**GE Paths: Course proposal form**

**Please email this form and a course syllabus to** [**gepaths@csun.edu**](mailto:gepaths@csun.edu)

First and last name: Position:

Department: Email:

Department Chair: Department Chair Email:

Course name: Course number:

GE subject area: Semester normally scheduled:

How frequently do you teach this course?

**Health and Wellness**

The Health and Wellness path provides students with opportunities to explore personal and community health and wellness during various stages in the family life cycle. Students will be engaged in content and interdisciplinary coursework that examines the significance of health as physical, mental and social well-being. They will understand that wellness includes the ability of people and communities to reach their full potential by removing both personal and societal barriers. Students will develop an awareness of lifestyle choices and how they create a framework for promoting and actively supporting health, a healthy lifestyle and a culture where wellness is valued.

**Please briefly describe how your course addresses the content of the path.**

**Please check below to indicate which SLOs your course meets. Your course should meet at least two.**

1. Students will examine the role of personal and public health and wellness in society.
2. Students will objectively analyze health factors, habits and beliefs that positively and negatively impact health and wellness.
3. Students will identify and apply the individual and family money management practices that promote financial health and wellbeing throughout various stages of the family life cycle.
4. Students will identify the physical, psychological, and social benefits of regular physical activity and proper nutrition on health and wellness.
5. Students will understand the barriers involved with behavior modification and will identify the skills needed to facilitate motivation and behavior change.

**Please briefly describe how the SLOs are met by this course.**

**For more information on the Health and Wellness path please contact the Faculty Coordinator:**

Mary Jo Sariscsany

Department of Kinesiology

818 677-7572

Maryjo.sariscsany@csun.edu