

## Professional Development Course Syllabus

Course Number: EDAD 5725

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

Instructor: Dr. Mary Jones Semester Credit(s): 1 Total Cost for Credit: **\$80.00**

*Registration and Payment due on or before the first day of class. ([www.nnu.edu/cereg](http://www.nnu.edu/cereg))*

### 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: *(What will participants learn and put into practice as a result of completing this process?)*

#### 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.

#### Participants will be required to:

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

Dr. Mary Jones                      [mjones@nnu.edu](mailto:mjones@nnu.edu)  
Northwest Nazarene University  
623 Holly Street  
Nampa, ID 83686                      FAX: 208-467-8426  
208- 467-8112 or (800) 349-6938

### 4. Dates, Times and Location of Proposed Course: *(1 Semester Credit Equals 15 Professor Contact Hours plus an additional 30 Hours Outside Work)*

TBD - Participants may have up to six months to complete course. Course end 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