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HEE 233.01: Health Issues of Children and Adolescents

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HEE 233: HEALTH ISSUES OF CHILDREN AND ADOLESCENTS

Department of Health and Human Performance

Instructor: Carly Holman

Fall Semester, 2013 (ED 123)

Office hours: T/TH 2:30-3:30, or by appointment (McGill 204)

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PURPOSE:

Health Issues is designed to assist in understanding the importance of health issues that affect children and adolescents in their life and in learning. Information on current health issues of children and adolescents and community health needs will be discussed. Students will analyze contemporary child & adolescent health issues and will present on a specific health issue.

INSTRUCTIONAL METHODS:

This course utilizes a variety of instructional methods. Lecture, class discussion, guest speakers, group process and student presentations will be the methods utilized.

COURSE OBJECTIVES:

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

1. Identify and describe the dimensions of health.
2. Identify and discuss current health issues affecting school age children.
3. Identify health indicators of children and adolescents that can be of major importance in the educational process.
4. Recognize a teacher's professional role in working with students whose growth, development, and/or health and health behavior deviates from the norm.
5. Describe local/county/state resources and their contributions to the health of students and the community.
6. Select appropriate learning resources & references.

TEXT:

Promoting Health and Emotional Well-Being in Your Classroom. (2011) by Randy Page and Tana Page. Jones and Bartlett Publishers: Boston, MA.

COURSE REQUIREMENTS:

1. **Attendance** is required. You are allowed **one** absence from class for the semester. If you have **more than one absence**, **5 points** will be deducted **from your total grade per absence**. If you need to be absent from class, it is your responsibility to get updated from a classmate on what you've missed including lecture notes, missed assignments, etc.
2. **Assignments** include a presentation, research articles, two exams, and an optional final cumulative exam. *Exams* will cover lecture material, guest speakers, videos, and student presentations. The *presentation requirements* will be discussed in class.
3. **Group & class participation** are an important part of class and students are encouraged to come to class ready to discuss the presented topics & ask

questions during lectures & student presentations. Students will also be graded on group participation for their presentations. Participation grades will be based on a combination of class & group participation, presentation questions turned in, and professor evaluation.

4. **Students are required** to hand-in assignments **in class** on designated due dates and take exams **in class** on designated exam days. Late assignments will be docked points. Students **are required** to take the final exam on the **designated final exam day**.

GRADING:

2 Exams:	60pts. (30pts.ea.)	90-100%	A
Presentation:	70pts.	80-89%	B
Research Articles (2)	10pts.	70-79%	C
Class/Group Participation:	20pts.	60-69%	D
Final Exam (cumulative)	60pts.	<60%	F
Total	220pts.		

TENTATIVE CLASS SCHEDULE

As the semester unfolds, changes may be made to the syllabus. Any changes will be announced in-class and posted to Moodle – it is your responsibility to attend class and/or check Moodle for announcements.

**** Assigned reading to be completed before attending class! ****

<u>Date</u>	<u>Subject</u>	<u>Chapter</u>
WEEK #1 Aug. 27 th	Introduction Defining Health & Wellness Health Status of Montana's Children	1
WEEK #2 Sept. 2	No Class – Labor Day	
WEEK #3 Sept. 9 th	Researching your topic: Kate Zoellner, Mansfield Library Health Topic: Childhood Obesity and Nutrition and Children	6
WEEK #4 Sept. 16 th	Guest Speaker: Keri McHugh (Director of Health and Wellness YMCA) Health Topic: Body Image and Eating Disorders	
WEEK #5 Sept. 23 rd	<i>Movie: Dying to be Thin</i> Health topic: Media Literacy	<i>Reading:</i> Article posted on Moodle Health Effects of Media on Children and Adolescents
WEEK #6 Sept. 30 th	Exam #1 Health topic: Child Abuse & Youth Violence	9

WEEK #7 Oct. 7 th	Health Topic: CASA guest speaker Movie: <i>From Place to Place: Forgotten Kids</i>	
WEEK #8 Oct. 14 th	Health Topic: Depression and Suicide Health Topic: Dealing with Loss in the Classroom	10
WEEK #9 Oct. 21 st	Health Topic: Substance Abuse Presentations (2)	7
WEEK #10 Oct. 28 th	Exam #2 Health Topic: TBA	
WEEK #11 Nov. 4 th	Health Topic: Montana Meth Project Presentations (2)	<i>Reading: MT Meth Fact Sheet Posted on Moodle</i>
WEEK #12 Nov. 11 th	No Class – Veteran’s Day	
WEEK #13 Nov. 18 th	Health Topic: Montana Safe Schools Guest Speaker Presentations (2)	
WEEK #14 Nov. 25 th	Health Topic: Sex Education in Schools Presentations (2)	8
WEEK #15 Dec. 2 nd	Health Topic: Dealing with Stress Presentations (2) Course Evaluations	4

FINAL EXAM

Thursday, December 12th 1:10-3:10

General Information

UNIVERSITY REQUIRED STATEMENT:

All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or a disciplinary sanction by the University.

All Students need to be familiar with the Student Conduct Code. The Code is available for review online at <http://www.umt.edu/SA/VPSA/index.cfm/page/132>



CLASSROOM ACCOMODATIONS:

Please inform me at the beginning of this class of any accommodations you may need that will facilitate your learning process.

EMERGENCY PREPAREDNESS AND RESPONSE:

As members of a learning community we all have responsibilities for each other that extend beyond the teaching/learning experience and transcend our roles in that dimension. We are, as human beings, responsible for the protection and well-being of other members of our group, and one dimension of our individual and group responsibility in that area relates to how we prepare for, and respond to, emergencies. Toward that end, the following are important:

- As the instructor of this course, I would ask students who feel they may require assistance in evacuating to privately inform me of that need. Together we will preplan appropriate assistance.
- I would also request that students with a medical condition that could present an emergency privately inform me of that situation. Again, this notification is so we can preplan an appropriate response should an emergency occur.