General Education Health and Physical Learning Electives

Courses that meet the criteria for Health and Physical Learning will encourage students to lead physically active, health-enhancing lives. These courses will focus on developing interests and behaviors that improve the student’s quality of life.

Criteria:
Courses in health and physical learning will:

- Examine concepts, principles, and strategies as they apply to healthful living;
- encourage activities that promote health, enjoyment, personal challenge, and self-expression;
- promote responsible personal and social behavior that respects self and others, and
- emphasize regular participation in behaviors that support and sustain optimal health.

Health Student Learning Outcomes:
Students will:

- Identify and evaluate their current health behaviors;
- explain the consequences of behaviors as related to one’s health status and quality of life;
- evaluate activities in terms of social, emotional, psychological and/or physical benefits, and
- exhibit the skills and knowledge to independently initiate a healthy lifestyle.

Physical Student Learning Outcomes:
Students will:

- Demonstrate knowledge and skills of safe and effective movement techniques;
- demonstrate knowledge of rules, skills, and/or etiquette that promote personal and group success in activity settings;
- identify physical activity as an opportunity for enjoyment, challenge, self-expression, and social interaction,
- reflect on ways to incorporate skills and knowledge into lifelong physical behaviors.

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