

Fall 9-1-2001

## HHP 233.01: Health Issues

Annie Sondag

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**THE UNIVERSITY OF MONTANA**  
**Department of Health and Human Performance**

**HHP 233 (01): Health Issues**  
**Instructor: Dr. Annie Sondag**  
**Phone: 243-5215**

**Fall Semester, 2001**  
**Office: MCG 209**  
**Hours: Mon. 10:00-12:00**  
**Tues. & Thur. 2:30-4:30**

**PURPOSE:**

This course is designed to assist you in understanding the importance of comprehensive health education for students K-12. Information on current health issues of children and adolescents will be discussed. The influence of family, community, and school on the health and well-being of young people will be explored. In addition, students will analyze the teacher's role in enhancing children's emotional, social, mental, physical, and spiritual health as a part of a comprehensive school health program.

**INSTRUCTIONAL METHODS:**

This course utilizes a variety of instructional methods. Lecture and class discussion are combined with student presentations. Students work together in small groups to design lessons on health related topics which illustrate the basic principles of teaching and learning. Active learning strategies are demonstrated by the instructor as well as by students throughout the semester.

**OBJECTIVES:**

Students will be able to:

- 1) identify and describe the basic elements of a comprehensive school health education program.
- 2) identify current health issues affecting school age children.
- 3) explain the role of state education departments and local boards of education in the authorization of school health promotion.
- 4) identify growth and development characteristics of children and adolescents that can be of major importance in the educational process and in the planning of school health programs.
- 5) select appropriate learning resources.
- 6) establish instructional environments to accommodate a variety of learning styles.
- 7) demonstrate a variety of teaching styles and methods appropriate to teaching health concepts and appropriate for the age group.
- 8) describe community resources and their contributions to the health of students and the community.

**TEXT:**

*Fostering Emotional Well-Being in the Classroom.* (2000 edition) by Randy Page and Tana Page. Jones and Bartlett Publishers: Boston, MA.

**COURSE REQUIREMENTS:**

1. Attendance at all class sessions is required. If you are unable to attend please notify me of your absence prior to class if possible.
2. Assignments will include one lesson plan; a presentation of a health related issue; and a short paper on your teaching philosophy.

\*Assignment sheets, describing in detail, the specific requirements for each assignment will be handed out in class.

3. Three Exams will be given. These exams will include information from your text and from class lectures.

**GRADING POLICY:** Final grades will be based on a percentage of total possible points.

Lesson Plan #1	15 pts.	A = 92% = 300 - 280 pts.
Presentation	40 pts.	B = 83% = 279 - 253 pts.
Philosophy Paper	25 pts.	C = 75% = 252 - 228 pts.
Exam #1	75 pts.	D = 65% = 227 - 198 pts.
Exam #2	75 pts.	F = below 197 pts.
Exam #3	75 pts.	
Total	305 pts	

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### **TENTATIVE CLASS SCHEDULE**

<u>Date</u>	<u>Subject</u>	<u>Chapter</u>
<b><u>WEEK #1</u></b> Sept. 10	*Introduction *Defining Health & Wellness *Overview of Health Status Of Montana's Children	
<b><u>WEEK #2</u></b> Sept. 17	*Overview of Health Status (continued) *Challenges Facing School Health *Basic Plan of the Health Program	
<b><u>WEEK #3</u></b> Sept. 24	*Teaching about Health *Writing Lesson Plans *Sign Up for Health Issue Presentations *Growth & Development	
<b><u>WEEK #4</u></b> Oct. 1	*Growth and Development (continued) *Dealing with Controversy	
<b><u>WEEK #5</u></b> Oct. 8	*Mental Health/Self Esteem *Organizing for Presentations	1, 2, & 3

<b><u>WEEK #6</u></b> Oct. 15	EXAM #1 Presentation Planning Time	
<b><u>WEEK #7</u></b> Oct. 22	*Health Issues Presentation *Suicide and Depression	8
<b><u>WEEK #8</u></b> Oct. 29	*Health Issue Presentations *Nutritional Issues	4
<b><u>WEEK #9</u></b> Nov. 5	*Health Issue Presentations *Child Abuse & Violence	7
<b><u>WEEK #10</u></b> Nov. 12	<b>*HOLIDAY</b>	
<b><u>WEEK #11</u></b> Nov. 19	*Substance Use and Abuse *EXAM #2	6
<b>THANKSGIVING BREAK</b>		
<b><u>WEEK #12</u></b> Nov. 26	*Health Issues Presentation *Sexuality Issues	5
<b><u>WEEK #13</u></b> Dec. 3	*Health Issues Presentation *HIV Prevention	
<b><u>WEEK #14</u></b> Dec. 10	Catch-Up Review for Final Exam Course Evaluations	
<b><u>WEEK #15</u></b> Dec. 17	FINAL EXAM Monday (5:30-7:30)	

**DUE DATES:**

Lesson Plan Assignment - due Monday, October 1<sup>st</sup>

Active Learning Presentation - due on the date indicated on the sign-up sheet

Philosophy Paper - due Monday Dec. 10<sup>th</sup>