I. Bulletin Description

Study of modern curriculum philosophy, structure, placement, and content within elementary, junior, and senior high schools.

II. Prerequisites

None

III. Rationale for Course Level

IV. Textbooks and Other Materials to be Furnished by the Student

*Teaching Today's Health* by David Anspaugh and Gene Ezell.

V. Special Requirements of the Course

None

VI. General Methodology

Curriculum committee simulation, lecture-discussion, and guest speakers from local schools.

VII. Course Objectives

This course is part of Central Michigan University’s Professional Education Program and is designed to be:

- **C**-concept and knowledge driven: Provides the knowledge base needed in teaching. Also provides pedagogical studies to prepare professionals for the classroom.

- **Lea**-rner centered: Focuses on the intellectual, social, emotional, and physical needs of each learner.
Reflective practice relevant to diverse settings and roles; Prepares professionals who reflect upon the roles they fill, from teacher inside diverse classrooms to curriculum planner or education professional within a school district or community.

Upon completion of this course, students should be able to:

1. Describe how to implement Michigan’s Standards and Benchmarks for school health education. (C, R)
2. Describe components of coordinated school health education and the role of curriculum. (C, LEA)
3. Discuss the major issues and controversial areas in health education. (C, LEA)
4. Understand forces in our society which influence curriculum. (C, LEA, R)
5. Identify the major components of a school health curriculum. (C)
6. Know advantages and disadvantages of approaches to curriculum development. (C, R)
7. Develop a curriculum guide for school health education. (C, LEA, R)
8. Explain how needs assessment effects health education curriculum. (C, LEA, R)
9. Identify legal, cultural and personal value issues and explain their impact on health instruction in schools and the community. (C, LEA, R)
10. Identify State of Michigan resources which assist health curriculum writers. (C)
11. Explain the role of the health educator as a curricular resource person. (C, R)
12. Describe how to evaluate and revise curriculum and advocate for improvement and expanded implementation of curriculum. (C, LEA, R)
13. Design a K-12 scope and sequence for health topic. (C, LEA)
14. Develop a variation to a lesson plan that accounts for cultural differences. (C, LEA)
15. Prepare information about curriculum that could be distributed to parents and community members. (C, LEA, R)
16. Describe process of curriculum integration with core academic and other content areas. (C, LEA)
17. Explain connection between philosophy, goals, and content of curriculum. (C, LEA, R)
18. Design health units for K-12 and alternative education students.
19. Describe how to gather ideas and opinions of stakeholders by utilizing the school health advisory board and other representative groups within the district.
20. Critique journal articles and incorporate findings into theoretical model for curriculum.
21. Develop curriculum that use research-based educational strategies, including those identified in the Michigan Teaching and Learning Standards.
VIII. Course Outline

Week one: Review health risk behaviors identified by CDC, results of YRBS survey
Outline purpose of curriculum committees and simulation
Compare definitions of health and connect academic learning

Week two: Review definition of health literacy and foundations of philosophy
Review Michigan’s Standards for School Health Education
Generate personal philosophy and incorporate basis for health content selection
In curriculum committees, draft goals for project

Week three: Identify and evaluate influences on health curriculum planning
Review elements of community assessment
In curriculum committees, determine members’ tasks and data to gather
Critique journal articles and evaluate results to prepare theoretical model for curriculum

Week four: Review behavioral outcomes and subsequent need for skill development
Compare cognitive, affective, psycho-motor/behavioral domains
Relate curriculum goals to objectives
In curriculum committees, plan scope and sequence

Week five: Review roles of school health educator, as teacher and as resource
Consider multiple intelligences for direction of curriculum
Adapt curriculum plans for students in alternative education programs
In curriculum committees, finalize vertical and horizontal organization of curriculum

Week six: Review issues of cultural diversity, in target population, in learners, for planning
Review coordinated school health programs
Incorporate Michigan’s Standards and Benchmarks for School Health Education
In curriculum committees, address health risk of minority populations

Week seven: Review evaluation issues within health education curriculum
Compare student assessment to program evaluation
In curriculum committees, incorporate authentic and standards-based assessment

Week eight: Review assistance available from national, state, and regional resources
Consider options for curriculum design and revision
In curriculum committees, finalize combination of units
Week nine:  Review curriculum integration and Michigan Curriculum Frameworks
Compare standards and benchmarks for core academic areas
Incorporate alternative materials/resources to enhance curriculum integration
In curriculum committees, organize integration with other content areas

Week ten:  Review interaction with community and parents
Compare information sources
Consider implementation options
In curriculum committees, determine parent newsletters and community presentation plans

Week eleven:  Review issues in addressing Personal Health curriculum
Review issues in addressing Emotional and Mental Health curriculum
In curriculum committees, confirm skills development for communication and problem solving

Week twelve:  Review issues in addressing Nutrition curriculum
Review issues in addressing Disease Prevention and Control curriculum
In curriculum committees, confirm developmental needs of youth

Week thirteen:  Review issues in Substance Abuse Prevention curriculum
Review state and federal laws and requirements for instruction
In curriculum committees, confirm propriety of curriculum options

Week fourteen:  Review issues in Growth and Development curriculum
Review issues in Injury Prevention curriculum
Review state laws and school code requirements
In curriculum committees, confirm propriety of curriculum options

Week fifteen: Review needs for maintaining and updating curriculum
Across curriculum committees, share samples and suggestions

Week sixteen:  Final Exam

IX.  Evaluation

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X. Bibliography


Health and Medical Journals

American Journal of Preventive Medicine
www-east.elsevier.com/ajpm/ajpmissu.htm

Journal of School Health
www.ashaweb.org

JAMA (Journal of the American Medical Association)
www.nejm.org/content/index.asp
Health-Related Organizations/Websites

Alliance for Health, Physical Education, Recreation, and Dance
www.aahperd.org

Alcoholics Anonymous
www.alcoholics-anonymous.org

American Cancer Society
www.cancer.org

American Dental Association
www.ada.org

American Heart Association
www.americanheart.org

American Journal of Health Education
www.aahperd.org

American Lung Association
www.lungusa.org

American Public Health Association
www.apha.org

American Medical Association (AMA)
www.ama-assn.org

American School Health Association
www.ashaweb.org

American Social Health Association
www.ashastd.org

Centers for Disease Control and Prevention
www.cdc.gov

Department of Health and Human Services
www.hhs.gov
Food and Drug Administration
   www.fda.gov

National Association for Sport and Physical Activity
   www.aahperd.org

National Cancer Institute
   www.nci.nih.gov

National Dairy Council
   www.nationaldairycouncil.org

National Health Information Center (NHIC)
   www.iwin.com

National Institute on Drug Abuse (NIDA)
   www.nida.nih.gov

National Institutes of Health (NIH)
   www.nih.gov/index.html

National Library of Medicine
   www.nlm.nih.gov

National Mental Health Association
   www.nmha.gov

National Safety Council
   www.ndc.org

President’s Council on Physical Fitness and Sports
   www.surgeongeneral.gov

Women’s Sports Foundation
   www.womenssportsfoundation.org

**General Health Information Resources**

Dr.Koop.com
   www.drkoop.com

Global SchoolNet
   www.globalschoolnet.org

HealthAtoZ
www.healthatoz.com

Healthfinder
www.healthfinder.org

Kidshealth.com
www.ama-assn.org/Kidshealth

Mayo Oasis
www.mayohealth.org

Mdchoice.com
www.mdchoice.com

Medscape
www.medscape.com

PubMed
www.nypl.org/branch/resources/epubmed.html

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Signature

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