

CUYAMACA COLLEGE

Department of Exercise Science and Health

HED 105 Health Education for Teachers

Online/ 1 units Section 5393

Pam Farmer, M.A. Dates: Monday, March 3- April 5, 2014

Department of Exercise Science and Health **Prerequisite: None**

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Emails will be answered within 48 hours on Weekdays. If not, email again or call.

Office hours:

Tuesday & Thursday 8-8:30 a.m. 9:30a.m.-11:30 a.m.

Course Description

This five week course provides introductory knowledge of broad health-related issues that are relevant to the K-12 curriculum. In addition, topic areas will cover primary and secondary school health education curriculum design, basic legal issues of health education in California, discussion of community resources, behavior modification techniques. This course is designed to meet the state of California health education requirement for the K-12 teaching credential. This class is one unit so expect to spend at least four hours a week on the material.

Course Content- These topics may not be presented in this order

- 1) Stress Management
- 2) Nutrition
- 3) Exercise, physical activity
- 4) Sexuality and Teen Pregnancy
- 5) Sexually Transmitted Diseases
- 6) Substance Abuse
- 7) Violence
- 8) School Safety
- 9) Curriculum Development.
- 10) Community Resources
- 11) Legal Issues
- 12) Social and Cultural Influences

Student Learning Outcomes:

Students will be able to:

- a. Analyze risk and preventive factors for health problems that affect youth in the United States.
- b. Discuss and design appropriate grade-level curriculum, lesson planning and teaching methods as defined by state mandated scope and sequence guidelines that will effectively influence youth to embrace healthy lifestyle choices.
- c. Discuss the legal issues of health education in the public schools in California.
- d. Analyze social and cultural influences that can impact health and lifestyle choices including nutrition and exercise patterns, access to health care, etc.

f. Compare and contrast the effects of optimal health and poor health on student learning and academic performance, including but not limited to childhood nutrition, sleeping patterns and exercise habits.

Method of Instruction

- 1) Online Text material.
- 2) Online discussions, assignments, Quizzes and power points.

Method of Evaluation

You may access your grades in Blackboard by clicking on tools button in the left menu, click on my grades.

- 1).There will be 3 Quizzes, worth 50 points each. These quizzes will be timed with point penalties for going over the time limit.
- 2). There will be Assignments with different point values. Late Assignments **will not be accepted.**
- 3).There will be Discussion Board Forums each worth 20 points. As future teachers, I expect an appropriate level of decorum in your interactions. Inappropriate posts **may result in a student being dropped from the course.**

In order to receive full credit in the Discussion Board, you must create your **own** thread to answer the topic and reply to two other students. Your thread must contain references from your text or other sited reference materials to validate your opinion. Your replies to others must be specific. Grammar counts. You must use formal writing. No Late Discussion Board posts will receive credit.

- 4).The grading scale is as follows: 90% of the total will be an A; 80% =B, 70 % =C, 60%=D, below 60% F

Attendance and Participation

Students **may be dropped for lack of progress** in accordance with Cuyamaca College policy. Any student missing the first Discussion Board Forum **may be dropped from the class.** Students will be required to post on the discussion board weekly.

Texts and References

Required: Meeks, Heit and Page. Comprehensive School Health Education, 8th edition. McGraw-Hill, 2012.

Additional requirements

Internet and e-mail access and software for **Microsoft Word** processing.

You must submit work as a **Word** file, or paste the file into the comments portion of the assignments.

If I cannot open your file **you will receive a zero.**

Students working on campus may need a USB flash memory drive.

This course adheres to policies outlined in the Cuyamaca College catalogue. For further information consult "Academic Policies" in the catalogue.