

## HEALTH EDUCATION 280 in the Elementary School Fall 2016

### 3 CREDITS

**Instructor:** Sheila Miech  
**Classroom:** 326 CPS  
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**Email:** [smiech@uwsp.edu](mailto:smiech@uwsp.edu) – Preferred method of contact  
**Class Time:** Section 1, 8:00 am -9:15 am  
**Days:** Tuesday/Thursday  
**Office Hrs.** Tuesday/Thursday 10 am -11am

**Text:** Meeks, Linda B., Philip Heit, and Randy Page. Eighth Edition, Comprehensive School Health Education: Totally Awesome Strategies for Teaching Health, New York: McGraw-Hill.

#### **Course Description:**

A course designed for elementary teachers. This course provides the background information and skills teachers need to implement comprehensive school health education at the grade levels in which they are certified. This course is designed to have students engage in an analysis of effective approaches to teaching health education in our schools, primarily utilizing prevention theory. Students will engage in the application of teaching methods and strategies. The following teaching components in a comprehensive school health education curriculum will be identified: The 10 health content areas, implementing the National Health Standards, multiple intelligences, teaching strategies, instructional teaching aids, lesson plan development, implementation of a health fair, classroom teaching, and health agency/social service resources. An important focus of this course is on the skills needed to develop curricula that teach health in a totally awesome way.

**Course Objectives:** At the completion of this course, the student will be able to:

1. Begin to value the school health program as an integral part of the elementary school curriculum.
2. Become familiar with the components of comprehensive school health education.
3. Become familiar with current literature and resources available for teaching health.
4. Become less directive and more facilitative in relation to teaching health education.
5. Become involved with the process and development of how to set up an elementary school health fair.
6. To become comfortable in teaching a variety of health topics in a classroom setting
7. Candidates know, understand, and use the major concepts in the subject matter of health education to create opportunities for student development and practice of skills that contribute to good health.

## **EVALUATION COURSE REQUIREMENTS**

**All detailed assignments, rubrics, examples and evaluation tools are located in D2L (please pay attention to due dates) A short summary of all assignments are explained below including due dates**

### **Wellness energizers: (7 pts.)**

Create a mini-wellness energizer for each of the 7 dimensions of wellness.

Create at least one activity that you would present for a k-8 classroom in each of the 7 dimensions of wellness. Make sure your activity is geared towards teaching health education concepts infused with core curriculum. Be specific and detailed in your example. You do not need to specify the grade level. Due in D2I drop-box, **Monday Sept. 19** – Be ready to share your ideas on Tuesday Sept. 20. Bring a hard copy to class. 5 pt. late submission

### **Multiple Intelligence: (9 pts.)**

You will be assigned one of the 10 health content areas.

Create **at least one health activity**, using **all 9** multiple intelligences.

Due in D2I drop-box, **Wed. Oct. 5**. Be ready to share your ideas on Thursday Oct. 6. Bring a hard copy to class. 5 pt. late submission

### **Elementary Children's Health Book: (30 pts.)** **Five of the eight standards must be answered. You may select which five to answer. Each question is worth 6 pts.**

Bring to a class a children's book that demonstrates evidence in Health content, Health skills and the 8 National Health Education Standards. You will be asked to evaluate your book, answering at least five of the eight National health standard questions to receive all of your points. All of the questions in each of the five standards that you choose must be answered. Suggestions for health content book titles may be found in D2I. You will be asked to bring your book to class on book report day and discuss your answers with your peers. Due in D2I drop- box, **Wed. Sept. 28**. Be ready to share your ideas on Thurs. Sept. 29. 5 pt. late submission.

### **Best Teaching Practices: writing a lesson plan and practice teaching in a group: (15 pts.) In class assignment**

With the guidance of lesson plans in your text book and Best Teaching Practice lesson plans, your assigned group will practice writing and teaching a health lesson to your peers. Instructions will be handed out in class on "Best Teaching planning day". Lack of attendance for your planning and teaching day will be deducted in your individual pts. Not showing up for your teaching day, (no points will be given to you).

**Midterm Exam: Thursday Oct. 27 (60 pts.)**

Read Chapters 1-4, section one in your text. A review sheet may be found on D2I under content. Some of the reading will not be covered in class; it is your responsibility to read the material. Information taught during the first 8 weeks will also be covered on the exam.

