

# Health and Wellness Curriculum Program



Spring 2022



# 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

LEVEL 4

20 TOTAL classes

T-Shirt

LEVEL 5

25 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 2022



**Monday, January 24th - 5:30-6:30pm**

- **Healthy Body, Healthy Mind (in PDR)**

Whether you're looking for major lifestyle change, tips and tricks, or guidance on eating habits, this nutrition & fitness course has it all. We'll take a step-by-step approach to finding your recommended intakes and strategies to incorporate sustainable changes your lifestyle.

**Tuesday, February 8th - 6-7pm**

- **True Colors (in PDR)**

This class will focus on the personality assessment called True Colors. Discover your supervision style, how to work with other styles, and more during this comprehensive but easy-to-understand session.

**Monday, February 28th - 5-6pm**

- **Self-Care or Self-Destruction? Making the Most of your Free Time (in PDR)**

This class will have participants self-analyze their personal and professional habits and discover strategies on how to create more productivity and balance.

**Tuesday, March 22nd - 4:40-5:40pm**

- **Finance (Room in BBB TBD)**

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!

**Thursday, April 7th - 5:30-6:30pm**

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

Ever feel stuck or in a rut with projects, relationships, or other aspects of life? Learn strategies to shift your mindset and create meaningful change that benefits your happiness and success.

**Thursday, April 21st - 6-8pm**

- **Dinner Etiquette (TBD)**

Join us for a free meal and a lesson on proper dining etiquette!

# Independent Study Opportunities

**2021-2022**

## 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 Spring 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.

