**Division:** Division of Kinesiology, Health and Sport Studies  

**Program Area:** Health Education  

**Course #** HE 3300  

**Course Title:** Health of the School Child  

**Section #** Section 31504  

**Term/Year** Spring, 2014  

**Course Location:** Online  

**Day:** NA  
**Time:** NA  

**Instructor:** Janne Postma  

**Office Address:** N/A  

**Home Address:** 48470 Lake Land Drive. Shelby Township, MI 48317  

**Office Hours:** N/A  

**Office Phone #** N/A  
**e-mail** jannepostma@gmail.com or aw0934@wayne.edu  

**Course Description:** Health status and problems of school age children. Role of the teacher in health education, promotion and protection; teacher observation and classroom first aid for health problems.  

**Course Outcome:** Upon successful completing this course, the student will  
- Describe the current state of health of school children in Michigan and America  
- Analyze the interrelationships of physical, intellectual, emotional and social health during childhood  
- Investigate social and personal factors influencing health behaviors of young people, e.g., family, peers, media, culture, environment, technology, and community norms  
- Describe the influence of family environment on the health behaviors and status of school-age children  
- Describe the nutritional status and problems of school-age children
• Investigate the roles of knowledge, skills, self-efficacy, perception of risk, motivation and environmental support in changing behavior, as defined in the research
• Demonstrate and model appropriate decision making processes relative to healthy life choices
• Identify and evaluate appropriate lesson plans and learning experiences for Elementary and Middle School Health Education curriculums
• Examine and apply characteristics of research-based health education curricula and health education resources in Michigan
• Demonstrate an understanding of research-based methods used to impact student knowledge, skills and behaviors that contribute to lifelong health

Required Text(s): Health Education: Elementary and Middle School Applications, 7th edition
Tellejohann, Symons and Pateman
McGraw Hill Publishers

Additional References: N/A

Course Assignments: Evaluation Component:
There are 1,000 possible points. The grading criteria is divided up as follows:

• Lesson Plans – 180 points (2 x 90 points each)
  You will develop two lesson plans incorporating the National Health Education Standards. The lesson plan topics will be “promoting physical activity” and “promoting tobacco prevention”. The lesson plans must include at least objectives linked to the NHES; at least 3 activities/strategies linked to developmental characteristics of the grade level’ assessment rubric

• Participation – 140 points (20 points x 7 weeks)
  Attendance and participation is a critical part in forming a dynamic learning experience. You are expected to participate in activities and discussions

You are expected to make substantial comments to your classmates in the Discussion Board at least three times per week on 3 different days of the week. Substantial means several sentences that comment on work done or ideas expressed or experiences.
If you submit one comment on 3 different days of the week, you will earn 20 points. If you submit a comment on 2 different days of the week, you will earn 13 points. If you submit a comment on one day you will earn 7 points. If you submit 10 comments, all on the same day that is still worth only 2 points
– it must be different days of the week to earn credit.
You must stay within the week to earn full credit. Assignments can always be submitted early, but participation points only count during the current week.

Think of participation as normal conversation/discussion you have with other people. You interact, going back and forth and offering thoughts, opinions, etc, allowing everyone to contribute. The same holds true for discussions here, it’s just not face to face. Advancing the discussion involves taking an interest in the topic (someone’s response) by asking questions, reinforcing their opinion by offering a real life example or text reference, offering an alternate viewpoint (remember not everyone agrees). Use the forum as a space to learn vs just rehashing the same thing note after note. Wouldn’t it be much more interesting to read that way? Take advantage of an opportunity to learn more about the concepts.

Remember, learning does not occur passively. Rather it requires you to work and interact with the learning materials and participate in activities. Scanning pages of text, reading the discussions and then waiting for the exam is like ordering soup and eating only the crackers. To get the full benefits, you need to be actively involved in the learning process.

• **Internet Assignments 420 points** (60 points x 7 weeks)
  Select one of the identified websites and write a 150-300 report on what you learned from the website.

• **Quizzes** – 2 quizzes worth 80 (one quiz 50 points; 1 quiz 30 points)
• **Mid Term and Final exam** worth 180 (mid term 100 points; final 80 points)

**Class Policy:**

**Attendance:**
Attendance and participation is a critical part in forming a dynamic learning experience. You are expected to participate in activities and discussions.

