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| **PBHS: 21 Personal Health and Wellness**  |
| Student Learning Outcomes | Measure | PLO | ILO | GE |
| 1. Students will demonstrate knowledge about fundamental principles of health promotion/belief theories.
 | Pre/Post Test | PLO 1 | III |  |
| 1. Students will apply health promotion and belief models to health topics including but not limited to nutrition, exercise, weight control, mental health, stress management, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards and safety.
 | Poster Presentation and Oral Presentation  | PLO 1PLO 2PLO 3PLO 4  | IIIIIIIV |  |
| 1. Students will apply course material to improve thinking, problem solving and decision making at the individual level.
 | Essay and Rating of self reported change | PLO 1PLO 2PLO 3 | IIIIIIIV |  |
| 1. Students will apply course material to explain and apply principles to overall community wellness.
 | Poster Project, Oral Presentation and Final Assessment | PLO 1PLO 2PLO 3PLO 4 | IIIIV |  |

PLOs:

1. Students will demonstrate the ability to comprehend, apply the multi-dimensional approach of public health sciences.
2. Students will identify proactive factors for disease prevention and risk factors for disease and disability.
3. Students will demonstrate and apply behavior-changing techniques to maximize health and wellness.
4. Students will demonstrate the concepts of research, program planning and evaluation strategies

ILOs:

1. Think critically and evaluate sources and information for validity and usefulness.
2. Communicate effectively in both written and oral forms.
3. Demonstrate competency in a field of knowledge or with job-related skills.
4. Engage productively in all levels of society – interpersonal, community, the state and nation, and the world.