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| Date: |  |

**Personal Health and Wellness (P) Course Proposal Form**

Undergraduate Curriculum Committee

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| Department Chair: |  |
| Email address: |  |
| Phone number: |  |
| Prefix, course #, course title: |  |

**A.** All P designated courses must meet the following learning outcomes (See General Education Requirements of current Undergraduate University Catalog):

Students should have a thorough understanding of how to positively contribute to their own health and wellness through one or more of the following areas:

1. Students will assess their current state of health and wellness via completion of quantitative learning tools.
2. Student will demonstrate knowledge of current scientific data regarding cost and benefits of health choices.
3. Students will develop strategies to maintain lifelong physical, mental and social wellness.

Please underline which of the above outcomes this course will meet and explain **how** it will it do so.

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| **B.** What is the desired implementation date? (e.g. “Fall 20XX”) |  |

**C.** Please identify **the assessment tools** used to evaluate students’ ability to meet the learning outcome identified above (exam/assignment/essay/etc).

**D.** Will this course fulfill other general education requirements? If so, please list them below.

(Up to three Abilities requirements (Quantitative Literacy, Reading and Writing); a single Breadth of Academic Experience category; the Global/Cultural Perspectives requirement; and/or the Personal Health & Wellness requirement)

**E.** All instructors of P ability courses are required to participate in the Personal Health and Wellness Assessment as part of Heidelberg’s HLC Accreditation.

**F.** All proposals must be submitted by the Department Chair, along with a copy of the course syllabus.

**How to Submit:** email as a .doc or .docx, or share on Google Drive with ucc@heidelberg.edu