

Proposal Form Institutional Requirement Wellness

Faculty Initiator _____

Course _____ Date _____

Courses meeting this requirement must be three (3) semester units. In addition, each course must meet two of the following four criteria:

- Introduce a basic background in social aspects of wellness (e.g., chronic and communicable disease prevention; substance abuse).
- Provide fundamental information on the topics of physical wellness (e.g., personal fitness, nutrition).
- Increase student awareness of the impact of mental wellness on total health (e.g., stress and anger management).
- Enable students to examine the effects of environmental pollution, and to inform them concerning appropriate measures of protection.

OR

- Fulfilling the CSU General Education Breadth Requirement Area E, Lifelong Understanding and Self Development, meets the Wellness Requirement.

Describe how the proposed course **meets two** of the above listed criteria: