

**DEPARTMENT OF HEALTH AND KINESIOLOGY
MISSISSIPPI UNIVERSITY FOR WOMEN**

HKH 380 METHODS OF TEACHING HEALTH CREDIT: 3 HRS

PRE-REQUISITE: HKH 101 Personal Health

TEXT: Meeks, Heit, & Page. (2003). Comprehensive school health education.
New York: McGraw-Hill Publishers.

CATALOG DESCRIPTION: An introduction to health programs for the school and community..
Emphasis is placed on design, methodology and implementation of school/community health programs.

PURPOSE OF THE COURSE: The purpose of this class is to acquaint the teacher education student to the role of teacher in the comprehensive school health education program.

OUTLINE OF COURSE CONTENT:

1. To develop an understanding of comprehensive health in a school setting.
2. To offer opportunities in teaching, methodology, and organizational experiences in health education.
3. To research additional information pertaining to health issues other than that learned in the classroom.

STUDENT LEARNING OUTCOMES (OBJECTIVES)

1. To create, research and present a portfolio in a specific area of health.
2. To collectively design a grade level 7-12 curriculum in health.
3. To discuss special health issues and topics of major health concerns
4. To write behavioral objective and means of implementing and evaluating these objectives.
5. To utilize instructional aids effectively; printed materials, audio-visuals, posters, bulletin boards, and computers.
6. To understand and utilize strategies to maintain classroom control and foster preventive discipline.
7. To utilize library resources in areas of health education.
8. To present lesson plans in a specific area, pertinent information about that area, a learning activity and a sample examination.

COURSE EVALUATION:

- 50% 4 TESTS--(1 DROP GRADE--THE FINAL MAY NOT BE DROPPED)
 THERE WILL BE NO MAKE-UP TESTS. A MISSED TEST WILL BE
 YOUR ONE DROP GRADE. IF MORE THAN ONE TEST IS MISSED,
 A GRADE OF ZERO WILL BE GIVEN FOR THE 2ND MISSED TEST.
- 25% PORTFOLIO--GRADE FOR COLLECTIVE INFORMATION

ATTENDANCE POLICY

After three absences the student will incur a drop of a letter grade to his/her final average. After 6 absences a student will incur two letter grade drops and after 9 absences three letters grade drops and after 10 absences, an automatic F.

SCHEDULE OF TOPICS

Introduction

- Class requirements

 - Healthy People 2010

 - MS Report Card

 - CDC's categories of risk behavior

- Chapter 1 Overview

Complete Health Behavior Inventory

 - Refine topic to advocate

 - Write 5 behavioral objectives that support topic(pg. 22)

 - Chapter 2 discussion

Chapter 3 discussion

 - What contributes to a healthy school environment?

 - List and define various teaching strategies.

Chapter 4 Portfolio (pg. 147)

 - Methods of evaluation--discussion

Chapter 6

 - Mental and Emotional Health

 - Ideas for character education

Family and Social Health

- Chapter 7 discussion

 - What is the role of the school in the health of family and society?

Chapter 8

 - Discussion on growth and development.

 - What level of maturity can you expect at certain ages, how does this vary and what causes this variation? How may the school health address the variations among age groups?

Nutrition Chapter 9

Discuss eating habits of high school students

Chapter 10 Physical Activity

Chapter 11

Alcohol, tobacco and drugs

Are drug education programs working and what are the new programs of the 21st century?

Chapter 12

CDC--discussion of the organization

Chapter 13 Consumer Health

Chapter 14 Environment Chapter 15 Injury Prevention

Ideas for First Aid Training in the health classroom

Chpt 16 Teaching Strategies

How to use these strategies and evaluate them

Portfolio work and discussions

NOTE: It is the responsibility of the student who has professionally diagnosed disabilities to notify the instructor so that necessary and appropriate procedures for modifications will be met for any special learning need.