

Wellness: Distribution Courses Rubric

This rubric addresses the following **General Studies (GS)** program learning outcomes: **GS 1** – evaluate information appropriate to the task; **GS 2** – apply principles of critical thinking to demonstrate integrative learning; **GS 4** – communicate effectively in written form; **GS 5** – analyze cultural issues within a global context; and the following **Wellness (WO)** learning outcomes: **WO 1** - articulate the relevance of the Wellness course to their general education; **WO 2** – describe components of wellness; **WO 3** – recognize potential consequences of personal choices; **WO 4** – analyze roles of society in wellness promotion; **WO 5** – develop action strategy for wellness.

Evaluators are encouraged to assign a Does not meet criteria to any work sample that does not meet Beginning level performance.

Indicator	Does not meet Criteria	Beginning	Developing	*Proficient	Advanced
Articulate relevance to general education WO 1 GS 1; GS 2; GS 4	---	Limited connections demonstrated between Wellness concepts and their general education.	Connections between Wellness concepts and general education are stated but no direct examples are provided.	Connections between Wellness concepts and their general education are mostly clear and a few examples are provided.	Connections between Wellness concepts and their general education are clearly stated and direct examples are provided.
Describe components of wellness WO 2 GS 1; GS 4	---	Limited or missing description of all components of Wellness or all components of Wellness listed but not described	All components of Wellness are listed but are incorrectly or not clearly described. No examples are provided.	All components of Wellness are listed and correctly described with limited examples or evidence of application of Wellness to their life.	All components of Wellness are listed and correctly described with good examples and strong evidence of application of Wellness to their life
Recognize the potential consequences of personal choices WO 3 GS 1; GS 2; GS 4	---	Limited explanation of the consequences of personal choices on Wellness.	The consequences of personal choices on Wellness described, but no examples or application are provided	Clearly explains the consequences of personal choices on Wellness, with some demonstration of examples and application to their life.	Explains the consequences of personal choices on Wellness, with strong demonstration of application to their life and good use of examples.
Analyze the roles of society in wellness promotion WO 4 GS 1; GS 2; GS 4; GS 5	---	Limited explanation of the role of society on Wellness promotion.	An explanation of the role of society on Wellness promotion is provided, but no examples are used.	Clearly explains the role of society on Wellness promotion, but minimal use of relevant examples.	Clearly explains the role of society on Wellness promotion, with excellent use of relevant examples.
Develop an action strategy for wellness WO 5 GS 1; GS 2; GS 4	---	Limited description of an action strategy for Wellness.	An action strategy for Wellness is provided, but no examples or application to their life is provided	Clear description of an action strategy for Wellness but minimal use of examples or application to their life	Clear description of an action strategy for Wellness with excellent use of examples and personal application.

***NOTE: The category “Proficient” describes the skills of the typical student near the end of the course. Advanced is anything above proficient.**