**Implementation of Health Instruction Framework for California Schools**

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Course Number: Edu. X 451.01

Number of Units: 2.0

Description: Practical ideas to use in implementing the goals of the Health Instruction Framework for California schools. Topics discussed will include mental health, family health, infectious diseases, nutrition, and the physiological and sociological effects of abuse of alcohol, narcotics, drugs, and the use of tobacco.

Expected Learning Outcomes/Objectives:

Upon completion of this course participants will:

1. Meet the state requirements for substance abuse and nutrition
2. Understand the overarching goal of the Health Standards
3. Examine strategies that assist educators in organizing this personal planning time to include a health enhancing lifestyle
4. Examine resources available for implementation of Health Education
5. Review research from the Surgeon General’s Report on Physical Activity

Topics:
1. General Survey of the Health Framework
2. Personal Health
3. Family Health
4. Nutrition
5. Mental-Emotional Health
6. Diseases and Disorders
7. Consumer Health
8. Accident, Prevention and Emergency Health
Services
9. Community Health
10. How the process of Self-Awareness, Decision Making and coping Action Are Related to the Health Framework

CALENDAR/SCHEDULE OF REQUIRED DUE DATES

\* All assignments are due by the 2nd day of class at 6:30 pm and are subject to change.

Day 1:

Health Standards Assignment

Internet Search Activity-Health in the News

Day 2:

Team Presentation

Health Laws

Course Reflection

QUICK WRITE/DISCUSSION QUESTIONS

You are expected to participate in each quick write and/or discussion. For full points your answer should be thoughtful, demonstrate critical thinking, and site any relevant sources. Consider each response a mini-assignment. Your primary entry should be at least 2-3 paragraphs. It is suggested you end your response with additional questions you may want to ask fellow students about the topic.

GRADING

Health Standards Assignment= 10 Points
Team Presentation= 25 Points

Health Laws Assignment= 25 Points

Internet Search= 20 Points
Discussion /Quick Writes= 15 Points

Course Reflection= 5 Points

 =100 POINTS TOTAL

GRADING SCALE
93-100=A
90-92= A-
87-89= B+
83-86= B
80-82= B-
77-79= C+
73-76= C
70-72= C-
67-69= D+
63-66= D
60-62= D-
0-59= F

UCR Extension requests instructors submit course grades within 2 working weeks after the last class. After the instructor grades are submitted, UCR Extension will send the student a grade report. The instructor is required to submit ALL student grades at one time. Incompletes will seldom be granted and will follow UCR Extension and instructor policy as stated within the syllabus.