

# Health Course for Teachers

## EDUC 571

### Course Outline

#### Week #1 Review Syllabus

Introductions

Read Chapters 1&2 Telljohan

Online [www.cdc.ca.gov](http://www.cdc.ca.gov). and browse the Health Framework for California Public Schools K-12 Chapters 1-5

Be prepared for class discussions week#2

#### Week#2 Class Presentations : ID cards

Review on-line “The Health Curriculum:500 Topics”

By Byrd,Oliver E., Journal of School Health, Oct 2001.Vol 71,Issue 8

Class Discussion of “Healthy School Environment”

Read Ch.11 Nutrition Education,Telljohann for class discussion.

#### Week #3 Discussion : Health agencies

begin to explore health resources within the community,  
state and nationwide.

Research online a recent (past 12 months) news article related to  
nutrition and school health.

Bring to next class for discussion.

Try San Diego Union Tribune, LA Times, Washington Post  
N.Y. Times, Newsweek, etc.

#### Week#4 Class Discussion : School Nutrition

News article presentations

Read Ch.12 Telljohann: Physical Education

#### Week#5 Class discussion : Physical Education

*Guest Speaker*

Read Ch.15 Telljohann: Emotional health

Be prepared to discuss how you would address emotional health  
issues in your educational setting.

### Week #6 Class Discussion : Emotional Health

Including concepts of trust, self-esteem, self-acceptance, and self-confidence.

Empowering your students !!!

Practice Role Play

Read Ch.9&10 Telljohan : Alcohol, Tobacco and other drugs

### Week#7 Class Discussion: Chemical Dependency

Student and educator resources

Presentations of School Health Lesson Plan

Be prepared to discuss common childhood illnesses for week 8

*Guest speaker* : American Lung Association

### Week #8 Discussion: Common childhood illnesses, immunizations

Discuss strategies to promote a healthy classroom environment and prevent spread of infection

*Guest speaker*: RN from Children's hospital

Read Ch.8: Telljohan : Injury Prevention, violence in families, schools, and communities

### Week #9 Class Discussion: Anger Management, Conflict Resolution

Violence in schools/ Educator resources

Read Ch.14: Telljohan: HIV and AIDS Prevention and Education

Begin reviewing AHA Heartsaver book

### Week #10 Class Discussion: HIV and AIDs,

Teaching guidelines, blood and body fluid handling guidelines

Student& Educator resources

Read Ch.13 Telljohan: Sexuality education

### Week #11 Class Discussion: Teen Pregnancy, Sexuality education,

Family life education. Academic and community resources

### Week#12 CPR demonstration

Video, student practice

Plan necessary time to complete "Book essay assignment."

### Week#13 CPR certification

Return demonstration and testing

Week #14 Book essay presentations

Week#15 Review Course Content.

Review support services for educators

Discussion: Healthy Teachers and Stress Management