

# Health and Wellness Curriculum Program



Spring 2024



# Staff Development Plan



## •Mission•

The Health and Wellness Curriculum will provide formal co-curricular training to improve student development and facilitate an enhanced transition after college.

## •Purpose•

- Provide student with specific training and education to improve their success
- Provide certification opportunities that will complement student involvement, achievement and marketability
- Improve student worker experience by increasing their involvement, satisfaction, retention and service
- Enhance the Hollis Wellness Center's services by investing in student employee skills

## •Learn more•

<http://www.flsouthern.edu/wellness/student-employment.aspx>



# Levels and Incentives

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LEVEL 1

| 5 TOTAL classes |

T-shirt

LEVEL 2

| 10 TOTAL classes |

Jacket

LEVEL 3

| 15 TOTAL classes |

Determined by  
Supervisor

\*Additional credit may be available through

**independent study (see pg. 5)**

\*Arriving late, leaving early or no-showing = no  
class credit

\*No more prerequisite class for incentives



# **Class Schedule and Descriptions**

## **Spring 2024**



**Friday, January 19th - 3:00pm**

- **Everything is Figureoutable (in PDR)**

The "Everything is Figureoutable" Workshop is an inspiring and action-oriented session designed to instill a powerful mindset that encourages participants to approach challenges with resilience, creativity, and a can-do attitude. Grounded in the belief that almost any problem can be solved with the right mindset and strategies, this workshop provides practical tools and techniques to help individuals break through barriers, overcome obstacles, and turn challenges into opportunities.

**Friday, February 23rd - 11:00am**

- **Mindfulness (in PDR)**

Mindfulness is the practice of paying attention intentionally and non-judgmentally to the present moment, which can help reduce stress, improve focus, and promote emotional resilience. This workshop is designed to provide practical techniques and insights to incorporate mindfulness into everyday life, fostering a greater sense of peace, clarity, and contentment.

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## Spring 2024



### Thursday, March 14th - 4:00pm

- **Personal Finance (in PDR)**

Join Dr. Falcon for expert insight for all things finance. From credit scores to making the right financial decisions, this class offers a comprehensive look into getting and keeping your finances in CHECK!

### Friday, April 12th - 3:30pm

- **Interviews Dos and Don'ts (in Office of Career Services)**

Are you gearing up for a job interview? Navigating the interview process can be both exciting and nerve-wracking. Join our interactive workshop, "Mastering the Interview: Dos and Don'ts," designed to equip you with the skills and insights needed to shine in any interview setting.

# Independent Study Opportunities

**2023 - 2024**

## Ongoing Credit Opportunity

\*Contact Alicia for approval

### **Resume Advice Sessions**

Schedule a meeting with a professional staff to seek guidance on your resume. After a few meetings regarding your resume, professional staff will give you credit towards the HWC program.

### **Personal Training Workshop**

This weekend workshop provides students with the knowledge and practical skills to become an efficient personal trainer. Although students do not receive a certification for completion, the material is based off of various NCAA accredited certification exams.

### **Group Exercise Instructor Classes**

These GX instructor classes will meet once per week during the Fall and will cover techniques, proper progressions, and motivational skills for designing group exercise programs in preparation to obtain an NCAA accredited GX instructor certification.

### **Lifeguard Training**

This course prepares students to be well-trained, conscientious lifeguards. This certification opportunity includes Lifeguarding, First Aid, CPR for professional Rescuer and AED. Cost includes training materials, test and certification cards.

### **Professional Rescue CPR/AED**

This course prepares those in lines of service that may need to respond to a respiratory or cardiac emergency (lifeguards, police officers, security personnel, etc). Attendees will cover CPR/AED requirements for adults, children and infants and how to work with a partner to provide proper care. Cost includes training materials, test and certification cards.

### **Nutrition Specialist Course**

This course is for health and fitness professionals wanting to incorporate nutrition education and services into their wellness programs. This serves as a training program for the completion of the AASDN (American Academy of Sports Dietitians and Nutritionists) Nutrition Specialist Credential. CEUs and CECs available.

