

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.	
1. Health-related components of physical fitness <ul style="list-style-type: none">❖ Faculty-led, student participation in the health-related components of physical fitness must be apparent.✓ Examples of essential content might include:<ul style="list-style-type: none">• Health-related components of physical fitness;	<ul style="list-style-type: none"><input type="checkbox"/> <i>In the space below, briefly list and describe those key assessments and self-evaluative instruments that address the health-related components of physical fitness.</i> <input type="checkbox"/> <i>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.</i>

<ul style="list-style-type: none"> • Physical activity and chronic disease; • Principles of fitness (e.g. overload, progression, rest and recovery, etc.); • Skill-related components of physical fitness. 	
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<p>2. Health Literacy</p> <p>✓ Ability to obtain, read, and understand health-related information to make appropriate health decisions.</p> <p>✓ Examples of essential content might include:</p> <ul style="list-style-type: none"> • Consumer literacy as related to personal health; • eHealth literacy as related to personal health; • Media and information literacy as related to personal health. 	<p><i>In the space below, briefly list and describe those key assessments and self-evaluative instruments that address health literacy.</i></p>
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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

<p>3. Nutrition</p> <p>✓ Examples of essential content might include:</p> <ul style="list-style-type: none"> • Essential nutrients; • Nutritional challenges during emerging adult years; • Acquisition of skill to improve nutrition; • Creating a behavior change plan for healthy personal nutrition. 	<p><i>In the space below, briefly list and describe those key assessments and self-evaluative instruments that address nutrition.</i></p>
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<p>4. Weight management and body composition</p> <p>✓ Examples of essential content might include:</p> <ul style="list-style-type: none"> • Evaluating body composition for lifelong wellness; • Assessment of health-risks; • Acquisition of skills to maintain or improve healthy body composition. 	<p><i>In the space below, briefly list and describe those key assessments and self-evaluative instruments that address weight management and body composition.</i></p>
<p>5. Stress Management</p> <p>✓ Examples of essential content might include:</p> <ul style="list-style-type: none"> • Emerging adult stressors; • Stress and disease; • Strategies to manage stress; • Acquisition of skills to maintain or improve stress. 	<p><i>In the space below, briefly list and describe those key assessments and self-evaluative instruments that address stress management.</i></p>
<p>6. Healthy sexuality</p> <p>✓ Examples of essential content might include:</p> <ul style="list-style-type: none"> • Healthy sexuality challenges common among emerging adults; • Sexual behaviors; • Contraception; • Sexually transmitted infections; • Acquisition of skills to maintain or improve sexual health. 	<p><i>In the space below, briefly list and describe those key assessments and self-evaluative instruments that address healthy sexuality.</i></p>
<p>7. Healthy relationships</p> <p>✓ Examples of essential content might include:</p> <ul style="list-style-type: none"> • Theories of love and sexuality; • Supportive relationships as emerging adults; 	<p><i>In the space below, briefly list and describe those key assessments and self-evaluative instruments that address healthy relationships.</i></p>

<ul style="list-style-type: none"> • Characteristics of healthy partnerships. 	
<p>8. Drug use and abuse</p> <p>✓ Examples of essential content might include:</p> <ul style="list-style-type: none"> • Drug use among emerging adults; • Health risks associated with drug use and abuse; • Resources for use and abuse assistance. 	<p><i>In the space below, briefly list and describe those key assessments and self-evaluative instruments that address drug use and abuse.</i></p>
<p>9. Consumer health and options in health care</p> <p>✓ Examples of essential content might include:</p> <ul style="list-style-type: none"> • Navigating health care and coverage; • Self-care, medical care, and lifelong wellness; • Assessing medical care options. 	<p><i>In the space below, briefly list and describe those key assessments and self-evaluative instruments that address consumer health and option in health care.</i></p>