GE Standard VII: Student Learning Outcome VII Standard

Courses seeking to meet the Student Learning Outcome VII Standard must certify by qualifying under the Matrix of Certification that follows.

General Education Committee - SLO VII Matrix for Certification

If courses applying for SLO VII General Education certification do not meet the following requirements (all boxes must receive a √), they will not advance through the review process:

- Course must be offered through the College of Health Sciences
  - In the interest of promoting ESUs co-teaching model/philosophy, cross-listed and co-taught courses will be considered if the course is listed in the College of Health Sciences and one of the assigned faculty is from the College of Health Sciences.
- Course must include key assessments that conspicuously address SLO VII and the aligned health-wellness related topics (see matrix)
- Course must include self-evaluative instruments that conspicuously address SLO VII and the aligned health-wellness related topics (see matrix)
- Course must include a physical activity component that is faculty led, and must be able to demonstrate student participation in faculty-led physical activities that explore the health-related components of physical fitness (numbered as 1 on matrix). As a guideline, a faculty member offering an SLO VII course is asked to consider devoting the appropriate percentage of their course to physical activity as determined by the matrix below. For example, a faculty member choosing 5 health areas below is asked to consider devoting 20% of their course to a physical activity component.
- Course must include essential content demonstrating attention to health literacy (numbered as 2 on matrix).
- Course must include an additional 3 of 7 health-related content areas (numbered as 3 - 9 on the matrix).

The following two health- and wellness-related content areas MUST be included in any course applying for General Education - SLO VII status.

<table>
<thead>
<tr>
<th>1. Health-related components of physical fitness</th>
<th>□ In the space below, briefly list and describe those key assessments and self-evaluative instruments that address the health-related components of physical fitness.</th>
</tr>
</thead>
<tbody>
<tr>
<td>☑ Faculty-led, student participation in the health-related components of physical fitness must be apparent.</td>
<td>□ In the space below, explain how this course incorporates student participation in faculty-led physical activities in order to explore the health-related components of physical fitness.</td>
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<tr>
<th>Examples of essential content might include:</th>
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<td>• Health-related components of physical fitness;</td>
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</table>
- Physical activity and chronic disease;
- Principles of fitness (e.g. overload, progression, rest and recovery, etc.);
- Skill-related components of physical fitness.

### 2. Health Literacy

- **Ability to obtain, read, and understand health-related information to make appropriate health decisions.**
  - Examples of essential content might include:
    - Consumer literacy as related to personal health;
    - eHealth literacy as related to personal health;
    - Media and information literacy as related to personal health.

In the space below, briefly list and describe those key assessments and self-evaluative instruments that address health literacy.

### 3. Nutrition

- **Examples of essential content might include:**
  - Essential nutrients;
  - Nutritional challenges during emerging adult years;
  - Acquisition of skill to improve nutrition;
  - Creating a behavior change plan for healthy personal nutrition.

In the space below, briefly list and describe those key assessments and self-evaluative instruments that address nutrition.

Any course applying for General Education - SLO VII status also must include a minimum of 3 of 7 of the following health- and wellness-related content areas.
4. Weight management and body composition
✓ Examples of essential content might include:
  • Evaluating body composition for lifelong wellness;
  • Assessment of health-risks;
  • Acquisition of skills to maintain or improve healthy body composition.

In the space below, briefly list and describe those key assessments and self-evaluative instruments that address weight management and body composition.

5. Stress Management
✓ Examples of essential content might include:
  • Emerging adult stressors;
  • Stress and disease;
  • Strategies to manage stress;
  • Acquisition of skills to maintain or improve stress.

In the space below, briefly list and describe those key assessments and self-evaluative instruments that address stress management.

6. Healthy sexuality
✓ Examples of essential content might include:
  • Healthy sexuality challenges common among emerging adults;
  • Sexual behaviors;
  • Contraception;
  • Sexually transmitted infections;
  • Acquisition of skills to maintain or improve sexual health.

In the space below, briefly list and describe those key assessments and self-evaluative instruments that address healthy sexuality.

7. Healthy relationships
✓ Examples of essential content might include:
  • Theories of love and sexuality;
  • Supportive relationships as emerging adults;

In the space below, briefly list and describe those key assessments and self-evaluative instruments that address healthy relationships.
- Characteristics of healthy partnerships.

<table>
<thead>
<tr>
<th>8. Drug use and abuse</th>
<th>In the space below, briefly list and describe those key assessments and self-evaluative instruments that address drug use and abuse.</th>
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<tr>
<td>✓ Examples of essential content might include:</td>
<td></td>
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<tr>
<td>• Drug use among emerging adults;</td>
<td></td>
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<tr>
<td>• Health risks associated with drug use and abuse;</td>
<td></td>
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<tr>
<td>• Resources for use and abuse assistance.</td>
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<tr>
<th>9. Consumer health and options in health care</th>
<th>In the space below, briefly list and describe those key assessments and self-evaluative instruments that address consumer health and option in health care.</th>
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<td>✓ Examples of essential content might include:</td>
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<tr>
<td>• Navigating health care and coverage;</td>
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<tr>
<td>• Self-care, medical care, and lifelong wellness;</td>
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<tr>
<td>• Assessing medical care options.</td>
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