The weekly discussion board is where you will earn your participation points. You are expected to make substantial comments in the discussion board. Full participation points are earned by making substantial comments at a minimum of one response on three different days of the week. You earn participation points by making comments either to the questions I post in the discussion boards or responses made by classmates to the questions I post. Substantial means several sentences that express your thoughts or experiences to the subject matter. Submitting one response on three different days of the week will qualify for 20 participation points. Submitting responses on two different days of the week will qualify for 13 points and a response of one day qualifies for
7 points. You will earn 0 points if you do not submit a response. Your responses must be on different days of the week to earn credit. Your website review does not count toward participation points. Remarks to classmates about their website review does count toward participation points.

Think of participation as normal conversation/discussion you have with other people. You interact going back and forth and offering thoughts, opinions, etc., allowing everyone to contribute. The same holds true for discussion here, it is just not face to face. Advancing the discussion involves taking an interest in the topic (someone's response) by asking questions, reinforcing their opinion by offering a real life example or text reference, offering an alternate view point (remember not everyone agrees). Use the forum as a place to learn versus rehashing the same thing note after note. Take advantage of an opportunity to learn more about the concepts.

Learning does not occur passively. Rather it requires you to work and interact with the learning materials and participate in the activities. To gain the full benefits you need to be actively involved in the learning process.

**Late Policy:** The online environment is very fast paced and we move through topics quickly. It is important that you stay on schedule with the materials so you can best learn the concepts. Running behind will impact your ability to successfully achieve the objectives of this course. Assignments submitted after the due date will not receive full credit. Assignments will be reduced based on the following schedule.

- 1-3 days late: 10 penalty points
- 3-6 days late: 20 penalty points

*All assignments are due by midnight EST of the date indicated in weekly assignments*

*No credit will be given for assignments turned in more than one week late.*
Grading System: Point Scale (points to letter grade)
The Blackboard grade book keeps track of the number of points a student has received. This is how your points will look in your grade book.

<table>
<thead>
<tr>
<th>Points Range</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>1000-960</td>
<td>A</td>
</tr>
<tr>
<td>959-900</td>
<td>A-</td>
</tr>
<tr>
<td>899-860</td>
<td>B+</td>
</tr>
<tr>
<td>859-830</td>
<td>B</td>
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<tr>
<td>829-800</td>
<td>B-</td>
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<tr>
<td>799-760</td>
<td>C+</td>
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<td>729-700</td>
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<tr>
<td>699-660</td>
<td>D+</td>
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<tr>
<td>659-630</td>
<td>D</td>
</tr>
<tr>
<td>629-0</td>
<td>F</td>
</tr>
</tbody>
</table>

The College of Education faculty members strive to implement assessment measures that reflect a variety of strategies in order to evaluate a student's performance in a course. For undergraduates and post-degree students, C grades will be awarded for satisfactory work that satisfies all course requirements; B grades will be awarded for very good work, and A grades will be reserved for outstanding performance. [For graduate students, B grades will be awarded for satisfactory work that satisfies all course requirements; B+ grades will be awarded for very good work, and A grades will be reserved for outstanding performance.] Please note that there is a distribution of grades from A-F within the College of Education and that plusses and minuses are recorded and distinguish distinct grade point averages.

University Policies and Student Handbook: As a student at Wayne State University, you are required to know the policies described in the Student Bulletin. My policies in this course are guided by the policies described in the student handbook. You may access the WSU Student Bulletin at: http://www.bulletins.wayne.edu/ubk-output/index.html

Withdrawal Policy
Students who withdraw from a course after the end of the 4th week of class will receive a grade of WP, WF, or WN.

WP will be awarded if the student is passing the course (based on work due to date) at the time the withdrawal is requested.

WF will be awarded if the student is failing the course (based on work due to date) at the time the withdrawal is requested.

WN will be awarded if no materials have been submitted, and so there is no basis for a grade.

Students must submit their withdrawal request on-line through Pipeline. The faculty member must approve the withdrawal request before it becomes final, and students should continue to attend class until they receive notification via email that the withdrawal has been approved. Last day to withdraw May 11, 2014.
**Academic Dishonesty:** Academic dishonesty of any type will not be tolerated. (See WSU Student Code of Conduct). Students are responsible for knowing what constitutes academic dishonesty. If there is any question, it is better to ask me for an opinion in advance. Examples of academic dishonesty include, but are not limited to, giving or receiving aid during an exam (i.e. cheating), giving or receiving unauthorized information prior to an exam regarding the content of that exam, stealing a copy of the exam, having another student assist you during an on-line exam, deceiving the professor by representing the work of another as your own, plagiarizing the words or ideas of another person, submitting the same written work to fulfill the requirements of more than one course. Should cases of academic dishonesty be found, I reserve the right to impose the following sanctions:

Assign the student an “F” for the assignment, project, paper, or exam in question.

