



School of Health, Education and Human Services

Course title: EHE 310

Health Education in Elementary Schools

Term: Winter, 2022

Number of Credits: 3

## Course Outline

### INSTRUCTOR:

E-Mail:

*Customize content to instructor needs. Additional content could include additional email, phone, office location, office hours/hours of availability, class dates, time, classroom.*

### COURSE DESCRIPTION

This course provides information, strategies and skills teachers need to implement comprehensive school health education. It provides opportunities for students to learn how to help children reflect and act on health issues in their lives and their communities. The new health curricula support children in developing a solid foundation for attaining and maintaining a balanced life. Students will have a look at the way they can use strength-based approaches to examine the broad areas of learning through helping children achieve knowledge, skills and attitudes in these Broad Areas of Learning: Lifelong Learners, Sense of Self, Community and Place and Engaged Citizens.

An important focus of this course is on the skills needed to develop curricula and teach health in a way that engages students. Current information is provided on school health services, safe and healthful environments, comprehensive school health curriculum and instructional strategies and technologies. A central focus will be to consider health education as a means of challenging and changing authoritative and oppressive cultural norms and working towards a more just society.

Rationale: Health education is important for all students to experience, as good health is a fundamental aspect of a viable society. While health education assists individuals to be responsible for maintaining his/her own health and also for promoting the health in others and it also considers how social practices and social organizations influence health.

### RELATED COURSE REQUIREMENTS

It is highly recommended that all students have access to a computer or other device and Internet to do their studies. The minimum specifications for a student device are as follows:

Requirement	Windows-based PC	Apple Mac/macOS-based PC
Operating System	Windows 10	macOS X
Web Browser	Firefox, Edge, or Google Chrome	Firefox, Edge, or Google Chrome
RAM/Memory	4 GB	4 GB
Storage	5 GB of available space	5 GB of available space

## LEARNING OUTCOMES

Upon successful completion of the course, students will be able to:

1. Become confident and competent using the information in the Saskatchewan Curriculum Guides to plan health activities and a health program.
2. Use a variety of instructional strategies for a wide range of learning styles.
3. Develop an awareness of the emphasis and design of current, effective health education programs.
4. Develop an awareness of current health issues that affect children and youth.
5. Use information from strength-based ideology to apply in daily teaching routines and in creating a healthy classroom environment that recognizes the development of the whole child.
6. Develop interprofessional skills necessary to function in an interprofessional context.
7. Develop the skills necessary for problem solving and decision-making in groups.
8. Identify best practices that serve to overcome barriers and create sustainable interprofessional partnerships.

## COURSE FORMAT

### Weekly breakdown of instructional hours

*It is recommended that instructors include breakdown of instruction time and an estimate of expected work outside of instructional hours.*

*E.g. xx lecture, xx lab, and xx tutorial (instructional hours might include field activities, practicums, internships, online learning activities, or other instructional hours). It is expected that this course will require xx hours/week of homework and additional reading. It is important to note that the time required will vary by individual.*

### Delivery format

*Include a statement of delivery that provides an indication of the mode of delivery including online, blended, face-to-face. Synchronous and/or asynchronous components could be specified for courses with online delivery formats.*

*E.g. This course will be delivered in a blended format. Students will be required to attend some face-to-face sessions on-campus and complete an assortment of synchronous and asynchronous online activities.*

## EVALUATION

	xx %
Total	100%

*Include a brief description of the means (assignments, examinations, tests, quizzes or other forms of student evaluation) by which student performance will be evaluated.*

### **COURSE WITHDRAWAL INFORMATION**

Refer to the YukonU website for important dates.

### **TEXTBOOKS & LEARNING MATERIALS**

*Required and optional textbooks and learning materials including necessary software and equipment (e.g. lab coat, goggles, paint brushes etc.). Also list computer requirements and/or need for reliable Internet access, etc., as necessary.*

### **ACADEMIC INTEGRITY**

Students are expected to contribute toward a positive and supportive environment and are required to conduct themselves in a responsible manner. Academic misconduct includes all forms of academic dishonesty such as cheating, plagiarism, fabrication, fraud, deceit, using the work of others without their permission, aiding other students in committing academic offences, misrepresenting academic assignments prepared by others as one's own, or any other forms of academic dishonesty including falsification of any information on any Yukon University document.

Please refer to Academic Regulations & Procedures for further details about academic standing and student rights and responsibilities.

### **ACADEMIC ACCOMMODATION**

Reasonable accommodations are available for students requiring an academic accommodation to fully participate in this class. These accommodations are available for students with a documented disability, chronic condition or any other grounds specified in section 8.0 of the Yukon University Academic Regulations (available on the Yukon University website). It is the student's responsibility to seek these accommodations by contacting the Learning Assistance Centre (LAC): [LearningAssistanceCentre@yukonu.ca](mailto:LearningAssistanceCentre@yukonu.ca).

### **TOPIC OUTLINE**

*At minimum, instructor should include a list of topics to be covered, including a list of lab topics, if applicable.*