



**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 behaviors through group, narrative, research, sequences and progress.

1 Evaluation being used as a teaching and learning tool for both students and instructors.

Participation in evaluation through such processes as self-assessments, peer-assessments, program/instructor evaluation.

5 Opportunities to students as self-assessment