GENERAL EDUCATION REQUIREMENTS

The General Education Committee is currently reviewing the General Education and Additional College Requirements. This outlines current criteria and objectives for 2015-2016.

SPECIFIC DEFINING CRITERIA FOR FACULTY APPLICATIONS
FOR GENERAL EDUCATION DESIGNATION OF COURSES

The following criteria are the principal guide used to approve courses for the General Education Program. The course proposal application requires faculty to demonstrate, point by point, how a course meets each of the following criteria. You will also be asked to demonstrate how you propose to assess student learning of the SUNY learning outcomes through your course. Departments and faculty members interested in applying for a General Education designator must complete the application and submit all requested materials as outlined on the form.

Application forms are available in the Faculty section of the General Education website, http://www.potsdam.edu/academics/general_education/, or from Patty Stone, Administrative Assistant for General Education, Office of Academic Affairs, Raymond Hall 712, Ext. 2108.

PHYSICAL EDUCATION / HEALTH AND WELLNESS EXPERIENCE

[PE/HW] (2 courses) – requirement can be fulfilled by: 2 PE courses (same or different courses); 1 PE course and 1 HW course; or 2 different HW courses. Two semesters of varsity sports fulfill the requirement.

The physical education experience will develop the necessary skills, knowledge and attitudes to live a productive lifestyle leading to the successful pursuit of personal and professional goals.

The graduate will achieve this outcome by:

a. participating in physical education activities that develop specific skills appropriate to the course activity area and include instruction in safe practice of the activity;

b. demonstrating a knowledge of the benefits of exercise, lifelong physical fitness, the role of physical activity in stress management, and a lifestyle approach to physical activity.

[HW] Health and Wellness Designator Criteria

Courses with an HW designator will teach students about the relationship between personal behavior and individual health. Specifically, courses with an HW designator will include instruction regarding all of the following: stress management, sexual health, diet, substance use,
physical activity. For each of these topics, the course will include instruction regarding all of the following: finding and using accurate sources of information; diseases or injuries related to risky behaviors, personal determinant of health behavior, evidence-based recommendations for individual health behavior; evidence-based strategies for changing individual health behavior.

Students who successfully complete a course with an HW designator will be able to:
• Identify sources of accurate information about stress management, sexual health, diet, substance abuse and physical activity;
• Describe diseases, illnesses or injuries related to stress management, sexual health, diet, substance abuse and physical activity;
• Describe the personal determinants of stress management practices, sexual behaviors, diet, substance use and physical activity;
• Describe the evidence-based recommendations for stress management, sexual health, diet, substance use and physical activity;
• Describe evidence-based strategies for changing stress management practices, sexual behaviors, diet, substance use and physical activity.