

WELLNESS

WELL 100 Wellness: Science and Practice Units: 3.00

This course is an introduction to the science and practice of well-being. It examines the utility of the stress response and lifestyle factors like sleep, fitness and diet that influence it. The course will review basic techniques for adaptively regulating the stress response, including cognitive and emotional regulation techniques, time management, and interpersonal effectiveness. Students will actively engage in activities known to improve wellness. The course will have an extensive practical component to allow students to engage in such activities.

Learning Hours: 126 (18 Lecture, 48 Online Activity, 12 Off-Campus Activity, 48 Private Study)

Requirements: Prerequisite None.

Offering Faculty: Faculty of Arts and Science

Course Learning Outcomes:

1. Describe and evaluate the science of stress and stress management
2. Apply scholarly evidence to articulate the relationship between lifestyle factors and well being
3. Evaluate and measure personal lifestyle factors that affect wellbeing
4. Identify and appropriately utilize basic stress management techniques
5. Identify and apply methods for overcoming common barriers to implementation of stress management techniques