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 the Cluster Five package, 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 Wellness and in Sociocultural Dimension. Students are expected to complete Cluster Five course work during the first two years at the University.

Wellness

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
- GHTH 100. Personal Wellness
- GKN 100. Lifetime Fitness and Wellness
- GEIC 101. Wellness Dimension: Individual Perspectives

Sociocultural Dimension

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
- GPSYC 101. General Psychology
- GPSYC 160. Life Span Human Development
- GSOCL 240. Individual in Society
- GEIC 102. The Sociocultural Dimensions: Community Perspective

Cluster Five Learning Objectives

After completing Cluster Five: Individuals in the Human Community, students should be able to:

- 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.
- Recognize an individual's level of health and wellness and understand how these levels impact quality of life.
- Identify and implement strategies that improve an individual's wellness.
- Make plausible interpretations about behavior in social contexts.
- Identify implications of taking action regarding social/behavioral issues.
- Use evidence to develop and evaluate positions regarding social/behavioral issues.
- Discriminate between ethical and nonethical practices in the social/behavioral sciences.
- Identify relevant contributions of sociocultural/psychological variables to theories about human behavior and social interaction.