

# **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.*

Objectives	Filled in by applicant		Filled in by committee		
	Course Activities	Course Assessments	Exemplary 3 Consistently exceeds coverage.	Benchmark 2 Exhibits and articulates some coverage.	Deficient 1 Insufficient coverage.
1. Demonstrate knowledge of how maladaptive emotional health can affect a person's wellbeing.					
2. Demonstrate knowledge of common sources of stress					
3. Describe interventions and techniques used to manage stress.					
4. Demonstrate knowledge of societal stigma, personal attitudes, and beliefs associated with mental health.					
5. Demonstrate knowledge of self-efficacy and advocacy for others experiencing emotional and mental health maladies including drugs, alcohol and tobacco use and misuse.					
6. Develop a plan to maintain healthy emotional and mental health behaviors.					
7. Demonstrate knowledge of feelings of self					
8. Develop strategies to reduce fears and insecurities.					

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:** *Demonstrate knowledge of personal finances and financial literacy necessary to promote lifelong financial wellness*

Objectives	Filled in by applicant		Filled in by committee		
	Course Activities	Course Assessments	Exemplary 3 Consistently exceeds coverage.	Benchmark 2 Exhibits and articulates some coverage.	Deficient 1 Insufficient coverage.
1. Identify income, expenses, taxes, tax advantaged strategies.					
2. Develop personal budgets, with attention to liquidity needs, savings, and investments.					
3. Identify various strategies to pay for education, and the benefits and drawbacks of various options.					
4. Demonstrate knowledge of US credit rating system and how to adapt behaviors to maximize creditworthiness.					
5. Apply time value of money concepts to basic financial planning problems, with specific applications to the US retirement system and various combinations of retirement income sources.					
6. Identify various financial institutions, account types and fee structures.					
7. Distinguish between major and non-major purchases and financing options.					
8. Demonstrate knowledge of various insurance needs and products.					

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

Reviewer Notes:

**Physical Wellness Objective:** *Demonstrate knowledge of physical health and wellbeing, risk factors for chronic disease, and the impact of dietary and exercise practices on disease prevention and management.*

Objectives	Filled in by applicant		Filled in by committee		
	Course Activities	Course Assessments	Exemplary 3 Consistently exceeds coverage.	Benchmark 2 Exhibits and articulates some coverage.	Deficient 1 Insufficient coverage.
1. Demonstrate knowledge of general and personal risk factors for chronic diseases (i.e., diabetes, cardiovascular disease, cancer).					
2. Demonstrate knowledge of exercise and its impact on mitigating risks for chronic disease					
3. Demonstrate knowledge of nutrition and its influence on health outcomes					
4. Compare current dietary practices to those associated with optimal wellness.					
5. Demonstrate knowledge of the basic principles of exercise prescription					
6. Develop a personal fitness program, incorporating all components of health-related fitness					
7. Demonstrate knowledge of the current statistics on physical activity, overweight, obesity and associated complications.					
8. Demonstrate knowledge of appropriate and necessary strategies for weight management for current and future health.					

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: