

**DOMINICAN
UNIVERSITY**
of CALIFORNIA
School of Liberal Arts and Education

Health & Wellness for the Educator

Physical, Social, Food Chemistry

EDUO 9533

3 Graduate Level Semester Credits/Units

Instructor – Matt Heglie

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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

You will receive information regarding the harmful effects of sugar, fat, salt, and processed foods. You will explore specific foods and their effects on the human body. Some of the tasks will allow you to gain 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, you will read and learn many benefits of various fruits, vegetable, grains, and spices. You will be allowed to choose the ones you want to learn more about. You will prepare meals for one week that incorporate some of your choices. You will read book review 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

You will examine many of the benefits of physical exercise. Physical and psychological benefits of short term and chronic exercise will be explored. You will examine some of the most important reasons one should

exercise and the effects it can have in other areas of your life. You will scrutinize social wellness and be allowed opportunities to learn effective methods of communication to you school and community. You will identify “Stressors” in your and methods to avoid such situations.

Culminating Assignments

First, you create a personal 30-day challenge. You will follow this plan. At the conclusion, you will analyze the effects and discuss. Finally, you will create a health and wellness plan for your students. You will utilize information learned throughout this course and be allowed many choices to implement.

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.

Course Assessment Rubric

- 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>