



Castleton

VERMONT'S FIRST COLLEGE

**Vermont Higher Education Collaborative
Course Syllabus: Concepts in Personal and Community Health for
Educators**

Castleton University

Credits: 2 Credits (30 Hours)

Instructors: Krystina Fernandez, MST
802-885-7900 ext. 3317
kfernandez@ssdvt.org

Course Dates and Location: October 10 – December 8, 2017

Online: Module Assignments in the VT HEC Canvas course website. The course will run for 8 weeks with one week off during the week of Thanksgiving.

Course Description:

This online course is a comprehensive study and reflection of personal health and wellness with an emphasis on mental and emotional health, stress-management, physical activity, healthy aging, personal safety and consumer health.

Goals: To prepare Vermont educators to demonstrate an understanding of personal health topics and be able to apply this knowledge to their own state of health as well as to the classroom.

Methods: Through text chapter readings; self-assessment questionnaires, videos, class discussion boards, and research assignments, students will develop knowledge and strategies for gaining an understanding of important personal and community health issues. Strategies will be explored in how to translate what is learned in this course into a classroom setting. Students will also examine current health issues in relation to their own personal practices. Students will learn skills and identify strategies for choosing and succeeding in meeting lifestyle behavior change goals.

Learning Outcomes:

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

- Access current and new information about personal health topics.
- Describe the concept of health, health education, and health promotion and the trends/issues facing the profession.
- Apply critical thinking skills to examine controversial issues in health education.
- Integrate essential health skills as defined by health education standards across the health content areas.
- Construct a standards-based unit plan that includes a variety of participatory instructional activities that are age appropriate, reflective of research on learning and human behavior, and aligned with National/VT standards.
- Explain and describe the importance of personal decision making and behavior change strategies.
- Identify strategies for analyzing web based health resources.
- Describe the medical, environmental, and holistic models of health.
- Understand and define lifestyle disease

Attendance and Participation Expectations: The online course will be on Global Classrooms Online Platform which includes reading time, online assessments, responding to assignments, some group work and several online discussions.

- Students are expected to stay up to date on weekly assignments and participate in weekly discussions online. New assignments and weekly expectations will be posted Monday morning of each week with work to be completed any time by the following Sunday.

Course Policies/Expectations: Students must:

- Purchase required e-book and purchase or borrow required reading materials for book project.
- Post assignments promptly according to due date and time.
- Submit original work.
- Demonstrate professional conduct regarding citations and referencing.
- Respond to peer/professor emails/discussion forums within 24-hours Monday -Friday, and within 48-hrs. on weekends.
- Contact the instructor immediately with concerns that will affect class participation. (Understand technical issues need to be reported to the instructor and/or seth.marineau@vthec.org)
- LEARN for yourself, from others, and always keep an open mind. There are many ways to get to a common end!

Required texts and resources:

Michael L. Teague; Sara L.C. Mackenzie; David M. Rosenthal. E-book version of **Connect for Teague, Your Health Today: Choices in a Changing Society, 4e.** McGraw-Hill Connect

A reading [book of choice](#) will be required to obtain either through purchase or library lending for a book report project. Additional course and reading materials will be provided at no charge to the participants to download through the online course.

Electronic Submissions/Internet Use: This online course will require the use of an online classroom. Vermont Higher Education will provide Global Classroom through your course link for these submissions. Students will be expected to prepare and participate in module discussions. Assignments will be submitted electronically.

Technical requirements: Computer capable of using standard, most up-to-date internet browsers such as Microsoft Internet Explorer, Mozilla Firefox, and Google Chrome; high speed internet access; a valid email account; and ability to view MS Word documents and MS PowerPoint files.

[Assignment Expectations](#)

Grading Policy

Grades are indicated by letters with a designated “quality point” value assigned to each as follows:

A	=	4.0
A-	=	3.7
B+	=	3.3
B	=	3.0
B-	=	2.7
C+	=	2.3
C	=	2.0
< C	=	0.0

Additional grading information can be found in the 2017/2018 Castleton University Graduate Catalog, also accessible online at:

http://catalog.castleton.edu/content.php?catoid=8&navoid=340#Grading_Policies.

Academic Honesty Policy

Castleton University is a learning institution committed to the highest standards of scholarly conduct. The students, faculty, and administration make up a scholarly community whose integrity and success necessarily stem from a mutually agreed upon code of academic standards and principles that promote trust and honesty and prohibit the attempt to gain unfair academic advantage. Membership in the

Castleton community means sharing responsibility for upholding and safeguarding these academic standards and principles.

Any violation of academic honesty will be considered cheating and will be dealt with accordingly by the appropriate authorities. For more information access the 2017/2018 Castleton University Graduate Catalog.

Use and Ownership of Copyrighted Materials

For information and guidance, faculty and students are referred to the Vermont State College Manual of Policy and Procedures as it relates to the use and ownership of copyrighted materials. Guidelines are set out in Policy 416, accessible online at the following address:

www.vsc.edu/aboutvsc/VSC_Policies/Policy%20416%20Use%20and%20Ownership%20of%20Copyrighted%20Materials.pdf.

Additional information on this subject is contained in the publication “Questions and Answers on Copyright for the Campus Community.” This document can be accessed online on the National Association of College Stores web site at the following address:

<http://www.nacs.org/toolsresources/cmip/copyright/questions.aspx>.

Course Drop Policy

Castleton University offers courses to educators with the expectation participants will complete the course. However, the University realizes circumstances arise in one’s personal life that may cause disruptions. The policy for dropping a course is that a participant will notify the instructor in writing of the intent to withdraw from the course.

The notice should include the reason for withdrawing and be made as follows:

- 1 credit course (15 hours) – before 3 hours of the course have taken place
- 2 credit course (30 hours) – before 6 hours of the course have taken place
- 3 credit course (45 hours) – before 9 hours of the course have taken place

After that, changes in class status will be considered for health, bereavement, and personal or emergency situations only. Those who withdraw without adhering to this policy may be liable for associated course costs.

Transcript Request

<http://www.castleton.edu/campus-life/student-resources/student-services-center/transcript-request/>.

Use and Ownership of Copyrighted Materials:

<http://ccv.edu/learn-about-ccv/policies-procedures/>.

More Info “Questions and Answers on Copyright for the Campus Community”

<http://www.nacs.org/toolsresources/cmip/copyright/questions/intro.aspx>.