

# Implementing Wellness into Higher Education Curriculum

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## INTRODUCTION

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## Presentation Objectives

- Participants will be able to:
  - Learn about and describe criteria that make up a contemporary and successful Wellness major
  - Learn about and give examples of how to implement a Wellness major and curriculum
  - Implement a positive and effective Wellness major and curriculum at their respective institutions

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## National Recognition

- National Strength & Conditioning Association (NSCA) Education Recognition Program (ERP), 2012
- National Wellness Institute Distinguished Academic Program Award, 2011
- Best Practices for Wellness, National Student Affairs Best Practices Reports, 2008
- Recognized by American Association for Physical Activity & Recreation (AAPAR), 2008
- Recognized by Fitness Business News, 2008

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## A Brief History of Waldorf College

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## BUILDING THE WELLNESS MAJOR

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### The Waldorf Wellness Major in the Beginning

- WEL 101 Concepts of Wellness
- Philosophy of and reasoning for a Wellness major
- Six-dimension model of wellness
  - Social
  - Physical
  - Emotional
  - Intellectual
  - Environmental
  - Spiritual

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### The Waldorf Wellness Major in the Beginning (cont.)

- Selling the "Concept of Wellness"
  - Student recruitment for an atypical major
  - Cost of program
  - Holistic emphasis
  - Practical skills
  - Job prospects
  - Applicability of major to variety of careers

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### The Waldorf Wellness Major in the Beginning (cont.)

- Early major proposals
  - Rationale
  - Course of study
  - Course requirements
  - Map it out
  - Faculty needs
  - Resources required
  - Additional necessary expenses
  - Assessment plan
- Three tracks
  - Management
  - Pre-Physical Therapy/Pre-Occupational Therapy-Science
  - Children's Wellness

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## Goals, Objectives, and Benefits of the Waldorf Wellness Major

- Strong science foundation partnered with a hands-on learning approach
- Many opportunities for experiential learning
- Community service opportunities
- Internships
- Limitless career opportunities
- Opportunities to explore one's own wellness




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## Waldorf's Contemporary Wellness Major

- Several revisions have been made since the major's conception
- Exercise science AND health promotion
  - Wellness Minor: Health Promotion or Exercise Science
- Seven-dimension model of wellness
  - Added Occupational
- Five tracks
  - Fitness Management
  - Pre-Professional
  - Children's Wellness
  - Exploratory
  - Strength & Conditioning




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WALDORF COLLEGE WELLNESS BA		
<b>WALDORF CORE REQUIREMENTS</b>		
ENGLISH 102 (3)		
ENGL 103 Introduction to Biblical Literatures (3)		
ENGL 200 (Practic. Contemp. Bible/Issue) (3)		
ENGL 300 Upper Division Bible (5-6)		
<b>SCIENCE</b>		
PHS 111 Diet & Health (3)		
HEM 120 Diet & Nutrition (3)		
HEM 130 PE Science (1)		
MATH 101 (or higher)** (4)		
ENGL 102 (Practic. Contemp. Bible/Issue)** (4)		
<b>BEHAVIORAL/SOCIAL SCIENCE</b>		
PSY 111 General Psychology (3)		
PSY 144 Human Growth & Dev. (3)		
<b>WELLNESS/PROFESSIONAL ACTIVITY</b>		
WEL 101 Concepts of Wellness (1)		
COULC 100 COURSE REQUIREMENT (1)		
GLOBAL COURSE REQUIREMENT ...		
<b>TOTAL CORE CREDITS</b>	<b>4</b>	
<b>REQUIRED SUPPORTING CLASSES</b>		
PED 170 Pract. Asst/CPRE (1)		
SOC/PSY 230 Child & Adolescent OR SOC/PSY 265 Health Psychology OR WEL 230 Behavior Abuse (3)		
PED 272 Treatment of Athletic Injuries (2)		
PE Activity - Strength Component: PED 111 Weight Training (5)		
PE Activity - Cardiovascular Component: One of the following: PED 106 Aerobics, PED 109 Rowing, or PED 113 Lap Swim (5)		
<b>Other Requirements</b>		
ENGL 102 (Practic. Contemp. Bible/Issue)** (4)		
CHM 121 Chemistry in Society** (3)		
BUS 330 Principles of Management (4)		
<b>TOTAL SUPPORT CLASS CREDITS</b>	<b>18</b>	
<b>WELLNESS CORE COURSES</b>		
EDU/WEL 207 Principles of Nutrition (2)		
PED/WEL 211 Personal/Community Health (3)		
WEL 212 Stress Management (2)		
WEL 310 Health Promotion & Education (3)		
WEL 320 Nutrition for Sport & Fitness (3)		
WEL 330 Dietetics & Physiology (4)		
WEL 350 Fitness Measurement & Eval. Prac. (4)		
WEL 380 Wellness Prog. Develop./Admin. (4)		
WEL 390 Exercise (3)		
WEL 405 Fitness Program Admin. (4)		
WEL 410 Experiential Wellness (3)		
WEL 430 Wellness Prog. W/ Special Pop. (2)		
WEL 450 Senior Seminar (2)		
WEL 495 Internship (4)		
<b>TOTAL WELLNESS CREDITS</b>	<b>45</b>	
<b>WELLNESS SPECIALTY TRACKS</b>		
<i>Students must fulfill requirements in at least one track in order to complete requirements for the BA degree.</i>		
<b>FITNESS MANAGEMENT TRACK</b>	<b>EXPLORATORY TRACK</b>	<b>STRENGTH AND CONDITIONING TRACK</b>
The Discovery Track requires the completion of 20 additional credits from other disciplines, which must be approved by both the student's advisor and the Wellness Department Chair. This track is intended to allow students to explore an area of interest or a variety of areas of interest.		
WEL 101 Concepts of Wellness (1)		
WEL 212 Stress Management (2)		
WEL 310 Health Promotion & Education (3)		
WEL 320 Nutrition for Sport & Fitness (3)		
WEL 330 Dietetics & Physiology (4)		
WEL 350 Fitness Measurement & Eval. Prac. (4)		
WEL 380 Wellness Prog. Develop./Admin. (4)		
WEL 390 Exercise (3)		
WEL 405 Fitness Program Admin. (4)		
WEL 410 Experiential Wellness (3)		
WEL 430 Wellness Prog. W/ Special Pop. (2)		
WEL 450 Senior Seminar (2)		
WEL 495 Internship (4)		
<b>TRACK CREDITS</b>	<b>28</b>	<b>28</b>
<b>BA DEGREE TOTAL = 124 CREDITS*</b>	<b>BA DEGREE TOTAL = 124 CREDITS*</b>	<b>BA DEGREE TOTAL = 124 CREDITS*</b>
* = A minimum of 124 credits are required to graduate. A cumulative GPA of 2.0 and a grade of C- or above is required in all core, required, and supporting courses of the major.		

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### The Future of Waldorf's Wellness Major

- Study abroad opportunities
- Increased personal training opportunities
- Build and recruit for fifth track – strength and conditioning
- Hiring of faculty
- NWI academic program accreditation
- Wellness conference and other related field trips

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### Challenges to Creating a Wellness Major

- Hiring qualified, credentialed faculty who understand and can teach holistic wellness
- The unfamiliarity of a Wellness major
  - Community
  - Prospective students
  - Current students
- Athletic training
- Resources
  - Money
  - Equipment
  - Professional staff
  - Physical space

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### GROUP DISCUSSION & QUESTIONS

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