

# Minnesota State University Moorhead

## HLTH 340: Health Methods and Materials

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Students learn to design, implement and evaluate health lessons related to the National Health Education Standards and the Centers for Disease Control priority areas. Emphasis is placed on developing lesson plans that incorporate measurable objectives and a variety of teaching methods for students in grades 9-12.

**B. COURSE EFFECTIVE DATES:** 06/01/1995 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

### D. LEARNING OUTCOMES (General)

1. Construct a 15 item exam to evaluate the five lesson unit.
2. Design and teach one lesson from the unit that includes inclusion strategies, cooperative learning activities, and multicultural infusion strategies.
3. Develop a booth for a health fair using one of the assigned CDC six priority areas.
4. Develop a five lesson unit plan to be included in a student portfolio for the secondary level or community audiences.
5. Develop authentic assessments and task checklists to measure student performance for the five lesson unit.
6. Develop, present, and evaluate lessons from five lesson unit directed at one of the ten health content areas.
7. Identify the rationale for bonding and ways to develop a safe environment for classrooms and community groups.
8. Summarize theories of behavior change and explain how the theories are linked to current teaching models.
9. Utilize the CDC 6, the ten health education content areas and the National Health Education Standards to identify the scope and sequence on one unit.
10. Write measurable, observable and student-centered objectives for students in grades 9-12.
11. Integrate objectives and learning activities that include knowledge, comprehension, application, analysis, synthesis, and evaluation.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted