

GenEd Outcome Rubric

Cultivate Wellness: Demonstrate an understanding of wellness principles to promote physical and personal health.

Level 0: No Evidence	Level 1: Emerging	Level 2: Developing	Level 3: Mastery
Assignment not submitted OR Student dropped class	Does not meet expectations for proficiency in demonstrating this outcome. Has major errors, omissions, or inappropriate expressions	Meets minimal expectations for proficiency in demonstrating this outcome. Has minor errors, omissions, or inappropriate expressions	Shows proficiency in demonstrating the outcome

GECAC—Wellness Outcome Information Sheet

This document is meant to provide examples and context for the Wellness general education outcome.

General Education Wellness Outcome: Demonstrate an understanding of wellness principles to promote physical and personal health.

Intent of Wellness Outcome

Students should have an understanding that their level of wellness impacts the health and well-being of themselves and the community, now and in the future.

Helpful Definitions

Wellness: An active process of becoming aware of and making choices toward a healthy and fulfilling life in **ANY** of the six dimensions of wellness: physical, social, psychological, environmental, intellectual, and spiritual.

Health: A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity (World Health Organization).

“M” Example Assessments

Your course was chosen for this assessment because an “M” was marked on the General Education Course Audit form for the Wellness general education outcome. As a reminder, an “M” indicates that this outcome is assessed in your course. This is different from “I” (introduce) and “P” (practice) designations, whereas an “I” indicates the instructor has simply introduced the concept and a “P” indicates the student is in the process of learning the concept. Neither an “I” or “P” designation needs to be assessed in the course.

Following are a list of examples for the various divisions of assessments that could be used for a student to demonstrate mastery for this outcome. This is not an exhaustive list, but meant to give faculty ideas and illustrations that they may be able to apply in their classes.

You may notice that they all include some form of self-reflection, as the outcome is written so that students think about their personal choices and the impact of those on their life and the lives of those around them.

BTech

Impact of advertising on choices that effect wellness (fast food, photo shop...). Include a self-reflection.

Impact of consumer spending habits on wellness. Include a self-reflection.

Impact of health insurance costs. What are the biggest costs? What medications are the most expensive? Are there preventative, less expensive measures? Cost to benefit ratios? Include self-reflection.

Review career field and assess risk for injury and disease (construction site safety, overuse injuries, disease rates). Include personal narrative.

Arts and Letters

Read books like: Fast Food Nation, Closing the Gap, Resetting the Table in the Land of Plenty, The American Way of Eating. Include self-reflection on how the book affected understanding of wellness.

Write personal wellness narratives/histories.

Explore how music impacts wellness and health outcomes. Can music be a motivator for exercise? For better mental health? For stress management? Include a personal narrative.

Social Science

Explore how where you live impacts access to healthy food, education about wellness, access to healthcare, increased risk for chronic disease. Perform a personal assessment in these various areas and relate it to the students' home town or current city of residence.

Communication classes could choose speech topics relevant to wellness.

Demonstrate how our interactions with others impact our wellness. This assignment should be student-focused. How has the student's interactions with others impacted their wellness?

Psychology classes discussing stress management, choices that impact mental health, connection between physical and mental health. Include a personal narrative.

Science and Math

Demonstrate an understanding of nutrition and exercise in a physiology course and apply it to personal wellness with a paper, presentation, or exam question.

Review health data/stats and include a personal narrative about wellness relating to that data (i.e. looking at obesity data, type 2 diabetes, and physical inactivity data from the CDC).

Statistically analyze research related to wellness, such as the correlation of high BMI and metabolic syndrome or COVID-19. Include a personal reflection.

Health and Wellness

Demonstrate an understanding of nutrition and exercise and their impact on health in lifelong wellness courses.

Review various diseases and the impact that lifestyle choices have on risks for them and treatment of them. Include assessing own risks based on those choices.