

Become a School Health Champion!

Syllabus

This course will run from: TBA

Course Description

Improving student health can reduce absenteeism, improve physical fitness and increase learning capacity. The purpose of this course is to help teachers, staff, schools and communities self- assess and identify health programs, policies and criteria that promote student and staff health. Free, web-based curriculum integrating nutrition education and physical activity into the classroom routine will be researched. Academic and health enhancing school celebrations and fundraising events will be identified. Upon completion of this course, participants will have the knowledge and skills to develop School Health Teams, implement the School Health Index, and promote health literacy. Become a School Health Champion!

Course Goals, Outcomes and Objectives:

Participants will be able to:

- a. Integrate physical activity and nutrition education into the classroom routine.
- b. Identify healthful school celebrations
- c. Recommend health-enhancing fundraising activities
- d. Cite criteria school leaders employ to promote school health programs
- e. Create School Health Teams and Councils
- f. Implement the CDC's School Health Index
- g. Evaluate district Wellness Policies
- h. Promote health literacy

Donna Funaro, the School Health Coordinator at the Rockland Teachers' Center Institute, collaborates with Rockland County school districts and agencies. A retired physical education teacher and health curriculum coordinator, she served as co-chair of the School Health Advisory Council, facilitated diversity education programs with the Anti-Defamation League, and was an elected school board member for nine years. A School Health Index Trainer with the Center for Disease Control and Prevention, she promotes the Coordinated School Health Program state-wide and nationally.

NYS Learning Standards for Health, Physical Education and Home Economics

Requirements:

Participants will need to be computer literate with: Access to the Internet, Proficiency in Word and Excel, ability to and post and send emails.

Recommendation for Credit :

Course credit will be recommended upon satisfactorily completing all requirements: timely completion of assignments, meeting log-on quotas, participating in and responding to online discussions.

Contact information:

Donna Funaro

dfunaro@rockteach.lhric.org

Tech Support

800 462 9041 (Monday-Friday 9 AM- 5PM)

In order to receive full inservice credit for this course you must:

- Post completed assignments, participate in discussions
- Use the rubrics and examples provided in order to hand in assignments that are complete
- Hand in all assignments on or before due dates
- Cite all sources

Any discrepancy in a grade received must be emailed to instructor directly with supporting details defending the request for a grade change. This should not be posted on the class discussion board. Each request will be handled in a professional manner.

6. In-service Credit Recommendations will be given upon satisfactory completion of all assignment details: creating class resources, giving evidence of teacher/student activity and relationship interactions, making all journal, log and forum entries. The final point value to receive course credit is 22 . Assignment	Points per assignment	Estimated Time
1	2	30 mins.
2	3	1 hr. 30 mins.
3	2	1 hr. 30 mins.
4	2	1 hr. 30 mins.
5	4	2 hrs. 30 mins.
6	5	4 hrs. class work 1 hr. on line
7	3	1 hr. 30 mins.
8	1	1 hr.
Options		
Late -2	Late assignments will lose points.	
Extra credit +2	Extra credit assignments will add points.	