In this course, students work on a definition of holistic health, learn about mental health and stress management, study nutrition standards, develop physical fitness plans, explore spirituality's effect on health, and consider responsibility for environmental health. Students also learn criteria to judge the effectiveness of different health care approaches and evaluate a variety of health care practitioners. The course requires exploring information through written bibliographies, reading, writing major papers and interviewing.

B. Course Effective Dates: 08/01/1998 - 09/05/1999 09/06/1999 - Present

C. Outline of Major Content Areas:

See Course Description for major content areas.

D. Learning Outcomes (General)

   1. Student will analyze the impact of the social, cultural and behavioral factors that influence mental and physical health.
   2. Student will apply knowledge to develop a personal wellness plan.
   3. Student will learn historical and contemporary models of whole person health

E. Learning Outcomes (MN Transfer Curriculum)

Goal LS - Upper Division Liberal Studies
   None
Goal 05 - Hist/Soc/Behav Sci

   1. Use and critique alternative explanatory systems or theories.
   2. Develop and communicate alternative explanations or solutions for contemporary social issues.
   3. Examine social institutions and processes across a range of historical periods and cultures.

G. Special Information

None