

Course Submission Report

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| Course Title | : Water, Wellness and Sustainability |
| Course Code | : CEU-110545 |
| Expiry Date | : 8/31/2022 |
| Use of Course | : Ongoing |
| Type of Presentation | : In person |
| Subject Code Primary | : 3. Interior Design Education |
| Subject Code Secondary | : 1. Instruction |
| Length (Hours(s)) | : 1 |
| Course Description | : This course will provide an overview of three key elements that can enhance our daily lives: water, wellness and sustainability. Starting with water as a precious and essential natural resource to its role in bringing us wellness. We will focus on the origins of wellness through today's WELL concepts and to how to integrate wellness in design projects. Lastly, we will discuss how wellness through water can be delivered in sustainable ways. |
| Intended Audience | : Residential |
| Maximum Audience Size | : 100 |
| Degree of Interactivity | : Low |
| Classification of Learning levels | : Basic |
| Bibliography | : https://www.britannica.com/science/water https://www.wellcertified.com/certification/v2/ https://www.usgs.gov/special-topic/water-science-school/science/water-you-water-and-human-body?qt-science_center_objects=0#qt-science_center_objects https://www.healthline.com/health/cold-shower-vs-hot-shower#So,-which-type-is-better? http://www.funbuzztime.com/world-water-day-interesting-facts-on-water/ https://www.healthline.com/nutrition/how-much-water-should-you-drink-per-day#How-Much-Water-Is-Best? http://www.najms.org/article.asp?issn=1947-2714;year=2014;volume=6;issue=5;spage=199;epage=209;aulast=Moventhan https://heart.bmj.com/content/106/10/732 https://en.wikipedia.org/wiki/Spa https://www.dimensions.com/ https://www.forbes.com/sites/jamiegold/2020/04/14/five-facets-of-wellness-design-enhance-homes-during-quarantine/#3bb421b66589 https://www.dropinthebucket.org/the-issue/?gclid=Cj0KCCQjw0Mb3BRCaARIsAPSNGpWetJrVgtgLMvPnoal7WUjWkXIXGA2w8qrjX8qrkizvDrDLIVRbSgaAitzEALw_wcB |

Course Submission Report

Requested Designation : Health, Safety, Welfare
AIA Approved : Yes
GBCI Approved : No
Prior Course Presentation Details :

Facilities and Equipment Required

Overhead projector/screen

Personal computer

Learning Objectives

Discover how water and wellness can positively impact our daily life

Define wellness and sustainability in bathroom designs

Learn how to integrate wellness in bathroom designs through water

Review components that refer to wellness and sustainability

Understand how water is delivered in sustainable ways

Content Outline

Duration (Minutes)

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| Water important facts and information | 10 |
| Wellness: its origin and evolution | 10 |
| WELL Building Institute - an overview of key concepts | 10 |
| Wellness through the use of water in showers and tubs | 10 |
| Sustainability: definition and applications | 10 |
| Global Goals | 10 |