

## PDEV1101 - Campus Life- Active Living

Credits:	3 (3/0/0)
Description:	This course is designed to help M State students strengthen and develop critical and creative thinking skills associated with a college academic experience, make social adaptations to a new environment and make connections with faculty, staff and resource offices. Topics include an understanding of individual risks and barriers, time management and personal responsibility. This class is also designed to develop student awareness of how to live a healthy holistic lifestyle. Students will be able to deepen their understanding with regards to social, emotional, intellectual, vocational and physical elements of self-development. Students will also participate in physical activities that promote a healthy, drug-free on-campus environment. Additional topics to be discussed may include but are not limited to goal setting, stress management, and drug and alcohol use,
Prerequisites:	
Corequisites:	
Pre/Corequisites*:	
Competencies:	<ol style="list-style-type: none"> <li>1. Demonstrate the ability to access M State resources and support services.</li> <li>2. Develop awareness of opportunities for involvement on campus.</li> <li>3. Investigate a holistic lifestyle.</li> <li>4. Demonstrate time management and organizational skills.</li> <li>5. Demonstrate strategies for stress management.</li> <li>6. Explain the physical effects of drug and alcohol use.</li> <li>7. Develop and deepen awareness of how to live a holistic lifestyle with regards to social, emotional, intellectual, vocational and physical elements of self-development.</li> <li>8. Develop an awareness of the value a physically active lifestyle can have during the college experience.</li> <li>9. Investigate the opportunities in the community that can aid in living an active lifestyle.</li> </ol>
MnTC goal areas:	None

\*Can be taking as a Prerequisite or Corequisite.