

**HHP 200 Personal Wellness
Student Learner Outcomes Rubric**

	Not Proficient	Developing Proficiency	Proficient	Exceeding Proficiency
	1 Point	2 Points	3 Points	4 Points
Evaluate their current wellness status through a variety of self-assessments.	The student has completed less than 60% of the self-assessments provided during the course.	The student has completed 60-79% of the self-assessments provided during the course.	The student has completed 80-89% of the self-assessments provided during the course.	The student has completed at least 90% of the self-assessments provided during the course.
Analyze how personal choices are likely to affect wellness in its various dimensions.	The student has identified with less than 60% efficiency how personal behavior impacts wellness based on the results of their self-assessments as documented in written reflection papers.	The student has identified with a 60-79% efficiency how personal behavior impacts wellness based on the results of their self-assessments as documented in written reflection papers.	The student has identified with 80-89% efficiency how personal behavior impacts wellness based on the results of their self-assessments as documented in written reflection papers.	The student has identified with at least a 90% efficiency how personal behavior impacts wellness based on the results of their self-assessments as documented in written reflection papers.
Formulate a healthy-living plan based on the dimensions of wellness.	The student has completed less than 60% of the required criteria in the development of a healthy-living plan that is designed to enhance any area as identified through the self-assessments.	The student has completed at least 60-79% of the required criteria in the development of a healthy-living plan that is designed to enhance any area as identified through the self-assessments.	The student has completed at least 80-89% of the required criteria in the development of a healthy-living plan that is designed to enhance any area as identified through the self-assessments.	The student has completed at least 90% of the required criteria in the development of a healthy-living plan that is designed to enhance any area as identified through the self-assessments.