2014 Category 1D: Personal Wellness

ADVISING NOTES

HPELS 1010 Personal Wellness (3 hours) has been used to fulfill this category since 1988. Beginning Spring 2014, the experimental course HPELS 1059 Dimensions of Well-Being (2 hours) may be used to satisfy Category 1D. The remaining credit hour from HPELS 1010 Personal Wellness will be moved to students' university electives requirements.

To satisfy the Category 1D requirement, students must successfully complete both Dimensions of Well-Being Lecture/Discussion (1 hour) AND Dimensions of Well-Being Lab (1 hour), as designated in the *Schedule of Classes*.

At present, students must complete the lecture/discussion and the lab during the same semester. Because these courses are currently being offered on an experimental basis, failure to complete both courses during the same semester may result in having to take **HPELS 1010 Personal Wellness**.

HPELS 1010 Personal Wellness will continue to be offered for the time being.

A student may take HPELS 1059 Dimensions of Well-Being 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 1059 Dimensions of Well-Being grade and hours earned will replace the HPELS 1010 Personal Wellness grade and hours earned. Note that HPELS 1059 Dimensions of Well-Being is a two hour course, 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 signed by the student's advisor and sent directly to the Provost's Office.

REQUIREMENT: 2-3 CREDIT HOURS

HPELS 1010	Personal Wellness	3 Hours
HPELS 1059	Dimensions of Well Being Lecture/Discussion	1 Hour
HPELS 1059	Dimensions of Well Being Lab	1 Hour

IT TAKES MORE THAN A MAJOR

Achieving personal wellness 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 personal wellness 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.

COURSE DESCRIPTIONS

HPELS 1010 Personal Wellness—3 hrs. Concepts of exercise science, nutrition, stress management, contemporary health issues and decision making. Assessment, application and participation in lifetime fitness and skill activities.

HPELS 1059 Dimensions of Well Being—2 hrs. Students must choose one Dimensions of Well-Being Lecture/Discussion and one Dimensions of Well-Being Lab.

AS A RESULT OF THIS CATEGORY STUDENTS WILL ...

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

Be able to apply decision-making processes to improve well-being.

Be able to articulate why wellness is important.

Notes	 				 	