Health and Wellness Workshop - Goals and Objectives

The following goals and objectives were developed for a health and wellness curriculum. The Learner/Audience Analysis indicated "Maintaining a healthy weight", "Getting an annual physical", "Eating healthy foods", and "Staying Active" as the top four priorities. Though half of respondents' reported that their behaviors support their goals in these areas, gaps in these areas were discovered for many, as well as in "Reducing stress" and "Getting enough sleep". Little interest was found in education related to "Benefits of supplementation", "Avoiding unhealthy habits", and "Avoiding preservatives", therefore these topics were not specifically considered in the development of goals and objectives, though they may not be completely excluded from the workshop design.

**Overarching Goal:**

For learners to adopt a more holistic mindset regarding health and identify strategies to improve their wellness.

**Goal #1:** Learners will develop skills to improve their diet without abandoning their favorite foods.

**Objective 1:** Considering the 10 food items they purchase most frequently, learners will be able to identify healthier options for three of them.

**Objective 2:** Given a recipe, learners will be able to evaluate whether it is healthy based on the nutritional analysis and, if not, be able to identify at least one substitution or addition that would improve the nutritional value of the recipe.

**Objective 3:** Learners will be able to distinguish healthier choices based on menu descriptions.
Goal #2: Learners will identify strategies to become more active in do-able, but meaningful ways.

Objective 1: Given a list of 10 activities, learners will be able to differentiate between aerobic and strength training exercises.

Objective 2: Considering their daily routine, learners will be able to construct a plan to increase their activity levels.

Goal #3: Learners will develop a greater awareness of additional methods to improve their quality of life.

Objective 1: Given a list of recommended preventive screenings, learners will be able to identify applicable screenings based on their gender and age.

Objective 2: Learners will be able to express the detrimental health impacts of insufficient sleep and a variety of solutions to improve their rest.

Objective 3: Learners will be able to express the detrimental health impacts of stress and worry and a variety of solutions to relieve anxiety.