**Health Fair: Tuesday Nov. 8 at Bannach Elementary School (100 pts.)**

A half-day celebration of health and wellness for 5 and 6<sup>grade</sup> elementary students. This spring's health fair will be at Bannach Elementary School on **Tuesday, Nov. 8**. You will need to be available from 8 am-11 am on that day. Your group will be assigned to teach a 15-minute lesson on one of the ten health content areas identified in your textbook. The elementary students will come to your booth for health information. Information should be provided in an interactive way. Each group should develop at least one informational take-away and have it duplicated for those who come to the booth. Complete instructions will be handed out to you on our health fair planning day and may be found in D2I under health fair content.

**Health Fair, Group Lesson Plan: (Due Monday Nov. 7)**

This is your lesson plan for your health fair topic. Each health fair group will be responsible for writing a lesson plan. Complete instructions will be handed out on the health fair planning day. Your **group health fair lesson plan** is required to be uploaded one day before the health fair on Monday, Nov. 7, in D2I- Drop-box. A **hard copy** of your group lesson plan is required to be handed to your instructor on the day of the health fair, Tuesday, Nov. 8.

**5 pts.** will be deducted from your group grade if your lesson plan is not uploaded on D2I on the day before the health fair, and **5 pts.** will be deducted if your instructor does not receive a hard copy on the day of the health fair. When **uploading** your health group lesson plan in the D2I drop box. identify your group lesson plan by Content, Topic and Names of your group members.

**Health Fair Reflection: Total 2 pts. (Due the day after your health fair Wednesday Nov. 9)**

After the completion of the health fair you will need to reflect on the health fair individually and not by your group. Please upload your reflection in the **drop box**. **Answer the following 3 questions: Upload in d2I drop box.**

- 1. How did this experience help you become a better health educator?**
- 2. What group improvements would you make?**
- 3. What percentage would I give myself and my group members for their work effort in preparing for the health fair. You must indicate what each individual did preparing for the health fair, including yourself.**

**Group percentages should be the following. Three in a group 33%, Four in a group 25%, Five in a group 20%.**

**If your individual group grade is low, a 10-20 pt. deduction may occur in your overall grade. 5 pts. deducted for late submission**

**Peer Teaching: Total 100 pts. (Begins Tuesday Nov. 15)**

Construct a lesson plan on a health content assigned to you. You may select your own topic. Your written outline must be a detailed and typed. You will teach this lesson to your classmates for 20 minutes. You will find a rubric, grading criteria, lesson plan format and a sample lesson plan in D2I under content, under the title, peer teaching.

Due, in D2L (drop box) on the day before you teach, include all of your handouts and power points. A hardcopy of your lesson plan, including all class handouts must be given to your instructor on the day that you teach.

**A 5 pt. deduction will occur if your lesson plan is not uploaded in D2L the day before you teach and if your instructor does not receive a hard copy, another 5 pts. will be deducted**

**Peer Teaching Reflection – due the day after you teach your lesson, 2 pts. (5 pt. late deduction if late.) If your reflection is not completed by the day after you peer teach you will lose 7 pts.**

After the completion of peer teaching, you will need to reflect on your teaching experience. Please place your reflection in the **drop box**. **Answer the following 2 questions:**

1. How did this experience help you become a better health educator?
2. What improvements would you make?

### **Health Resource Paper 50 pts.**

Contact either a Health agency or Social Services agency. Your paper must be typed answering the following questions (4 pages typed double spaced). Please number your answers 1-6, if your paper is less than 4 pages (double spaced); a **5-point** grade deduction will occur. You may have more than 4 pages. Upload your resource paper in D2L discussions and the drop box with your resource handout attached by the due date. **A 5 pt. grade deduction will occur if not uploaded in D2L by deadline.**

**A hard copy of your resource paper is due on the day that you present, include a copy of your handout attached to your paper. Your classmates will receive your handout only (not your paper) in D2L, discussions.**

**A 5 pt. grade deduction will occur if your instructor does not receive a hard copy on the day of your presentation, including your resource handout.**

### **Health Resource Handout 10 pts.**

**From your resource contact, create, add to, or receive a resource handout from your resource contact, that includes the following:**

A resource of reliable health education information providing a list of health educational materials that are resourceful tools for teaching about health education content.  
How to locate content from other resources about your topic are important.  
Listing interactive activities are also to be included. If this is difficult to find, then you will have to move on to another resource.

