

STATE COLLEGE OF FLORIDA



SCF Wellness

*A lifelong journey of personal
health and fitness*

SCFSM
STATE COLLEGE OF FLORIDA
MANATEE - SARASOTA

What is Wellness?

Wellness can be defined as a **lifelong process** that at any given time produces a positive state of personal well-being that includes:

- a **positive** self-image
- **optimal** physical, psychological and social functioning, and the control of both internal and external risk factors for both disease and negative health conditions.

Wellness is a process rather than a goal. This means developing attitudes and engaging in behaviors that **enhance** quality of life and **maximize** personal potential.

Wellness is truly a balance in life and involves influencing factors that **you** control. Altogether, 84 percent of factors that influence health are within the control of the individual.

It is a journey over a lifetime. Small changes in behavior allow for **huge** changes in quality of life!

*The key to success
lies in the
Seven Dimensions
of Wellness!*



7 Dimensions of Wellness



Physical: The ability of the human body to properly function and effectively carry out daily tasks.



Spiritual: The development of a strong sense of values, ethics and morals. The spiritual dimension provides meaning and direction in life, which may or may not have a religious inference. It is truly a gift to yourself.



Social: The ability to successfully interact with people and the environment.



Emotional: The ability to control stress and appropriately and comfortably express emotions or feelings.



Intellectual: The ability to effectively learn and use information for personal, family and career development.



Occupational: The ability to achieve a balance between work and leisure time.



Environmental: The ability to promote health standards that improve the standard of living and quality of life in the community, including laws and agencies that safeguard the physical environment.

How do I Become a Part of SCF Wellness?

SCF Wellness is designed for full- or part-time SCF students, faculty and staff, and is made up of a variety of activities from the seven dimensions of wellness—physical, spiritual, social, emotional, intellectual, occupational and environmental.

The system is simple!

Every activity is given a “wellpoint” value. Complete the activity and receive the wellpoints. Each semester, each participant must complete an application to participate and the Health Risk Appraisal described in this wellness brochure to begin the program. After completing the application, each participant can begin to accumulate wellpoints to be eligible for prizes and gift certificates.

Applications can be picked up in the student life office (Bradenton 14-130, Venice 500) or downloaded online at scf.edu/StudentWellness. View the online calendar of upcoming events at scf.edu/StudentWellness.

Student prizes levels

400 Wellpoints (*must include at least **four** different activities*) earned by the midpoint date of the semester will qualify for a drawing for gift certificates and prizes.

800 Wellpoints (*must include at least **six** different activities*) earned by the last day of classes for the semester will be eligible to win a \$300 gift certificate to The SCF Store.

Once you have completed your activities and compiled your wellpoints, simply turn in your wellpoints tracking sheet (with required documentation for off-campus activities) to the SGA Club Hub, Bldg. 14-130, Rm. 133 at SCF Bradenton, or Bldg. 500, Rm. 515 at SCF Venice. Wellpoint tracking sheets and other wellness forms can be found online at scf.edu/StudentWellness.

Good luck as you enter the **SCF Wellness Journey!**

SGA Club Hub locations:

SCF Bradenton, Student Union
Bldg. 14, room 130, 941-752-5607

SCF Venice, Student Union
Bldg. 500, 941-408-1523

Note: Program subject to change without notice.

The image shows two forms from the State College of Florida. The top form is the 'WellPoint Tracking Sheet', which includes a header with the college name and logo, a title, and a section for personal information (Name, ID#, Address, Phone #, Email, and Date of Birth). It also has a section for tracking activities with columns for 'Activity Name', 'Date Completed', and 'WellPoint Earned'. The bottom form is the 'Wellness Program Exercise Log', which includes a header with the college name and logo, a title, and a section for personal information (Name, ID#, Address, Phone #, Email, and Date of Birth). It also has a section for tracking activities with columns for 'Date', 'Time', 'Type of Activity', and 'WellPoint Earned'. Both forms include a disclaimer and a signature line.

Wellness Opportunities



This section of the wellness brochure contains wellness opportunities that make up the seven dimensions of wellness—physical, spiritual, social, emotional, intellectual, occupational and environmental. Specific wellness opportunity dates can be found in the wellness calendar online at scf.edu/StudentWellness.

