



Wellness

I by Students
(Use Bibliographic Form):

N: **Textbooks and Materials to be Purchased**

Tribute to a Good Teacher: A New Beginning You'll Be Getting Your Healthy Balance, Duluth, Minnesota: Whole Person Associates, 1991 (\$20) 1993

Major Concepts:

the course

1. **Wellness is a holistic, multidimensional concept which encompasses not only the body, mind and spirit of the individual but extends to an ecological perspective.**

Evaluation:

n of evaluation and assessment tools for this course will be based on:

Selection

- 1 . Adherence to college evaluation policy regarding number and weighting of evaluations. This course will consist of five separate evaluations.

- 2 . A combination of evaluation instruments that include opportunities for students to demonstrate knowledge, skills, attitudes, and/or group/narrative research.

- 3 . A combination of evaluation instruments that include opportunities for both student and instructor participation in evaluation that is program/instructor evaluation.

- 4 . Evaluation being used as a teaching and learning tool by instructors.

- 5 . Commitment to student self-assessment.