: physical, emotional, interpersonal, intellectual, spiritual, and environmental wellbeing. The lecture sections of Dimensions are designed to provide an underlying knowledge base for specific wellness topics and themes with a unifying emphasis on how these dimensions are intertwined and linked to overall quality of life. Specific health consumerism and health behavior change topics are also covered across the spectrum of Dimensions of Wellbeing course offerings.

- **This course may not be repeated for additional credit. If a student has already satisfied this portion of the LAC Category 1D Dimensions of Wellbeing, it will be considered a repeat.**

KAHHS 1030 Dimensions of Wellbeing Lab—1 hr. Overall, the Dimensions of Wellbeing course is designed to prepare students for healthy, proactive lifestyles through lecture, experiential learning, and various physical and wellbeing activities. The core dimensions of wellbeing for the purposes of this course include: physical, emotional, interpersonal, intellectual, spiritual, and environmental wellbeing. The laboratory sections of Dimensions are designed to apply specific skill-related knowledge, encourage healthy active lifestyles, and motivate students to learn and practice skills related to a wide spectrum of activities and experiences related to wellbeing dimensions.

- **This course may not be repeated for additional credit. If a student has already satisfied this portion of the LAC Category 1D Dimensions of Wellbeing, it will be considered a repeat.**

REQUIREMENT: 2 CREDIT HOURS

KAHHS 1020	Dimensions of Wellbeing Lecture	1 Hour
KAHHS 1030	Dimensions of Wellbeing Lab	1 Hour

IT TAKES MORE THAN A MAJOR

Achieving wellbeing as an individual and as a society is a complex task that involves complex problem solving, innovation, and creativity, all of which are emphasized in these courses.

Failure to achieve and maintain wellbeing can affect students' academic careers and put their futures at risk. Students can use the knowledge, skills, and habits of mind learned in this category throughout their lives.