Central Washington University  
Fall 2011  
Course Syllabus  
HED 446.001/.002 Health Education Curriculum for Elementary Teachers  
3 credits  

Instructor:  
Class days/time:  
Location:  

Office:  
Office hrs:  
Office phone:  

**Email:**

**Required Text:** Course Packet can be purchased at the CWU Wildcat Bookstore. It is NOT available at Jerrol’s or on-line.

**Course Description:**
HED 446 is a course designed to introduce current health curricula, resources, and materials that can be implemented in elementary classroom settings. The thrust of the course will be to provide resources, but also to prepare teachers to understand the importance of health education in every setting, every course, every educational situation. Consistent with this purpose and with WAC 180-79-131(2) and WAC 180-79-136(1,2), this course will also provide an opportunity to investigate health promotion theory and comprehensive health education curricula and methods that are intended to improve the health and well-being of the elementary school aged child. Hopefully, each participant’s awareness of the importance of health and well-being will be heightened in their own lives as well as those of their future students.

**Course Goals and Objectives--students will be able to:**
- Explain the importance of health education in the elementary school classroom
- Effectively apply health education curricula materials to the appropriate standards from the Commission on Student Learning Health and Fitness goals (WA-COMP.ELEM.K2.6.8 & WA-COMP.ELEM.S2.6.9)
- Define comprehensive health and health education (WA-COMP.ELEM.K2.6.1)
- Apply one’s own creativity to the health curriculum
- Describe how to locate different health curricula and resources to help teach comprehensive health education
- Implement active teaching strategies for use in the classroom
- Effectively review health texts and resources for elementary health education
- Explain principles and conditions for effective health learning to take place (WA-COMP.ELEM.K2.6.4)
- Develop and utilize the necessary skills needed to evaluate and modify one’s present state of health (WA-COMP.ELEM.K2.6.5)
- Demonstrate skill in making teaching aids for health presentations (CWU-CTL 1,2,3,4,5)