



blocksEDU

learning corp

HEALTH AND WELLNESS

2022 / 2023



Get in touch

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A Bloxsar Tech Ventures Inc. Company

Health And Wellness Course



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What We Do

The aftermath of the pandemic has come with many economic and emotional challenges faced by many households globally. To address these challenges, preventative education measures concerning health and wellness must be put into practice. This 5-module course defines the causes and symptoms of prevalent issues, as well as preventative measures for those faced globally.

Our Objectives

This course will attempt to address the five areas of personal wellness and how learners can reach their maximum potential and achieve optimal health and wellness. The five areas are as follows:

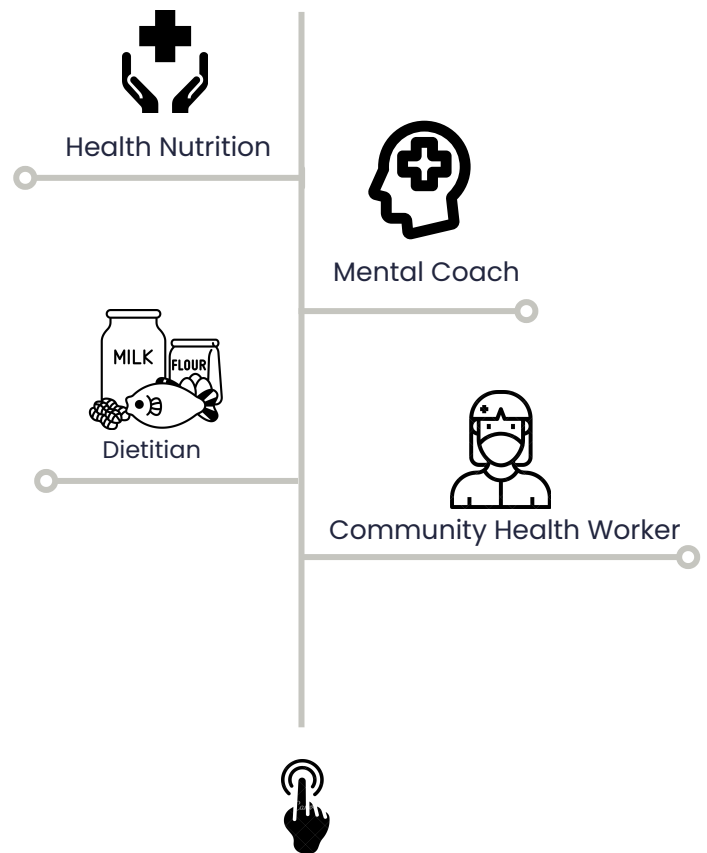
- Physical Wellness
- Spiritual Wellness
- Emotional Wellness
- Social/Interpersonal Wellness
- Intellectual Wellness

To address these challenges, preventative education measures concerning health and wellness must be put into practice

Why Health and Wellness

To address these challenges, preventative education measures concerning health and wellness must be implemented. In summary, good health and wellness are critical in the post-COVID-19 world. By focusing on diet, exercise, sleep, stress management, and mental health, individuals can improve their immune systems, manage chronic conditions, cope with stress, and improve overall well-being.

Our sessions are designed to help you



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Module I: Physical Health

What is physical wellness? What can one do to achieve optimal physical wellness? This module attempts to break down predictive and preventative measures to take to maintain physical wellness. The module touches upon some prevalent health issues in Africa and how individuals can attempt to achieve physical wellness in becoming familiar with the issues and how to prevent them.

Learning Outcomes:

- Define prevalent issues in households such as hypertension, diabetes, and obesity
- Identify possible causes of health-related issues
- Define prevention of prevalent health-related issues
- Identify Allergies and Other Environmental Side-Effects and how these contribute to physical wellness
- Define nutrition and body weight management and how to apply each to lead a healthier “physically well” lifestyle



FORMAT

Asynchronous / Self-Directed



LENGTH

14 hours

Module II: Emotional Wellness

Emotional wellness can be the root cause of many physical health-related issues. The module tackles issues related to emotional wellness (dominantly stress) and predictive and preventative measures that can be taken to achieve optimal emotional wellness. Students will be introduced to yoga and meditation and growth mindset and how these can help cope with stress and achieve optimal emotional health.

Learning Outcomes:

- Define stress and its causes
- Define how stress is related to physical health
- Identify stress-related diseases such as depression, insomnia, alcoholism, heart conditions, stomach issues, Alopecia
- List contributors to stress-related issues
- Define how stress-related issues compromise the immune system (constant lingering flu infections, skin infections)
- List how to cope with stress and prevent stress-related issues/diseases
- Identify how to apply preventative measures in everyday life and how to live a healthier lifestyle

**FORMAT**

Asynchronous / Self-Directed

**LENGTH**

14 hours

Module III: Spiritual Wellness

What is Spiritual Wellness and why is it important? How does spiritual wellness contribute to emotional wellness? This module addresses spirituality outside of the religious sense, focusing on alternative definitions of spiritual and how it relates to personal wellness and affects an individual's overall well-being.

Learning Outcomes:

- Define spiritual wellness outside of organized religions, and what it means to be “spiritually well”
- Identify how spiritual wellness is related to emotional wellness
- Define “growth mindset” and how it relates to spirituality
- Show how yoga and meditation are related to both spiritual and emotional wellness
- Create an action plan related to spiritual wellness

**FORMAT**

Asynchronous / Self-Directed

**LENGTH**

14 hours

Module IV: Social/Interpersonal Wellness

What does it mean to be “socially” well? How do interpersonal skills affect social wellness? This module defines social wellness and interpersonal skills, what it means to be “socially well” and what contributes to an individual being “socially unwell.” It defines how social wellness fits in with one's interpersonal or lack of interpersonal skills and why this is important to wellness as a whole.

Learning Outcomes:

- Define social/interpersonal wellness
- Identify the four theories and frameworks that describe and explain the different aspects of social relationships and wellbeing
- Define the role of positive psychology in social wellbeing
- Explain how communication is essential to being socially well
- Define how relationships play an integral part in social wellness
- Demonstrate how to build a socially inclusive community
- Identify ways to improve social well-being
- Create an action plan related to social wellness



FORMAT

Asynchronous / Self-Directed



LENGTH

14 hours

Module V: Intellectual Wellness

What is intellectual wellness and why is it important? Intellectual wellness is one's dedication to lifelong learning and critical thinking beyond classroom studies, knowledge levels, and IQ. Intellectual wellness is connected to each of the four aforementioned areas, yet it can also stand on its own. This fifth and final module gives definition to intellectual wellness and how one can achieve this goal.

Learning Outcomes:

- Define intellectual wellness and why it is important
- Identify ways to develop intellectual wellness
- Identify ways to improve intellectual wellness
- Create an action plan related to intellectual wellness

Why blocksEDU?

BlocksEDU has developed programs that offer micro-credentials focusing on both theory and application to help create an employable workforce. Our mission is to be the "World Leader in Micro-Credentialing Education Courseware Development" We see the future of education where anyone, anywhere can get ahead in today's competitive workforce. Students can acquire micro-credentials in Certificate in Blockchain, Bitcoin & Cryptocurrency which will help give them an edge in today's competitive workforce.