Fond du Lac Tribal and Community College
COURSE OUTLINE FORM

Updated 11/25/14

Please return this form to the college vice president of academic affairs and the chairperson of the Academic Affairs and Standards Council (AASC)

1. **Prepared by:** __________________________________________________
2. **Date submitted:** ________________________________________________
3. Date approved: 3/3/2016 Date revised:

4. **Department/discipline:** American Indian Studies/Health

5. **Department(s) endorsement(s):** __________________________________
   (Signatures of the person(s) providing the endorsement are required.)

6. **Course Title:** Community Health/Wellness with Anishinaabe Perspective
   Abbreviated course title (25 characters or less):

7. **Course Designator:** AMIN/HLTH

8. **Course Level:** 2100

9. **Number of Credits:** Lecture: 3 Lab: 0

10. **Control Number (on site):** 30
    Control Number (online): 0

11. **Catalog/Course description:**

    The focus of this course is on the overall health & wellness with an Anishinaabe perspective of the community. Development of teaching strategies appropriate for the holistic health and wellness including physical education activities, healthy nutritional choices, mental health, and spirituality for a balanced sense of self that will be appropriate for elementary school children. Discussion will be about the prevention, reduced risk and control of diseases and the health and wellness in the communities.

12. **Course prerequisite(s) or co-requisite(s):**
    Prerequisite(s): None
    Co-requisite: None
13. Course Materials (Recommended course materials and resources. List all that apply, e.g. textbooks, workbooks, study guides, lab manuals, videos, guest lecturers).

2. US Department of Health, Diabetes curriculum for Tribal schools

14. Course Content (Provide an outline of major topics covered in course)

1. Be culturally responsive to teaching nutrition, health, and safety concerns for diverse communities.
2. Promoting wellness
3. Promoting good nutrition
4. Promoting healthful practices
5. Promoting safety and prevention

15. Learning Goals, Outcomes, and Assessment
At FDLTCC we have 4 Competencies Across the Curriculum (CAC) areas. They are as follows:

A. Information Literacy (the ability to use print and/or non-print tools effectively for the discovery, acquisition, and evaluation of information)

B. Ability to Communicate (the ability to listen, read, comprehend, and/or deliver information in a variety of formats.)

C. Problem Solving (the ability to conceptualize, apply, analyze, synthesize, and/or evaluate information to formulate and solve problems.)

D. Culture (knowledge of Anishinaabe traditions and culture, knowledge of one’s own traditions and culture, knowledge of others’ traditions and cultures, culture of work, culture of academic disciplines and/or respect for global diversity.)

Course learning outcomes will fulfill the identified competencies:

Course Learning Outcomes:
Upon completion of this course, students will be able to:

1. Recognize the holistic component of health and wellness in the Anishinaagbe communities as well as the larger communities to prepare for cultural responsive classrooms. (D)
2. Demonstrate knowledge of fundamental physical education and health concepts and the connections among them. (C)
3. Comprehend the knowledge needed for providing learning experiences that encourage personal and community health promotion, disease prevention and safety, and proper nutritional choices within the diverse communities; (B)
4. Reflect on the different strategies for reducing and preventing accidents; drug, alcohol, and tobacco use; and high-risk situations and relationships; (A)
5. Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. (C)
6. Apply interpersonal communication skills to enhance health and avoid or reduce health risks. (B)
7. Identify the knowledge needed for providing learning experiences that develop a health-enhancing level of physical fitness. (A)

16. **Minnesota Transfer Curriculum (MnTC):** If this course fulfills an MnTC goal area, state the goal area and list the goals and outcomes below:

See [www.mntransfer.org](http://www.mntransfer.org)

Goal Area(s): **N/A**

Goal and Outcomes:
- Goal: **N/A**
- Outcome:
Complete the following only if you are proposing a new course:

1. Planned pattern of offering:
2. Rationale for course: If this course is an ADDITION or replacement to current offerings, add a detailed explanation of the necessity for the change.
3. Does this course overlap with any course(s) offered at FDLTCC? If so, justify such duplication or indicate other adjustments to be made. Obtain signatures from affected departments.
4. What is the apparent or expressed student need for this course?
5. If this course includes a Native American or specifically Anishinaabe component list campus resource person/s—i.e., campus cultural/spiritual resource person/s and, if necessary, elder/s—consulted and include specific comments and written responses as appropriate.
6. Are there any additional licensing/certification requirements involved?
   a. Provide a copy of the required licensing/certification standards to the AASC chair and to the vice president of academic affairs.
   b. Attach the required documentation to show course meets required licensing/certification standards.
7. What types of tutoring will be made available through the CAA to students taking this course?
8. How will the course be evaluated?
9. Special resources—e.g. faculty, space, equipment, library, etc
10. Special course fees:
11. Relationship of course to the college mission statement and goals.
12. Relationship of course to the department’s mission statement and goals.
13. Relationship of course to colleges/university offerings (include tribal colleges).

<table>
<thead>
<tr>
<th>College or University</th>
<th>Course Number &amp; Title</th>
<th>Credits Awarded</th>
<th>General Education</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hibbing CC</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Itasca CC</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mesabi CC</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lake Superior</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leech Lake</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LCO CC</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bemidji State University</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>College of St. Scholastica</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>University of Minnesota - Duluth</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>University of Wisconsin - Superior</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other Tribal College</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MEsOther</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>