## Wellness Energizer

Work day: Thursday Dec. 8, Group presentations Tuesday Dec. 13 and Thursday Dec.15  
Lesson plan due date: Friday December 16 – minus 5 pts. for late submissions

### **COURSE REVIEW WELLNESS ENERGIZER EXPLANATION – total pts. 20 pts.**

Your group will be graded on the following:

1. Total class involvement
2. originality/creativity – the amount of time and effort put into this will be recognized – (teaching aids, teaching strategies and multiple intelligences)
3. Provide an informal detailed description of your activity, include two health goals. One per group- handed in to the instructor on the day your group presents and due in the D2I drop box by Friday
4. Time is not a grading factor – you will have 20 minutes to present
5. Physical Education activities are not what I'm looking for; this must be a health education activity infusing concepts in the 10 health content areas, life skills, dimensions of wellness and the eight National Health Standards.
6. All members of your group must be involved in teaching and group planning
7. Being absent on group planning days or presentation day will result in minus 10 pts. for each day.
8. Grade level or age group is your choice and does not have to be designated on your description handed in to the instructor. Keep in mind k-8<sup>th</sup> grade level.
9. Put your creative thinking hats on, I am looking for a very creative, interactive lesson.

Grades for all assignments will be posted in D2I

### Grading Point system

#### Total Points

- A 94-100%
- A- 90-93%
- B+ 86-89%
- B 83-85%
- B- 80-82%
- C+ 76-79%
- C 73-75%
- C- 70-72%
- D+ 67-69%
- D 65-66%

## **HLED 280 Assignments, submissions, due dates and points**

<b>Assignments (due in D2I drop-box or discussions) 5 pt. late deduction</b>	<b>Due Date: Submit in D2I Drop box</b>	<b>Pts.</b>
7 Dimensions of Wellness k-8 activities	Monday Sept. 19 (D2I drop box)	7
9 Multiple Intelligences infusion of curriculum connections	Wednesday Oct. 5 (D2I drop box)	9
Elementary Children's Health Book, list by Book name and your name	Wednesday Sept. 28 (D2I drop box)	30
Best Teaching practices, Group practice teaching and writing a lesson plan	Submit hard copy the day your group presents ( no submission)	15
Health Resource paper and handout , list by resource and your name	Monday Oct. 17 (D2I drop box)	Resource Paper 50
Health Resource handout, for your classmates	Friday Oct. 21 (D2I discussions)	Handout 10
Take home exam	Thursday Oct. 27 (D2I drop box)	60
Group Health Fair lesson plan – list by topic, content and group members Due day before the health fair, one per group	Monday Nov. 7 (D2I drop box)	Part of 100 pt. total grade
Individual Health Fair Reflection Due day after health fair	Wednesday Nov. 9 (D2I drop box)	2
Peer Teaching Lesson Plan- list by content and Topic	Due day before you peer- teach (D2I drop box)	Part of 100 pt. total grade
Peer Teaching Reflection	Due day after you peer-teach (D2I drop box)	2
Group Wellness energizer informal lesson plan	Hard copy due to instructor the day you teach and submission in D2I drop box by Friday Dec. 16	20
Final Exam	Tuesday Dec. 20 by 2:30 pm (D2I Drop box)	2 20 pt. deduction if not submitted

## TENTATIVE SCHEDULE

<u>Week</u>	<u>Content</u>
1	Course orientation / Getting to know your classmates
2	Introduction to health and wellness
3	The need for Comprehensive School Health Education/skills/standards
4	Continue
5	Best Teaching practices / 10 Health Content – group teaching (learning to create a lesson plan)
6	continue
7	Health Resource paper/ class presentations
8	Exam Chapters 1-4 and what we learned during class time
9	Preparing for our health fair /work days
10	Health fair /Review Health Fair/preparing for peer teaching
11	Peer Teaching
12	Peer Teaching/ No class Nov. 24 Happy Thanksgiving
13	Peer Teaching
14	Wellness energizer planning
15	Wellness Energizer group presentations
16	Final exam Tuesday Dec. 20 12:30-2:30 pm, final reflection due in D2L drop box

## **STUDENT RESPONSIBILITY**

To attend class—one absence is allowed without your grade being influenced.

Grade influenced by absence after one – 10 pts. will be deducted from total points for each absence after one miss.

Grade influenced by being Tardy- if you are a habitual late person, 10 pts. will be deducted from your total pts. (you are allowed 2).

Please email me the reason why you were absent.

To enjoy learning and engage in class participation!!

All assignments are to be put in D2I on due dates, assignments not turned in on time will be deducted by 5 pts.

