**Characteristics of Health and Wellness**

**HW**

***The Definition of Health and Wellness at Nazareth College***

Health and wellness is a multi-faceted and life long process. Living well means learning to make healthy decisions in various aspects of one’s life—environmentally, intellectually, emotionally, physically, socially, financially, and spiritually. The college years are a critical time in the development of lifelong health habits.

***The Goals and Objectives of Health and Wellness***

Student may choose to engage in one (or more) of a number of very different Health and Wellness Pathways depending on their interests, but there is a common set of Core Student Learning Outcomes, which are the same ‘across the board’.

Successful students are able to:

* Identify the multiple components of living well
* Identify the benefits of a healthy lifestyle
* Possess basic health literacy skills

***Health and Wellness Pathways***

Building upon the Health and Wellness foundation established in ACS, students choose one identified HW pathway from the following options:

* A non-credit-bearing HW course (formerly known as PE)
* A credit-bearing HW designated course offering
* Participation on a Nazareth athletic team for at least one season

***HW Pathway Structure and Capturing Student Completion***

Students must fulfill the requirements of their chosen Pathway in order to satisfy their Core Curriculum Health and Wellness requirement. In addition, if appropriate in a particular Pathway, students may be responsible for reflecting on their experience and archiving their reflections and other artifacts from their HW in Portfolio@Naz (P@N).

Typically, in a course-based HW, successful completion of the course entails successful completion of the HW Requirement. Such courses will have an ‘HW attribute’ attached to them in the NazNet system that is tracked on students’ degree audits. A credit-bearing HW course must demonstrate how it incorporates components of the Wellness Wheel (below) that has been adopted by the Nazareth College Wellness Steering Committee.



In a non-course-based HW activity (e.g., participation on a team), the Activity Leader will be trained to upload the names of students who have successfully completed the HW into NazNet.

***Health and Wellness Best Practices***

Consistent with Nazareth College’s definition, goals and objectives for this requirement, HW Pathways are integrative, facilitative and inclusive. Adapted from ACHA’s ‘Standards of Practice for Health Promotion in Higher Education’:

[Health and Wellness] initiatives are theory-based and evidence informed, carefully implemented … to maximize effectiveness, and evaluated for achievement of desired learning and performance objectives for [Core Student Learning] outcomes … Health [and Wellness] promotion in higher education advocates for health [and wellness]-supporting environments guided by cultural inclusion, respect, equality, and equity. (ACHA, 2012)

American College Health Association (2012). Standards of practice for health promotion in higher education (3rd ed., May 2012). Hanover, MD.

***Student Reflection on Health and Wellness Experiences***

Ideally, students will have engaged in a number of HW opportunities while at Nazareth College.

Students have an opportunity to think about their HW experiences in the Core Milestone Experience (CME). Students who have not yet completed their HW will, in the CME, learn from other students about the Health and Wellness options and what is possible in each.

***Approval of HW Courses and Non-credit-bearing HW Activities***

Non-credit-bearing HW courses (i.e., those previously listed as PE courses) will not be required to go through an approval process with the Health and Wellness Committee.

Instructors who would like the HW designation for a course should submit their course syllabus, along with a description of how their course incorporates components of the Wellness Wheel to the Health and Wellness Committee (through the Director of the Core) for their review.

* For Spring courses, materials are due in mid-August.
* For Fall courses, the deadline is early January.

Faculty and staff may offer a course or activity that fits the HW criteria, yet choose not to have it count as an HW for students.

Students transferring to Nazareth College may use HW activities from their prior institution(s) to satisfy the Nazareth College HW requirement.

***Oversight of Health and Wellness***

Oversight of HW will be conducted by the Health and Wellness Committee.

* Review of materials for new courses
* Decision-making regarding logistical issues as they arise
* Professional development for HW Pathway leadership
* Assessment, etc.

Membership will include (at minimum) the Director of Athletics, an elected member of the Core Curriculum Committee, and an Academic & College Success instructor.

Questions about HW should be directed to the HW Committee or the Director of Core.