

BUILDING BLOCKS

Cultivating a Campus Wellness Culture: The Norfolk State Model

By: Drs. Cynthia Burwell, Sheila Ward, Emogene Johnson-Vaughn (Norfolk State University) & Dr. Glendola Mills- Parker (Morgan State University)

Abstract

Time and substance are of the essence in the college years and in the general education preparation of students. In the first two years of one's college education, every subject cannot be taught; hence, what is to be taught, should prepare the student for the highest quality of life. The roles of health education and physical education both make a unique contribution. Specifically, the HED 100, Personal and Community Health course contributes to the general education program by providing holistic experiences and opportunities to help students to recognize the value of health as their potential resource to achieve personal and career success. Similarly, the role of the physical education, PED 100, Fitness for Life course contributes to the development and advancement of fitness life skills that are equally essential to the healthy lifestyle of the individual and essential to their career pursuit. Most institutions of higher education and HBCUs have all but eliminated these courses from the general education core curriculum. Strategies will be highlighted that were key to Norfolk State University's Department of Health, Physical Education and Exercise Science success in overcoming the decision of the general education council's proposal to combine and possible eliminate the courses.

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