

SOUTHERN ILLINOIS UNIVERSITY EDWARDSVILLE

Health Experience Explanation, Options, and Suggestions

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.

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.

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

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.

Please contact the chair of the General Education Committee, currently Dr. Eric Voss, for more information at evoss@siue.edu.

**SOUTHERN ILLINOIS UNIVERSITY
EDWARDSVILLE**

Health Experience Completion Request Form

Request for consideration of experiences not included on the pre-approved list

Student Name _____ University ID 800 _____

e-ID _____ Phone: _____

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.

Requirements for consideration of experiences not included on the pre-approved list:

- Experience must be completed **post-high school graduation**. Documentation must be submitted to the General Education Committee for review with this request.
- **Submission to the Committee is NOT a guarantee of acceptance.** The Committee reviews each case separately on its own merits.
- Submission should be accompanied by the completed checklist and a narrative discussion of how the activity met one or more goals of the Health Experience. Narratives should also address the time commitment devoted to the activity and offer an overview of the content/engagement involved.

Activity _____ Must state hours completed _____

Statement relating the activity to one or more of the health experience goals. Narratives should also address the time commitment devoted to the activity and offer an overview of the content/engagement involved. (Attach additional sheet of paper if needed.)

Attached documentation: _____

The General Education Committee reserves the right to request additional documentation when needed. Students will be notified of the committee's decision via SIUE email.

Student Signature

Date

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

Rec'd by:	Date Rec'd:	Date to GE Committee:
Entered into Banner:	Student notified via email:	2/27/20 hmy