



**PE 3720 -- FALL 2008**

**Methods in Teaching Health Education**

**3 Credit Hours**

**Tues/Thurs 10:00 – 11:20 a.m. PEB 121**

**Dr. Jean Lopour**

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**P. E. Office #208**

**Phone: 435-586-7827**

**Office Hours: As posted or by appointment**

**Textbook**

Meeks, L., Heit, P., *Comprehensive School Health Education*. 6<sup>th</sup> Required  
Meeks Heit Publishing Co. Blacklick, Ohio, 1992.

*Responsible Healthy Life Styles K-6 and 7-12*. (Two separate books.)

Utah State Board of Education.

**Course Description**

Methods of teaching health for elementary/secondary age students.

Instruction will include theory, teaching strategies and practical student peer teaching experiences.

**Objectives:**

**On completion of this course students will be able to:**

1. Identify and define concepts of health education for the elementary and secondary age students.
2. Explain the role of the classroom teacher as it relates to health education, health services, healthful school environment and the inter-relationship and coordination of the three areas.
3. Identify and apply health teaching methods and techniques appropriate for the elementary and secondary school age students.
4. Identify growth and developmental characteristics of elementary and secondary school age students.
5. Identify characteristics of healthy children and children who have health problems.

6. List local, state and national health organizations which provide instructional resources appropriate for school age students.
7. Identify sources of selected health education programs available in the schools.
8. Explain health information in the health content areas.
9. Identify positive and negative teaching practices by evaluating peer presentations.

### **Evaluation Procedures**

Bulletin Board	20%
Teaching Activity	20%
Current Articles	15%
Daily Quizzes	15%
Final Exam	<u>30%</u>
Total	100%

Bulletin Board: Each student will make a poster-size bulletin board on a health topic. Topics will be provided by the instructor for students to choose from.

Teaching Activity: Each student will teach a lesson on a health topic of their choice. The lesson will be age-appropriate for the grade level the student chooses. Identify on your lesson plan which core concept your lesson relates to. The lesson will be one hour long and taken from your text. It must have a visual aid or audio aid and class activity. A 5-10 question quiz will be handed in the day you teach. It will be given at the beginning of the next class period.

Current Articles: Survey the published media for articles on health topics. Be prepared to summarize article in class--title, source, brief synopsis.

Daily Quizzes: Every class period will start with a quiz on the material presented during the previous class.

Final Exam: Comprehensive

**Friday, December 12, 2008 11:00 a.m. -12:50 p.m.**

The following scale will be used:

95 - 100	A
90 - 94	A-
97 - 89	B+
84 - 86	B
80 - 83	B-
77 - 79	C+
74 - 76	C
70 - 73	C-
67 - 69	D+
64 - 66	D
60 - 63	D-
59 - below	F

*Students with medical, psychological, learning or other disabilities desiring academic adjustments, accommodations or auxiliary aids will need to contact the Southern Utah University Coordinator of Services for Students with Disabilities (SSD), in Room 205C of the Sharwan Smith Center or phone (435) 865-8022. SSD determines eligibility for and authorizes the provision of services.*

*Scholastic dishonesty will not be tolerated and will be prosecuted to the fullest extent. You are expected to have read and understood the current issue of the student handbook (published by Student Services) regarding student responsibilities and rights, and the intellectual property policy, for information about procedures and about what constitutes acceptable on-campus behavior.*

*Information contained in this syllabus, other than the grading, late assignments, makeup work, and attendance policies, may be subject to change with advance notice, as deemed appropriate by the instructor.*

**COMPLETE ON-LINE COURSE EVALUATION AT END OF SEMESTER!!**

- ❖ Access evaluations from the SUU Homepage the last two weeks of the semester