



Alabama Community College System

HED 226 Wellness

I. HED 226 Wellness —3 Semester Hours

II. Course Description

This course provides health-related education to those individuals seeking advancement in personal wellness. Major emphasis is on the nine dimensions (physical, emotional, intellectual, spiritual, social environmental, occupational, financial, and cultural) of wellness and how they all play a part in the overall wellness of an individual.

III. Prerequisite

None

IV. Textbook

NOTE: Replace this statement with required textbook information.

Due to the varied selection of quality college-level textbooks, each college will select the textbook needed to meet the requirements of this course.

V. Course Learning Outcomes

By the end of the course, students will be able to:

1. describe how the different dimensions of wellness are integrated into health.
2. explain ways to enhance their life in each dimension of wellness.
3. explain the process of how to make changes in behavior to reach management goals.

VI. Course Outline of Topics

1. Wellness
2. Physical wellness
3. Emotional wellness
4. Intellectual wellness
5. Spiritual wellness
6. Social wellness
7. Environmental wellness
8. Occupational wellness
9. Financial wellness
10. Cultural wellness

VII. Evaluation and Assessment

Grades will be given based upon A = 90 – 100%, B = 80 – 89%, C = 70 – 79%, D = 60 – 69%, and F = below 60%.

VIII. Attendance

Students are expected to attend all classes for which they are registered. Students who are unable to attend class regularly, regardless of the reason or circumstance, should withdraw from that class before poor attendance interferes with the student's ability to achieve the objectives required in the course. Withdrawal from class can affect eligibility for federal financial aid.

IX. Statement on Discrimination/Harassment

It is the official policy of the Alabama Community College System and entities under its control, including all Colleges, that no person shall be discriminated against on the basis of any impermissible criterion or characteristic, including, without limitation, race, color, national origin, religion, marital status, disability, sex, age, or any other protected class as defined by federal and state law. (ACCS Policies 601.02 and 800.00)

X. Americans with Disabilities

The Rehabilitation Act of 1973 (Section 504) and the *Americans with Disabilities Act* of 1990 state that qualified students with disabilities who meet the essential functions and academic requirements are entitled to reasonable accommodations. It is the student's responsibility to provide appropriate disability documentation to the College.