

Cluster Five: Individuals in the Human Community

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Through studying the many variables that influence human behavior in contemporary society, students gain an understanding of the relationship between the individual and a diverse community and develop a sense of responsibility for self and community. Students explore how individuals develop and function in the social, psychological, emotional, physical and spiritual dimensions.

Cluster Five Structure

In Cluster Five, students learn about themselves as individuals and as members of different communities. The courses within this six credit-hour cluster may be taken concurrently or individually, in any order.

Students are required to complete one course each in the Wellness and Sociocultural Domains.

Students are expected to complete Cluster Five course work during their first two years at the university.

Wellness Domain

Courses in this area examine the dimensions of health and wellness. An emphasis is placed on the factors that influence health and wellness, particularly individual behaviors.

Students will participate in self-assessments that provide information about their health and wellness behaviors and their overall health status. In addition, students will learn strategies that improve lifetime health and wellness. Courses include a physical wellness component as a part of the course requirements.

Choose one of the following:

HTH 100. Personal Wellness

KIN 100. Lifetime Fitness and Wellness

Sociocultural Domain

Courses in this area focus on sociocultural and psychological aspects of individuals interacting within societal contexts. Students study the formation and functions of social relationships and reflect on personal responsibilities to diverse communities within which people function throughout life. Students explore sociocultural and psychological aspects of personal belief systems, self-identity and assumptions about others.

Courses in this area enable students to develop ethical and scientifically-based critical thinking about human behavior and social interaction.

Choose one of the following:

PSYC 101. General Psychology

PSYC 160. Life Span Human Development

SOCI 140. Microsociology: The Individual in Society

Cluster Five Learning Objectives

After completing Cluster Five: Individuals in the Human Community, students will be able to do the following:

In the Wellness Domain

- Understand the dimensions of wellness, the various factors affecting each dimension and how dimensions are interrelated.
- Understand the relationship between personal behaviors and lifelong health and wellness.
- Assess their own levels of health and wellness and understand how these levels impact their quality of life.
- Identify and implement strategies to improve their wellness.

In the Sociocultural Domain

- Understand how individual and sociocultural factors interact in the development of the beliefs, behaviors and experiences of oneself and others.
- Discern the extent to which sources of information about the sociocultural domain are reputable and unbiased.
- Evaluate the extent to which the approach to and uses of psychosocial research are ethical and appropriate.