

## **Designation of Courses and Activities to be Considered as Satisfying the Health Experience (EH)<sup>1</sup>**

### Component Content/Methodology

Health is defined as relating to the physiological, psychological, and social well-being of an individual. Approved courses, activities, or projects satisfying the health experience should increase awareness of factors related to an aspect of health (physiological, psychological, or social), and develop evaluation and decision making capabilities (choices and actions) related to health issues, and generally influence thinking about health.

Health Experience approved courses, activities, or projects must address at least one component of health: physiological, psychological (including emotional and spiritual health aspects), or social; and must satisfy one or more course goals, as follows.

### Experience Goals

- ability to identify and understand factors affecting physiological health, including internal and external factors (e.g., environment), and means for affecting physiological health, as well as familiarity with optimal physiological health habits (e.g., dietary patterns and physical activity);
- engagement in regular physical activity;
- ability to identify and understand factors affecting mental and social health including life stressors, and social activities and relationships, and means for affecting mental and social health;
- capacity to develop or practice strategies for dealing with life stressors and other factors affecting mental and social health;
- ability to identify and understand the influence of socio-cultural factors on health and well-being;
- capacity to obtain, evaluate, and understand information and resources associated with health issues.

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<sup>1</sup> See categories of health and definitions at [http://www.nihpromis.org/reference\\_material/domain\\_definitions.asp](http://www.nihpromis.org/reference_material/domain_definitions.asp).