

**Health & Wellness for the Educator
Physical, Social, Food Chemistry**

EDUO 9533

3 Semester Credits/Units

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Note: This is a Public syllabus of the course. For a full detailed syllabus please email the instructor.

Course Overview

Be good to yourself as you develop and model a healthy lifestyle. Deepen your understanding of a healthy diet, exercise and stress management strategies.

Course Objectives

In this course participants will have the opportunity to:

- Understand the harmful effects of sugar, salt, fat, and processed foods
- Learn many benefits of fruits, vegetables, grains, and spices
- Explore daily exercises
- Appreciate the importance of social wellness
- Demonstrate how health and wellness can be implemented into the classroom

Course Assignments

The Harmful Effects of Sugar

Receive information regarding the harmful effects of sugar, fat, salt, and processed foods. Explore specific foods and their effects on the human body. Some of the tasks will allow an understanding of your personal consumption compared to the recommended amounts. Other assignments will facilitate a personal approach for implementing health and wellness into your classroom.

The Benefits of Fruits, Vegetable, Grains, and Spices

In this section, read and learn many benefits of various fruits, vegetable, grains, and spices. Choice will allow investigation of nutrients that appeal to you. Prepare meals for one week that incorporate some of your choices. Read book reviews of some of the leading nutritional texts. By comparing and contrasting you will gain a deeper appreciation for the many benefits of the foods you examine.

Physical and Psychological Issues

Examine many of the benefits of physical exercise. Physical and psychological benefits of short term and chronic exercise will be explored. Examine some of the most important reasons one should exercise and the effects it can have in other areas of your life. Scrutinize social wellness and be allowed opportunities to learn effective methods of communication to you school and community. Identify “Stressors” in your and methods to avoid such situations.

Culminating Assignment

Create a personal 30-day challenge. Follow this plan. At the conclusion, analyze the effects and discuss. Finally, create a health and wellness plan for your students. Utilize information learned throughout this course and implement.

Course Assessment Rubric

EXCELLENT Meets or Exceeds Course Objectives: A to A-	ACCEPTABLE Majority of Work Meets Course Objectives; B+ to B-	NOT ACCEPTABLE Needs Considerable Improvement: Resubmit Work Suggested: C or below
All work is very well organized.	Most work is generally well organized.	Work shows little or no organization.
Answers are well thought out and demonstrates reflection on the material.	Answers are complete and demonstrate some reflection on the material.	Answers are brief and do not demonstrate any reflection on the material.
Assignment use specific examples or references from multiple sources.	Assignment use specific examples or references from just a few sources.	Assignment do not use specific examples or references from the readings.
All assignment are completed using complete sentences.	The majority of the assignments are completed using complete sentences.	Assignments are not completed in complete sentences.
Work is free of spelling and/or grammatical errors.	Work has few spelling and/or grammatical errors.	Work has numerous spelling and/or grammatical errors.
Projects are supported by learning objectives and by recognized standards customized specifically to the intended student participant.	Projects are supported by learning objectives and by recognized standards customized specifically to the intended student participant.	Projects are not supported by learning objectives or recognized standards.

- You are allowed 9 months to complete the course. Course questions? Contact your instructor by email.
 - For questions involving your registration or to change your address please contact us at support@dominicanCAonline.com or call (800) 626-5080.
- For Dominican Self-Guided course information go to <http://dominicancaonline.com/Dominican-CA-Online-FAQ>