

**HCSV 450 Health Education for Elementary School Teachers
 Department of Health and Community Services
 California State University, Chico
 Fall 2006 Online**

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REQUIRED COURSE MATERIALS

1. Anspaugh, D. J. and Ezell, G. (2004). Teaching today's health (7th ed.). Boston: Benjamin/ Cummings. [Order from the [Bookstore](#)] ISBN 0-80535495-6
2. California DOE (2003). Health framework for California public schools kindergarten through grade twelve. Sacramento: California Department of Education. [The Framework is also available in the bookstore, but you'll have to pay for the hardcopy. The online Framework is free]. [PDF](#) or Online: <http://www.cde.ca.gov/ci/he/cf/>
3. [PRINTABLE LEARNING OBJECTIVES](#)
4. [LEARNING OBJECTIVES \(IN MS WORD\)](#)- to download, Right Click mouse on link and Save Target As. Use this file to study for exams.
5. [PRINTABLE SYLLABUS](#)

Day	Content	Assignments
AE=Anspaugh & Ezell and HF=Health Framework		
Week 1 Mon. Aug 21	The Need for Health Education The Role of the Teacher in Coordinated School Health Program Health Framework: CHAPTER 1 The Vision: Health Literacy, Healthy Schools, Healthy People CHAPTER 2 Developing Health Literacy in the Classroom and in the School	Rd. AE Ch. 1, Chapter 1 Rd. AE Ch. 2, Chapter 2 Rd. HF Ch. 1 Rd. HF Ch. 2 Assignments: Read: Guidelines for Writing Health Lesson Plans for HCSV 450. PDF Due Monday, Oct 2, 2006. Start Assignment 1: Critique a lesson plan using "Guidelines for Writing Health Lesson Plans." Any lesson plan is OK, even off the web. See Readings Page . Make sure it is a K-6 lesson plan. Lesson plans for middle and high school will not be accepted.
Week 2 Mon. Aug 27	Plan for Health Instruction Strategies for Implementing Health Instruction Health Framework:	Rd. AE Ch. 3, Chapter 3 Rd. AE Ch. 4, Chapter 4 Rd. HF Ch. 4

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	CHAPTER 4 Beyond Health Education	
Week 3 Mon. Sept 4	LABOR DAY- NO CLASSES	
Week 4 Mon. Sept 11	CHAPTER 5 Assessment of Health Literacy CHAPTER 6 Criteria for Evaluating Instructional Materials for Kindergarten Through Grade Eight (Only read K-6) <i>Health Framework:</i> CHAPTER 3 II. Content Areas, Kindergarten Through Grade Twelve Measurement and Evaluation of Health Education	Rd. AE Ch. 5, Chapter 5 Rd. HF Ch. 5, HF Ch. 6 HF Ch. 3 (pg. 58-66)
Week 5 Mon. Sept 18	Mental Health and Stress Reduction Strategies for Teaching Mental Health and Stress Reduction <i>Health Framework:</i> CHAPTER 3 Health Education (Only read K-6)	Rd. AE Ch. 6, Chapter 6 Rd. AE Ch. 7, Chapter 7 HF Ch. 3 (pg. 68 K-3 top of page- Unifying Idea and Expectations); (pg. 70, K-3 Mental and emotional health); (pg. 75-77 K-3 Expectation 5- Unifying Idea and Expectations; Roles of Family Friendship members; Change within the family; Friendship and peer relationship; School and community-based efforts to promote and protect health); (pg. 78-79 K-3 Unifying Idea and Expectations; Mental and emotional development); (pg. 82 Grades 4-6 first paragraph; Unifying Idea and Expectations); (pg. 84-85 Gr. 4-6 Mental and emotional health); (pg. 90-92 Gr. 4-6 Unifying Idea and Expectations; Roles of family members; Change within the family; Friendship and peer relationships; School and community-base efforts to promote and protect health) (pg. 93-95 Gr. 4-6 Unifying Idea and Expectations; Life cycle; Mental and emotional development)
Week 6 Mon. Sept 25	EXAM 1- 50 points, multiple choice Body Systems	AE Ch. 1-5, HF Ch. 1-7. Rd. AE Ch. 8, Chapter 8 Part 1 , Part 2
Week 7 Mon. Oct 2	LESSON PLAN CRITIQUE DUE Personal Health Strategies for Teaching Body Systems / Personal Health <i>Health Framework:</i> CHAPTER 3 Health Education (Only read	Rd. AE Ch. 9, Chapter 9 Read AE Chapter 10 on your own. HF Ch. 3 (pg. 68 Gr. K-3 Unifying Idea and

