

Department of Health, Nutrition, and Exercise Sciences

Readings:

Callahan, D. (1998). The WHO Definition of "Health". In S.E. Lammers & A. Verhey (eds.), *On moral medicine: Theological perspectives in medical ethics* (pp. 253-261). Grand Rapids, Mich: William B. Eerdmans Pub.

http://www.jstor.org.ezproxy.messiah.edu/stable/pdf/3527467.pdf?_seq=1471712867985.

Barth, K. (1998). The Will to Be Healthy. In S.E. Lammers & A. Verhey (eds.), *On moral medicine: Theological perspectives in medical ethics* (pp. 7-11). Grand Rapids, Mich: William B. Eerdmans Pub. (Posted as pdf on the HNES CANVAS site under Files.)

Prompt:

Each major within the HNES department is ultimately rooted either directly or indirectly in a concern for enhancing the quality of life for others. Broadly defined, quality of life can be synonymous with the concept of health. However, what exactly is health? Our foundational values and college-wide educational objectives affirm the wholeness of persons and emphasize our desire as an institution to develop students in the areas of physical, emotional, and spiritual wellness. Body, mind, and spirit are wonderfully inter-related and inseparable. The Biblical account of the life of Jesus, daily experiences, and scientific evidence all confirm this.

Discuss your understanding of the term health, particularly in reference to the Biblical call toward wholeness, and how your understanding of health specifically applies to the teaching and/or practicing of in your professional area of expertise.

Reading:

Johnston, R. K. (1983). Chapter 2. *The Christian at Play*. Grand Rapids, MI: William B. Eerdmans Publishing Company. Retrieved from: <http://www.religion-online.org/book-chapter/chapter-two-play-a-matter-of-definition/>.

Prompt:

Philosopher Arthur Holmes once wrote that a responsible relationship to God includes play. Broadly defined, the concept of play is evident throughout sub-disciplines within the HNES department (rest, recovery, leisure, sport, games, etc.). Discuss the importance of a theology of play, and how it impacts the teaching and/or practicing of your area of expertise within the HNES department.