

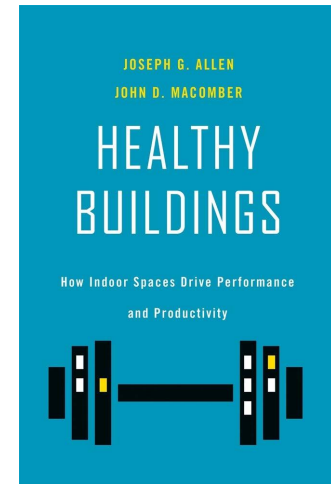
Humans
spend
90%
of the time
indoors.*

Number of
sustainably
certified
buildings is
<1%
of overall
building
stock.*

Building for Wellness - Healthy Building Course for Cal Poly CM Department Lindsey Pierson

Construction Management programs across the country focus on educating students about the main segments of the construction industry, however, there is not courses that allow students to affiliate themselves with sustainable, healthy building practices. This senior project created the opportunity for students to learn about the rising segment trend of healthy building in construction. Students will be informed about what healthy building is and how it should be implemented into the construction and design process. Topics will focus on discussing hard and soft building components that negatively affect building occupant health and performance, as well as how each component can be changed or newly implemented. A collection of peer reviewed journals, publications, reports, videos, and the book *Healthy Buildings*, will be the reading material. The course material will provide students with solutions to implement into the design and construction of buildings to improve the wellbeing of building occupants. Students will be introduced to the three major healthy building standard accreditation organizations, IWBI WELL, Fitwel, and Living Building Challenge. This course allows for students to be exposed to data and research that is vital for progressive change in the construction industry.

Key Words: Healthy Building, Building Occupants, Building Wellness, Construction Education



*(Danivska & et al, 2019, p. 212, 222)

Course Learning Objectives:

1. Understand the indoor health impacts of buildings on humans, and be able to describe sick building syndrome and buildingomics.
2. Understand 'hard' building components that are associated with poor health and the processes to improve each.
3. Understand how 'soft' building components impact building occupants.
4. Understand the trend of growth in the number of buildings that are complying with well building standards.
5. Remember WELL Building Institute, Fitwel, and The Living Building Challenge; and understand how each program is fostering the growth of healthy buildings.
6. Analyze the increased performance of individuals and companies occupying healthy buildings.
7. Analyze a project based on well certified criteria. Explain the outcomes on the building occupants.

“Americans spend more time inside buildings than some whale species spend underwater.” -Rich Corsi