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	K-6)	Expectations; The human body); (pg. 69 K-3 Physical activity); (pg. 71 K-3 Disease prevention); (pg. 78-79 K-3 Unifying Idea and Expectations; Life cycle; Growth and development); (pg. 82-83 Gr. 4-6 first paragraph pg. 82; Unifying Idea and expectations; The human body); (pg. 85-86 Gr. 4-6 Disease prevention); (pg. 93-94 Gr. 4-6 Unifying idea and expectations; Life cycle; Growth and development)
Week 8 Mon. Oct 9	Sexuality Education Strategies for Teaching Sexuality Education Health Framework: CHAPTER 3 Health Education (Only read K-6)	Rd. AE Ch. 11, Chapter 11 Rd. AE Ch. 12, Chapter 12 HF Ch. 3 (pg. 78-79 K-3 Unifying Idea and Expectations; Life cycle; Growth and development); (pg. 93-94 Gr. 4-6 Unifying idea and expectations; Life cycle; Growth and development)
Week 9 Mon. Oct 16	EXAM 2- 50 points, multiple choice Substance Use and Abuse Strategies for Teaching About Substance Use and Abuse Health Framework: CHAPTER 3 Health Education (Only read K-6)	AE Ch. 8-12 and HF Ch. 3 Rd. AE Ch. 13, Chapter 13 Rd. AE Ch. 14, Chapter 14 HF Ch. 3 (pg. 68 K-3 Unifying idea and expectation); (pg. 73 K-3 Alcohol, tobacco, and other drugs); (pg. 82 Gr. 4-6 Unifying idea and expectations); (pg. 87-88 Gr. 4-6 Alcohol, tobacco, and other drugs)
Week 10 Mon. Oct 23	Infectious and Noninfectious Conditions Strategies for Teaching About Infectious and Noninfectious Conditions Health Framework: CHAPTER 3 Health Education (Only read K-6)	Rd. AE Ch. 15, Chapter 15 Part 1 , Part 2 , Rd. AE Ch. 16- read on your own HF Ch. 3 (pg. 71 K-3 Disease prevention); (pg. 85-86 Gr. 4-6 Disease prevention)
Week 11 Mon. Oct 30	Infectious Diseases <i>continued</i>	Immunizations Small Pox , Tuberculosis , TB 1 , West Nile Virus
Week 12 Mon. Nov. 6	Nutrition Strategies for Teaching Nutrition Health Framework: CHAPTER 3 Health Education (Only read K-6)	Rd. AE Ch. 17, Chapter 17 Part 1 , Part 2 , My Pyramid Rd. AE Ch. 18- read on your own Obesity Catalog , Child Obesity HF Ch. 3; (pg. 68 K-3 Unifying idea and expectations) (pg. 69 K-3 Food choices); (pg. 71 K-3 Disease prevention) (pg. 80-81 K-3 Unifying Idea and expectations; Food choices); (pg. 82 Gr. 4-6 Unifying idea and expectations); (pg. 83 Gr. 4-6 Food choices); (pg. 85-86

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		AE=Anspaugh & Ezell and HF=Health Framework Gr. 4-6 Disease prevention); (pg. 85 Gr. 4-6 Unifying Idea and expectations); (pg. 87 Gr. 4-6 Food choices)
Week 13 Mon. Nov 13	EXAM 3- 50 points, Multiple choice Injuries: Accident and Violence Prevention Strategies for Teaching About Injuries: Accident and Violence Prevention <i>Health Framework:</i> CHAPTER 3 Health Education (Only read K-6)	AE Ch. 13-18, HF Ch. 3 Rd. AE Ch. 19, Chapter 19 Rd. AE Ch. 20- read on your own HF Ch. 3; (pg. 68 K-3 Unifying idea and expectations); (pg. 72-74 K-3 Potentially dangerous situations; Child abuse, including sexual exploitation; Emergencies); (pg. 82 Gr. 4-6 Unifying idea and expectations); (pg. 87-89 Gr. 4-6 Potentially dangerous situations; Child abuse, including sexual exploitation; Emergencies)
Nov 20	THANKSGIVING WEEK- NO CLASSES	
Week 14 Mon. Nov 27	Consumer Health Strategies for Teaching Consumer Health <i>Health Framework:</i> CHAPTER 3 Health Education (Only read K-6)	Rd. AE Ch. 21, Chapter 21 Rd. AE Ch. 22- read on your own HF Ch. 3; (pg. 80 K-3 Unifying idea and expectations; Products and services); (pg. 95-96 Gr. 4-6 Unifying idea and expectations; Products and services)
Week 15 Mon. Dec 4	Environmental Health Strategies for Teaching Environmental Health <i>Health Framework:</i> CHAPTER 3 Health Education (Only read K-6)	Rd. AE Ch. 25, Chapter 25 Rd. AE Ch. 26- read on your own HF Ch. 3; (pg. 75 K-3 Unifying idea and expectations); (pg. 77 K-3 School and community-based efforts to promote and protect health); (pg. 90 Gr. 4-6 Unifying idea and expectations); (pg. 92 Gr. 4-6 School and community-based efforts to promote and protect health)
Week 16 Mon. Dec 11	EXAM 4- 50 points (multiple choice)	AE CH. 19-26, HF Ch. 3

