

LOPER 11: WELLNESS (OPTIONAL)

DISPOSITIONAL REQUIREMENTS – Every university-educated person should have:

Wellness (2 – 3 hours; optional (GS Elective); may be required by programs). Courses must meet all learning outcomes.

Assessed as:

1. Can articulate the importance of the eight domains of wellness (emotional, spiritual, intellectual, physical, environmental, financial, occupational, and social wellness).
2. Can describe the impact of social factors, and personal decisions and behaviors, on wellness.
3. Can gather and evaluate information about wellness and apply to personal behavior choices or decisions.
4. Can integrate information from multiple sources and contrasting viewpoints to make an informed and educated decision regarding wellness.

Code	Title	Credit Hours
FIN 160	Personal Money Management	3
PE 108	Introduction to Nutrition	3
PE 150	Healthy Wealthy and Wise	3
PSY 231	Abnormal Behavior and Society	3