

HONORS in Wellness Education

The HONORS in Wellness Education program is for the student who has demonstrated a high level of achievement and interest in personal and community wellness. He or she must be willing to pursue independent study of a proposed topic under the guidance of an advisor. *The honors course is three terms, Term 1 is a solid, term 2 non-solid meeting twice per week and term 3 non-solid meeting one day per week.*

Prerequisites

Each HONORS in Wellness candidate must:

- Demonstrate good citizenship within the Culver community.
- Complete the following courses: *Living, Learning and Leading*, *Foundations of Health Behavior*, *Lifetime Fitness/Lifeguarding*, and *Health Issues*.
- Enroll in a one-term elective relevant to their HONORS project: *Human Anatomy & Physiology* or *Literature of Behavioral Economics*

Honors Project

Students will select topics to study in depth, to be approved by the HONORS Board of three instructors of the Wellness Education Department. Each student will complete a written project according to the original proposal, and an oral defense of the project. In addition, they will formally present their research during Parent and Alumni weekends.