Personal Health & Wellness Rubric

Health and wellness are used interchangeably to mean the ability to live life fully - with vitality and meaning. Wellness is the integration of many different components (physical, emotional, and financial) that expand one's potential to live, learn, and work effectively and to make a significant contribution to society.

Applicants should submit a detailed course syllabus, and complete the rubric to identify course activities and assessments which address the listed learning objectives for the course. Approval of a course requires addressing each of the three wellness dimensions (Emotional, Physical, Financial). Equal emphasis on all dimensions is not required. However, at least 4 of the suggested course-level learning objectives in each dimension of wellness must be addressed, and those objectives must be scored at “Benchmark” or above.

Student Learning Outcome for Personal Health & Wellness:
Students will be able to demonstrate knowledge of skills and habits to promote personal lifelong health and wellness, including emotional, financial, and physical.

Emotional Wellness Objective: *Demonstrate knowledge of emotional health and wellbeing, identify common sources of stress, and develop strategies to improve emotional wellness outcomes.*			
	Filled in by applicant		**Filled in by committee**
Objectives	**Course Activities**	**Course Assessments**	**Exemplary** 3

9. Demonstrate knowledge of effective techniques to manage challenges and change					
10. Demonstrate knowledge of effective communication strategies to build healthy relationships					
Reviewer Notes:					

Financial Wellness Objective:

9. Identify various long-term investment products					
10. Develop investment plans and strategies.					
Reviewer Notes:					

9. Demonstrate knowledge of body composition and factors and behaviors that influence and change body composition					
10. Participate in weekly physical training sessions.					
Reviewer Notes:					