

GE Paths: Course proposal form

Please email this form and a course syllabus to 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 gain an understanding of the political, economic, social and cultural perspectives influencing health and wellness.
2. Students will examine the role of personal and public health and wellness in society.
3. Students will objectively analyze health factors, habits and beliefs that positively and negatively impact health and wellness across cultures and communities
4. Students will identify the physical, psychological, and social benefits of health and wellness.
5. Students will understand societal barriers to maintaining personal health and wellness.

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

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

Mary Jo Sariscsany
Department of Kinesiology
818 677-7572
Maryjo.sariscsany@csun.edu

Bobbie Eisenstock
Department of Journalism
bobbie.eisenstock@csun.edu