Beach Clean Up (physical, spiritual, social and environmental dimensions)
Join the Earth Club and help clean up the beaches. This is a great way to help your community and environment. Participants must sign in with Earth Club advisor to receive wellpoints.

Wellpoint value: 50

Body Composition Test (physical, emotional and intellectual dimensions)
Have your body composition assessed by a professional fitness trainer or health care provider by the end of the first month of the semester. Complete a second body composition assessment by the last day of classes for the semester to determine improvement in body composition. Check the wellness calendar for details. This activity can be completed at an off-campus fitness facility as well. Attach documentation to your tracking sheet.

Wellpoint value:

25 wellpoints for initial body composition assessment

25 wellpoints for follow-up body composition assessment

25 wellpoints for any body fat percentage reduction

75 total possible wellpoints for this activity

Campus Club/Organization-sponsored Service Projects

(all dimensions depending upon the nature of the service project)

Participate in an SCF-approved campus club/organization service project.

The respective club/organization advisor must document your participation to receive credit.

Wellpoint value: 50 for each project (maximum of four service projects for a total of 200 wellpoints)



Dental Hygiene (physical dimension)

The SCF Dental Hygiene Clinic is staffed with students and faculty to provide you with the highest quality oral hygiene treatment. Fees for services can be found at scf.edu/dentalclinic.

To receive wellpoints, a copy of your dental care receipt from the SCF clinic or your practitioner must be provided.

Wellpoint value: 50

Donate Blood (spiritual, social and emotional dimensions)

Did you know that you can help up to three people by donating one unit of blood? Look for the bloodmobile on campus to donate or go to scf.edu/StudentWellness.

Wellpoint value: 50 for successful donation

Exercise Log (physical dimension)

Physical activity is essential for a healthy lifestyle. Use the form found at scf.edu/StudentWellness to validate your weight training/aerobic exercise and track the exercise you do throughout the semester. In order to receive credit, you must participate in a minimum of 150 minutes of activity each week for six consecutive weeks. Participation must be validated by the facility manager where you exercise. Attach his/her business card, with signature, to the weekly exercise log. A separate exercise log needs to be submitted to the SGA Club Hub each week to receive credit (example: six completed weeks = six exercise logs)

Wellpoint value: 300 for six consecutive weeks

First Aid/CPR (spiritual, social, emotional, intellectual and environmental dimensions)

Be prepared to help others in case of an emergency. Become certified in CPR or first aid during the semester through the American Heart Association or the American Red Cross, or present a current CPR or First Aid Certification card.

Wellpoint value: 100 for certification earned during the semester or 50 for those who present a current CPR or First Aid Certification card

Freedom from Smoking ffsonline.org

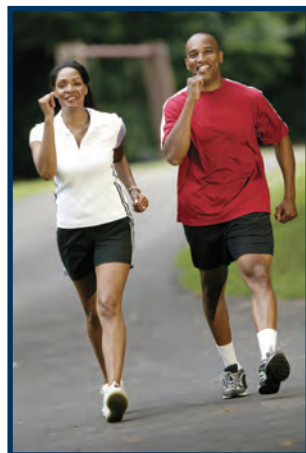
Participate in the American Lung Association's online smoking cessation program. The program provides 24/7 support to help you achieve your goal. This seven-module series will assist you in kicking the habit through peer support, message boards, learning modules and education materials. Receive wellpoint credit by completing the program and survey at the end of the last module. Print the certificate of participation and include it with your tracking sheet.

Wellpoint value: 200

Fundraiser Walks (physical, social, intellectual and environmental dimensions)

Participate in any pre-approved charity walk/run event like the American Cancer Society's Relay for Life, Breast Cancer Walk, American Heart Walk, etc. You must provide documentation from the event's organizer to be eligible for wellpoints. Contact the office of student life for pre-approval.

Wellpoint value: 50 per event (maximum of four events for a total of 200 wellpoints)



HIV Screenings (physical, emotional and intellectual dimensions)

HIV screenings are offered at selected times at SCF Bradenton and SCF Venice. The screening is free and results are available in about 20 minutes. Check the wellness calendar for on-campus screening dates.

