

GE CRITERIA APPROVAL FORM

Course Number and Title: PHED 110. Wellness (2)

Faculty Member(s) Proposing Course: Philip Hampton

Indicate which of the following categories would be satisfied by this course by marking an "X" on the appropriate lines.

Courses may be placed in up to two GE categories as appropriate. Upper Division Interdisciplinary GE courses may be placed in two categories plus the UDIGE category.

	A1: Oral Communication
	A2: English Writing
	A3: Critical Thinking
	B1: Physical Sciences
	B2: Life Sciences
	B3: Mathematics
	B4: Computers and Technology
	C1: Fine Arts
	C2: Literature
	C3: Languages & Cultures
	D: Social Perspectives
X	E: Human Psychological & Physiological Perspectives
	Upper Division Interdisciplinary GE

Lab Included? Yes _____ No X

Please provide a brief explanation of how the proposed course meets each of the criteria for the selected General Education categories.

All Category E courses shall:

- Promote an understanding that humans, as physiological and psychological beings, exist and live in a social and physical environment.
- Focus on some aspect of human physiology, psychology, health, or physical activity.

This course will examine physical education and health perspectives on wellness including various exercise forms, fundamental concepts of diet and nutrition, mental fitness fundamentals and concepts, stress and how to handle it, longevity, and mind-body connections.