



Crafting your Plan for Health and Wellness

EDUO 9780

3 Graduate Level 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

This course supports the notion that creating and maintaining health and wellness is a skill that can be learned and sustained. The course will arm teachers with appropriate information that will result in a fitness plan designed to fit their own lifestyle.

Course Objectives

In this course participants will have the opportunity to:

- Reflect on your current health status
- Understand the harmful effects of hydrogenated oils, and preservatives contained in many foods.
- Learn the importance of hydration for cognitive and physical performance
- Explore foods that enhance brain function
- Analyze current popular diets and their purpose and effects on the human body
- Examine the importance of sleep for physical and mental health
- Identify current life situations that may create anxiety and stress
- Learn the five components of health related fitness
- Create a health and wellness plan that will improve your being and inspire your students

Course Assignments:

Strengths and Weaknesses of Your Current lifestyle

You will create two lists of what you believe to be 1-strengths or 2-weaknesses of your current lifestyle. You will not have to make this list public or turn it in as an assignment, so be honest and conscientious. The assessment is for your own benefit and will be used in creating your individual plan at the end of the course. During the course as you learn new information, you will be given opportunities to adjust your list for additional assets or liabilities.

Harmful Foods and Additives

You will receive information regarding the harmful foods and chemical additives. You will explore such content as hydrogenated oils, preservatives 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.

Hydration and Sleep for Performance

In this section, you will read and learn many physical and psychological benefits of proper hydration and sleep. You will learn proper amounts of water to consume and hours of sleep recommended based on your lifestyle and age. You will learn the proper amounts of sleep and hydration for your students as well.

Foods that Enhance Brain Function

This portion of the course will allow you to delve into the learning of specific foods that allow improved cognitive function. You will reflect on your current consumption of such “Brain Foods”.

Popular Food Plans

The most popular diets in America will be explored. You will gain an understanding of the purpose of such food plans. You will make assumptions of positive and negative aspects of each and what type of person would benefit from each. You will reflect on your current diet and compare and contrast the popular diets to your current eating regime.

Anxiety and Tension vs. Stress and Relaxation

One of the major notions of this course is, if you do not take care of yourself, you cannot take care of others. You will reflect on your current life stressors, and specific situation that cause stress in your life. You will learn practical techniques and strategies that will help alleviate some stress.

Health Related Fitness

You will learn in the meaning of the five components of Health Related Fitness. You will learn the benefits of each. One of the tasks will allow you to explore several methods to improve in areas that you may struggle. You will view watch a TED Talk video that will further elucidate your learnings.

Culminating Assignments- “Your Plan”

You create a Health and Wellness Plan that will reflect information learned throughout the duration of the course. This plan will allow you more energy and mental capacity while teaching and living. This culminating assignment can be used or modified for your students as an ongoing task in your classroom.

Course Assessment Rubric:

<p>EXCELLENT Meets or Exceeds Course Objectives: A to A-</p>	<p>ACCEPTABLE Majority of Work Meets Course Objectives; B+ to B-</p>	<p>NOT ACCEPTABLE Needs Considerable Improvement: Resubmit Work Suggested: C or below</p>
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.

- 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>