LEARNING OBJECTIVES

VERY IMPORTANT!!! All college courses have a set of learning objectives that must be fulfilled by all students to pass the course. The learning objectives do not change throughout the course, and the student is given the objectives so that they know what to study and what to focus their time on. The quizzes, exams, and other evaluation measures are created DIRECTLY from these objectives. See [HCSV 450 Learning Objectives](#). In other words, this is your study guide for the course. You must meet the objectives of the course to complete the course successfully. Unless you have a lot of time on your hands, don't waste your time with materials in the textbook and assigned readings that are not DIRECTLY related to the learning objectives.

READINGS, ONLINE RESOURCES, AND OTHER REQUIREMENTS

Access materials you will need for this course through the [HCSV 450 Readings Page](#). Students are expected to log into WebCT daily during the semester. Other videos may be shown in class if relevant to the health topic. Health news will be read each day for discussion. Students may voluntarily bring in articles for class discussion.

DISABLED STUDENTS

Students with government-recognized disabilities by law are may be entitled to alternative forms of testing. These students have the responsibility to inform me that they are registered with the CSUC Disability Office. The CSUC DSS Office will inform me the ideal method of testing for the student. Unless I am informed, all students must take the standard quizzes and exams. Retroactive adjustments to grades will not be made because it is the student's responsibility to inform me on the first day of class of their status before any quizzes and exam are administered.

EXAMS

A combination of multiple choice, true/false, matching, short answer, and/or essay type of questions will be used for each exam. You may not use any resource during the exam nor discuss the exam with anyone else. There are no make up exams in this course. Daily attendance is required. For online courses, participation in discussions are required. If you miss an exam or group assignment, your score will be zero. After each exam, please write down your score on your syllabus.

GRADING SYSTEM

There will be four written exams each worth 50 points (200 points total); one lesson plan critique worth 10 points; Discussion (10 points). Total possible points = 220 points. Grades will be computed as follows: A= 93-100%, A-=90-92%, B+=87-89%, B=83-86%, B-=80-82%, C+=77-79%, C=73-76%, C-=70-72%, D+=67-69%, D=63-66%, D-=60-62%, F=<60%. The course grades may be curved at the end of the course. Thus, your exact grade earned in this class cannot be determined until the end of the course.

CPR CERTIFICATION

Online: <http://www.ctc.ca.gov/credentials/leaflets/cl561c.html> or here, ([PDF](#))

You are required to complete a CPR certification during this course as mandated by the State of California. You must submit evidence of CPR certification to complete the course successfully. Those students who do not submit CPR Certification documentation will receive an Incomplete for HCSV 450. For winter intersession students, CPR certification evidence must be presented by the end of the **spring** semester since that is when your winter intersession grades are submitted.

"Health Education - applicants must satisfy one of the following requirements:

"complete a Health Education course, based on completion of a preparation program on or after January 1, 1997, from a state determined to have an equivalent health education course standard (See Table 2 pages 7-8.)

complete a unit requirement in health education, including, but not limited to, nutrition; the physiological and sociological effects of alcohol, narcotic, and drug abuse; and the use of tobacco. This requirement must include verification of training in cardiopulmonary resuscitation (CPR) that covers infant, child, and adult CPR skills. CPR certification must be completed while enrolled in a teacher preparation program or while teaching on a

valid credential based on a teacher preparation program. Submit a copy of the course description and CPR card for evaluation purposes."

The Commission on Teacher Credentialing will accept evidence of the successful completion of these CPR courses submitted with applications for the Multiple Subject, Single Subject, or Designated Subject's teaching credentials:

- 1) American Red Cross: Community CPR
- 2) American Heart Association: BLS Adult & Pediatric Heartsaver
- 3) EMP America- MEDIC First Aid

Revised July 29, 2006