

Category 1D: Dimensions of Wellbeing LAC 2014

ADVISING NOTES

Students must take **HPELS 1020 Dimensions of Wellbeing Lecture** and **HPELS 1030 Dimensions of Wellbeing Lab**.

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

HPELS 1020 Dimensions of Wellbeing Lecture and **HPELS 1030 Dimensions of Wellbeing Lab** courses may not be repeated for additional credit. If a student has already satisfied Category 1D: Dimensions of Wellbeing, it will be considered a repeat. Students who have credit earned for **HPELS 1020 Dimensions of Wellbeing Lecture** and/or **HPELS 1030 Dimensions of Wellbeing Lab**, or for any course which satisfies the Category 1D requirement **will not** be able to register for either class; students will receive a prerequisite error message.

Students who need to repeat **HPELS 1020 Dimensions of Wellbeing Lecture** for a grade change should request permission to re-enroll **through a student request** to Oksana Matvienko (Oksana.matvienko@uni.edu; 319-273-3613; WRC 133). Students who need to repeat **HPELS 1030 Dimensions of Wellbeing Lab** for a grade change should request permission to re-enroll **through a student request** to Lea A Shaddox (Lea.Shaddox@uni.edu; 319-273-6157; WRC 104).

Students who have already completed Category 1D and wish to take additional physical activity classes and/or are seeking classes for elective credit hours, should register for open PEMES prefix (PEMES XXXX) activity courses.

A student may take **HPELS 1020 Dimensions of Wellbeing Lecture** and **HPELS 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 **HPELS 1020 Dimensions of Wellbeing Lecture** and **HPELS 1030 Dimensions of Wellbeing Lab** grade and hours earned will replace the **HPELS 1010 Personal Wellness** grade and hours earned. Note that **HPELS 1020 Dimensions of Wellbeing Lecture** and **HPELS 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.

COURSE DESCRIPTIONS

HPELS 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.

HPELS 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.

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.

Be able to articulate why wellbeing is important.

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.

REQUIREMENT: 2 CREDIT HOURS

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