Assign the student an “F” for the entire course.

Recommend the student be placed on probation or suspended for a period of time.

Recommend that the student be expelled from the university (repeated offenses.)

*Anyone with specific questions regarding academic misbehavior should consult the source document at [http://www.doso.wayne.edu/codeofconduct.pdf](http://www.doso.wayne.edu/codeofconduct.pdf) or [http://www.doso.wayne.edu/judicial/academic-integrity.htm](http://www.doso.wayne.edu/judicial/academic-integrity.htm)*

**Plagiarism:** The definition of plagiarism is "to use/steal the language, ideas, or thoughts from another and to represent them as your own original work." If you use another person's words, ideas, or thoughts in your papers, you must cite the author(s) in your paper using APA style. I can check for plagiarism by running your papers through a software application that instantly detects papers with unoriginal material. In addition, if you can Google it, so can I. For your own sake, please avoid the temptation to use someone else's words as your own. Any cases of detected plagiarism will result in an "F" on the assignment. A second offense will result in an "F" for the course.

**Accommodations for students:** In accordance with university policy, if you have a documented disability and require accommodations to obtain equal access in this course, or are a student athlete and need accommodations, please contact the instructor at the beginning of the semester or when given an assignment for which an accommodation is required.

**Students with Disabilities:**

If you have a documented disability that requires accommodations, you will need to register with Student Disability Services (SDS) for coordination of your academic accommodations. The Student Disability Services (SDS) office is located at 1600 David Adamany Undergraduate Library in the Student Academic Success Services department. SDS telephone number is 313-577-1851 or 313-577-3365 (TDD only). Once you have your accommodations in place, I will be glad to meet with you privately during my office hours to discuss your special needs. Student Disability Services' mission is to assist the university in creating an accessible community where students with disabilities have an equal opportunity to fully participate in their educational experience at Wayne State University.
Please be aware that a delay in getting SDS accommodation letters for the current semester may hinder the availability or facilitation of those accommodations in a timely manner. Therefore, it is in your best interest to get your accommodation letters as early in the semester as possible.

**Religious Observance Policy:**

Because of the extraordinary variety of religious affiliations represented in the University student body and staff, the Wayne State University calendar makes no provision for religious holidays. It is University policy, however, to respect the faith and religious obligations of the individual. Students who find that their classes or examinations involve conflicts with their religious observances are expected to notify their instructors well in advance so that alternative arrangements as suitable as possible may be worked out.

**CLASS SCHEDULE**

<table>
<thead>
<tr>
<th>WEEK</th>
<th>DAY</th>
<th>DATE</th>
<th>TOPIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>One</td>
<td>M-S</td>
<td>5/5</td>
<td>Coordinated School Health; Comprehensive School Health Education</td>
</tr>
<tr>
<td>Two</td>
<td>M-S</td>
<td>5/12</td>
<td>Standards Based Planning, Teaching &amp; Assessment; Safe and Positive Learning Environments</td>
</tr>
<tr>
<td>Three</td>
<td>M-S</td>
<td>5/19</td>
<td>Mental &amp; Emotional Health; Healthy Eating</td>
</tr>
<tr>
<td>Four</td>
<td>M-S</td>
<td>5/26</td>
<td>Physical Activity; Safety &amp; Preventing Unintentional Injury</td>
</tr>
<tr>
<td>Five</td>
<td>M-S</td>
<td>6/2</td>
<td>Personal Health &amp; Wellness; Preventing violence</td>
</tr>
<tr>
<td>Six</td>
<td>M-S</td>
<td>6/9</td>
<td>Tobacco Free; AOD Free</td>
</tr>
<tr>
<td>Seven</td>
<td>M-S</td>
<td>6/16</td>
<td>Sexual Health; Loss and Grief</td>
</tr>
<tr>
<td>Eight</td>
<td>M-S</td>
<td>6/23</td>
<td>Projects Due and Final Exam</td>
</tr>
</tbody>
</table>