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**Department of Behavioral Sciences**

**Description and Learning Outcomes for the Holistic Health and Well-Being Certificate**

The certificate in Holistic Health and Well-Being provides students with a set of skills to help them live a better life. The certificate introduces holistic health practices and explores the ways in which social factors such as race, class, gender, and physical environment affect individual and community wellness. Students also investigate the ways in which technology has both enriched and impaired their lives. In the capstone, students implement a holistic self-intervention strategy to promote a healthier lifestyle and design a community-focused health intervention to improve the lives of others.

**Learning Outcomes:**

1. Demonstrate a comprehensive understanding of the arc of human health and illness from ancient times when pathogens ruled and plagues ensued, to our contemporary era where progress in human health is in question.

2. Demonstrate through participation the ways in which activities in holistic health and positive psychology can be used to elicit relaxation, increase resiliency, and optimize health.

3. Demonstrate an understanding of sociological concepts of health and illness, as well as the political, economic, cultural, and environmental factors that shape health, illness, and health disparities in the US and globally.

4. Demonstrate an understanding of theoretical models for sustainable and positive behavior change and apply such models on both individual- and community-based levels.

5. Experience the benefits, challenges, and potential pathological reactions to being “unplugged” in a technology-mediated society.

**Learning Outcomes Assessed in Each Course:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Course** | **LO1** | **LO2** | **LO3** | **LO4** | **LO5** |
| BIOL 271 | X |  |  |  | X |
| PSYC 372 |  | X |  |  |  |
| SOCI 373 |  |  | X |  |  |
| PSYC 374 |  |  |  | X |  |