

Professional Development Course Syllabus

Course Number: EDAD 5725 (Sec.)

Sponsor ID: 187550

Course Title: **Supporting Student Health and Achievement**

Two-step Registration Process: 1) Register and pay for course with ASCD (www.ascd.org) 2) Register for credit with NNU (www.nnu.edu/cereg)

Instructor: Barbara Rainey Continuing Education Credit(s): 1 Total Cost for Credit: \$80.00

NOTE: Continuing Education courses are designed for professional development and do not normally count toward an academic degree.

1. Educational Goals for the Course:

- This course introduces a coordinated approach to addressing school health issues useful for school administrators, teachers, and others concerned about promoting the well-being of students and staff. In this course, participants will learn how to develop a coordinated approach to school health; identify the health-related activities in a school or district as the foundation for a coordinated approach; structure a coordinated approach; and find resources to support school health efforts. Health barriers, such as school safety, asthma, obesity, and stress, that reduce students' and teachers' abilities to focus on learning and teaching, will be addressed with the above-referenced approach.

2. Instructional Learning Objectives:

Participants will:

- Review data on student health status and risk-taking behaviors and assess health concerns in individual schools or districts.
- **Examine and assess the first four of eight components of a coordinated school health program: 1) health education; 2) physical education; 3) nutrition services; and 4) staff wellness.**
- **Examine and assess the last four of eight components of a coordinated health program: 1) health services; 2) counseling, psychological and social services; 3) healthy environment; and 4) family and community involvement.**
- Consider how to coordinate the eight components of a coordinated school health program with the appropriate key players.
- Understand the relationship between systemic change and establishing a coordinated approach to school health by considering support of and barriers to making such a change.
- Identify existing and potential resources and programs in the school, district, and community, including community partnerships and possible websites for funding healthy activities.
- Create an action plan to guide health education reform for individual schools and/or districts.

3. Course Requirements: This course is available only to those who have registered with and purchased the course from ASCD (www.ascd.org, then select PD Online Courses)

Participants will be required to:

- Complete all lessons
- Submit a reflection paper, detailing what was learned and how the knowledge will be applied
- Complete the NNU Course Evaluation Form
- **Submit reflection paper and completed NNU Evaluation as Word document attachment to:**

Barbara Rainey - BRaineyReader@aol.com
c/o Northwest Nazarene University
623 Holly St., Nampa, ID 83686
800-349-6938 * fax 208-467-8426

4. Dates, Times and Location of Proposed Course:

(1 Semester Credit Equals 15 Professor Contact Hours plus an additional 30 Hours Outside Work)

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TBD - Participants may have up to six months to complete course. Course completion date must be determined at time of registration.

5. **Due Date for Completion of Course Requirements:** Within six months of start date.
6. **Learning Resources and Required Text:** ASCD Professional Development ONLine course Supporting Student Health and Achievement, by Eva Marx and Kathy Checkley.
7. **Evaluation Procedure:** Pass/Fail