

**CRITERIA FOR GENERAL EDUCATION COURSES IN THE
INTERDISCIPLINARY AND EMERGING ISSUES
CATEGORY I: WELLNESS AND HEALTH**

DEFINITION FROM MHEC: Interdisciplinary and Emerging Issues

Courses in this category address emerging issues which many colleges have identified as essential to a full program of general education for their students. Institutions may include courses which provide an interdisciplinary examination of issues across categories, or may include content or courses which address other categories of knowledge, skills, and values which lie outside of the five traditional areas (Arts and Humanities, English Composition, Social and Behavioral Sciences, Mathematics, Biological and Physical Sciences). Such courses may not be included in a General Education program unless they provide sufficient academic content and rigor equivalent to disciplines traditionally defined as general education as presented within this document. An institution need not require any courses in this category. The maximum which may be included in this category by any institution is 8 semester hours (8 credits).

Upon successfully completing a general education course in **Wellness and Health**, students will be able to:

1. demonstrate an integration of the physical, intellectual, social, environmental and personal dimensions of wellness and health;
2. synthesize information, technologies and discoveries related to the diverse disciplines of wellness and health;
3. utilize different modes of learning (cognitive, affective and psychomotor) in the process of understanding and attaining wellness and health;
4. analyze the role of culture, society and genetic heritage in personal wellness and health;
5. determine how the risk factors contributing to diseases endemic to our society can be minimized through coping strategies;
6. assess and implement personal health and wellness methodologies;
7. prepare a plan for life-long wellness.