

Health and Wellness Curriculum Program



Fall 2023



Staff Development Plan

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•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**



Class Schedule and Descriptions

Fall 2023



Monday, August 28th - 4:00pm

- **Adulting 101 (in PDR)**

Participants will leave the workshop feeling more empowered and prepared to face the challenges of adulthood with newfound skills and confidence. Whether it's managing finances, handling everyday tasks, or building professional relationships, Adulting 101 is your go-to resource for thriving in the real world.

Tuesday, September 12th - 4:00pm

- **Making a first impression (at Career Services)**

This workshop is suitable for individuals at various stages of their careers and is designed to facilitate personal and professional growth. We will be taking professional headshots. If you need professional clothes don't worry the Career Services has a closet filled with clothes you can pick from. Throughout this sessions they will be there to help with any questions you have on your resume, cover letter, or just interview questions.

Monday, September 25th - 5:00pm

- **Live Well, Work Well (in PDR)**

In today's fast-paced and demanding world, maintaining a healthy work/life balance is crucial for overall well-being and productivity. Learns strategies and tools to nurture your physical, emotional, and mental wellness while achieving success in their careers and personal aspirations.

Class Schedule and Descriptions

Fall 2023



Thursday, October 5th - 3:00pm

- **Finding your purpose and voice (at the Simmons Center)**

Finding one's purpose is essential for living a fulfilling and meaningful life. You will gain the confidence and skills needed to communicate authentically, connect meaningfully with others, and make a lasting impact in various aspects of their lives.

Tuesday, October 24th - 6:00pm

- **Personal Accountability (in PDR)**

The Personal Accountability Workshop is an interactive and empowering session designed to help participants take ownership of their actions, attitudes, and outcomes in both personal and professional aspects of their lives. This workshop emphasizes the importance of personal responsibility, self-awareness, and the development of a proactive mindset.

Thursday, November 9th - 11:00am

- **Mindfulness for All (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.

Independent Study Opportunities

2023 - 2024

Ongoing Credit Opportunity

*Contact Mark 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.