Wellpoint value: 25 (maximum of one test per semester for a total of 25 wellpoints)

Health Risk Appraisal (all dimensions, must be completed each semester)

The online health risk appraisal (HRA) is used to increase awareness and help motivate you to improve overall wellness. Completion of the HRA is required for participants to be eligible for prize awards and tuition scholarships. To access the HRA:

1. Go to realage.com.
2. Click on the link to take the “Real Age Test.”
3. Follow the directions to complete all sections.
4. Print off the last page that displays your Real Age. Attach this page to your tracking sheet
5. Click on “Get My Real Age Plan” (at the bottom of the page) and print this for your own records.

WellPoints value: 25

Massage (physical, emotional and occupational dimensions)

Receive a massage during a Physical Therapist Assistant (PTA) program fundraiser or from a licensed massage therapist. Attach a copy of your receipt to your tracking sheet.

WellPoints value: 50 (maximum four massages for a total of 200 WellPoints)



Self-Defense (physical, spiritual, social, emotional and intellectual dimensions)

Learn techniques to protect yourself and keep yourself safe through the use of martial arts.

Wellpoint value: 50 for each on-campus class attended and 25 for each off-campus class (must be at least one hour long) attended (maximum of 300 wellpoints allowed). Must complete the off-campus validation form for classes taken off-campus.

Seminars and Workshops (all dimensions depending upon the seminar/workshop topic)

These short sessions focus on at least one of the seven dimensions of wellness (emotional, spiritual, occupational, environmental, physical, intellectual and social). Seminars/workshops are scheduled throughout the semester and will be announced on the online wellness calendar at scf.edu/StudentWellness.

Wellpoint value: 50 for each one-hour seminar/workshop and 25 for each 30-minute seminar/workshop attended.

Skin Cancer Screenings (physical, emotional and intellectual dimensions)

Complete a free skin cancer screening on campus or by your health care provider.

WellPoints value: 50

Smoking Cessation Program (all dimensions)

Participate in the Gulfcoast South Area Health Education Center's six-week, on-campus or off-campus program to quit smoking and improve your health. Attendance at each weekly session is required for successful completion.

Wellpoint value: 300 (Up to an additional 100 wellpoints can be earned with successful quit attempts.)



Tai Chi (physical, spiritual, social, emotional and intellectual dimensions)

This ancient martial art is described as a moving form of yoga and meditation combined. It is sure to test your flexibility, balance and strength.

Wellpoint value: 50 for each on-campus class attended and 25 for each off-campus class (must be at least one hour long) attended (maximum of 300 wellpoints allowed). Must complete the off-campus validation form for classes taken off-campus.

Weight Loss Program

(physical, social, emotional, intellectual and occupational dimensions)

Provide documentation of consistent participation in a certified weight-loss program such as Weight Watchers, Jenny Craig, etc.

WellPoints value: 300 for 10 consecutive weeks

Wellness Courses (all dimensions depending upon the course completed)

Earn wellpoints by successfully completing and earning a passing grade in any of the following courses (must print an unofficial transcript as documentation of completion):

PEM 1130 Basic Conditioning and Weight Training (*Wellpoint value: 150*)

HLP 1081 Concepts of Wellness (*Wellpoint value: 100*)

HUN 1101 Fundamentals of Human Nutrition (*Wellpoint value: 100*)

HSC 2401 Emergency First Aid and CPR (*Wellpoint value: 100*) Wellpoints earned in this section cannot also be earned in the First Aid/CPR section.

LEI 1263 Backpacking (*Wellpoint value: 50*)

PEN 2251 Canoeing (*Wellpoint value: 50*)

Wellness Screenings (physical, emotional and intellectual dimensions)

Attend campus-scheduled screenings, such as vision and skin cancer screenings or provide documentation from your health care provider for preventative wellness measures. Examples include mammograms, prostate screening, annual checkup with your doctor, annual OB-GYN visit, etc.

WellPoints value: 50 points for each preventative measure taken. Attach appropriate documentation to your tracking sheet.

Yoga (physical, spiritual, social, emotional and intellectual dimensions)

This form of exercise is rooted in ancient spiritual practices originating in India. The word "yoga" means union. Poses promote the union between mind, body and soul.

Wellpoint value: 50 for each on-campus class attended and 25 for each off-campus class (must be at least one hour long) attended (maximum of 300 wellpoints allowed).

Must complete the off-campus validation form for classes taken off-campus.

