

Health Experience Explanation, Options, and Suggestions

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.

The Health Experience was designed to be flexible, and to allow for the possibility of both course and non-course fulfillment. Students must successfully complete one Health Experience to meet their General Education requirement. All Health Experience activities must be completed **POST-HIGH SCHOOL** in order to qualify.

Any SIUE course that carries a Health Experience designation will fulfill the requirement. Students can also meet the Health Experience requirement by petitioning to the General Education Committee non-SIUE coursework at accredited colleges or universities, activities, or projects that satisfy one or more course goals, as follows:

- 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

Students must complete the Health Experience Completion Form and attach documentation that provides evidence that the course or activity meets at least one of the experience goals listed above to the Service Center. Documentation can include such items as course content, evidence of time commitment, training logs, statement from a personal trainer, schedule of activities attended, etc. The General Education Committee will determine the fulfillment of the Health Experience requirement.

Submit the request form and documentation to the Service Center, Rendleman Hall, Room 1309, or mail to: SIUE, Service Center, Box 1080, Edwardsville, IL 62026.

Health Experience Completion Request Form

Student Name _____ **University ID 800** _____

The Health Experience was designed to be flexible, and to allow for possibility of both course and non-course fulfillment. Students only need to successfully complete one Health Experience to meet the General Education requirement.

Request for transfer course to meet the Health Experience requirement:

*Syllabus or summary of course activities must be attached

Institution _____ Course _____

Term Completed _____

Explanation of how transfer course relates to at least one of the health experience goals:

Pre-Approved Health Experience (non-SIUE) course options:

Health Experience credit will be granted when a student provides dated certification that shows they have completed one of the following experiences **post-high school**. Certification materials should be presented to the Service Center. Check one:

- | | |
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| <ul style="list-style-type: none"> <input type="radio"/> One semester (or more) in collegiate Varsity Athletics <input type="radio"/> One semester (or more) in Club Athletics <input type="radio"/> PADI SCUBA diving certification (initial training only, not recertification) <input type="radio"/> Emergency Medical Response certification (initial training only, not recertification) <input type="radio"/> Lifeguard certification (initial training only, not recertification) <input type="radio"/> Basic Training (Military) <input type="radio"/> Completion of SIUE Indoor Triathlon | <ul style="list-style-type: none"> <input type="radio"/> Certified Yoga Instructor <input type="radio"/> Certified ACSM Personal Trainer <input type="radio"/> Certified ACSM Group Exercise Instructor <input type="radio"/> Completion of at least FIVE Health Experience designated SIUE Student Academic Success Sessions through the Office of Retention and Student Success <input type="radio"/> Completion of Introduction and at least 5 additional modules of the DSS "Online Learning Community Course" [currently only available for students registered for DSS] |
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Attached documentation: _____

The General Education Committee reserves the right to request additional documentation when needed.

Student Signature

Date

Office Use Only

Rec'd by:	Date Rec'd:	Date to GE Committee:
Entered into Banner:	Student notified via email:	4/10/14 hmy

Designation of Courses and Activities to be Considered as Satisfying the Health Experience (EH)

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.