

## Department of Health, Physical Education and Athletics

### Wellness Management

#### Writing and Speaking Across the Curriculum Plan

**Goal:** Graduates will use written and oral communication skills in their roles as wellness/health promotion professionals. These skills will help them to effectively communicate with clients, individuals in private business and industry, community organizations, and health care professions. Students will graduate with skills in needs assessment, program planning and implementation, and program evaluation.

**Objectives:** Graduates entering the field of Health Promotion and Wellness will:

1. Use a variety of techniques to effectively communicate with clients, and health care providers.
2. Analyze and apply theories used in health promotion and wellness.
3. Explain the need for and benefits of the implementation of health promotion/wellness programs.
4. Evaluate the effectiveness of health education programs.
5. Identify and prescribe exercise programs based on needs assessments.
6. Design and implement educational programs with specific program objectives.
7. Use a variety of instructional strategies to present programs.
8. Demonstrate effective prescription and leadership skills.
9. Identify funding sources and write grant proposals.
10. Effectively communicate with colleagues in a professional manner.

**Courses:** The writing and speaking component will be met by successful completion of the following core courses:

### HSC 310 Disease Lifestyle and Environment

- Group and individual written projects/presentation
- Reading assessments and learning review
- Worksite injury fact sheet

### HSC 448 Health Promotion Program Planning

- In-class written responses
- Oral presentation(s)
- Project(s)
- Term paper(s)

### HSC 460 Exercise Prescription and Leadership

- Skill demonstration
- Peer instruction
- Design and administer an exercise program for an adult client based on data, medical screening and medical history

### HSC 470 Wellness Skills: Application and Assessment

- Teaching assignments
- Written assignments (mini-grant, media campaign, program plan)

### HSC 488 Evaluation and Research in Health Promotion

- Article critiques
- Literature review
- Needs assessment
- Data analysis and interpretation
- Final research paper and oral presentation