Wellness (WELL)

Courses

WELL 2013 Introduction to Wellness (1,2 Credit)
This course is designed to help students critically analyze the determinants of wellness in the life cycle, across socio-economic boundaries and cultures, and to promote wellness in the everyday lives we lead both personally and as members of a community. An emphasis is placed on the research and application of knowledge and skills to increase personal awareness of health and to promote wellness in the quality of life in a community.

WELL 2014 Community and Social Wellness (1,2 Credit)
This course helps students explore their own perspectives and identities in terms of community and social wellness. Students explore different facets of the community from a development approach to analyze critically what determines the relationship between community wellness and social wellness across time, the life cycle, socio-economic boundaries, cultures and communities. There are both research and service components to the course. An emphasis is placed on informed discussion, working together, sensitivity to others' perspectives, and creating greater awareness of our power to effect change in our community and our world.

WELL 2015 Spiritual and Emotional Wellness (1,2 Credit)
This course helps students explore their own perspectives and identities in terms of spirituality as it relates to personal wellness. The course creates opportunities for students to explore different spiritual experiences to analyze critically the relationship between spirituality and wellness across time, the life cycle, various socio-economic levels, cultures and communities. An emphasis is placed on informed discussion, sensitivity to others' perspectives, and creating great awareness in our community.