

Area E: Description and Structure

Technical Characteristics

1. A minimum of three semester units in study designed to equip learners for lifelong understanding and development of themselves as integrated physiological, social, and psychological beings.
2. Courses approved to meet Area E requirements shall be assigned a course number consistent with the University's course numbering system.
3. Student learning in this area shall include selective consideration of content such as human behavior, sexuality, nutrition, physical and mental health, stress management, financial literacy, social relationships and relationships with the environment, as well as implications of death and dying and avenues for lifelong learning. Physical activity may be included, provided that it is an integral part of the study elements described herein.

Learning Outcomes

Upon completing this requirement students will:

1. explain and demonstrate an understanding for the nature of being human as an integration of physiological, psychological, and sociocultural influences.
2. demonstrate a preparation for the life-long and complex process of self understanding, self-analysis, and self-development as an individual among others.