

Melissa Smith & Missy Dreisbach

School of Sport Science & Wellness Education

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Not Your Parent's Health Class



The University of Akron
College of Health Professions

Learning Objectives:

1. Identify the 8 National Health Education Standards (NHES)
2. List at least 5 interactive learning strategies for teaching NHES
3. Apply potential learning strategies for at least 3 NHES within your own curriculum



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“Old School” Health Class



Today's Health Class



8 NHES (1-4)

1. **Comprehend Concepts** for health promotion & disease prevention
2. **Analyze the influence** of family, peers, culture, media, technology, and other factors on health behaviors
3. Demonstrate the ability to **access valid information, products, and services**
4. Demonstrate the ability to **use interpersonal communication skills** to enhance health & avoid or reduce health risks.

8 NHES (5-8)

5. Demonstrate the ability to **use interpersonal communication skills** to enhance health & avoid or reduce health risks
6. Demonstrate the ability to **use decision-making skills**
7. Demonstrate the ability to **use goal-setting skills**
8. Demonstrate the ability to **advocate for personal, family, and community health.**

(Engaging!) Strategies to Teach NHES



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Technology

NHES 1

- Jeopardy Game
 - <https://www.superteachertools.net/jeopardyx/>
 - Power Point
- Glogster (<http://edu.glogster.com>)
 - Multimedia poster
 - Need account and site license
- Poll Everywhere
(<https://www.polleverywhere.com/Live>)
 - An online anonymous polling tool
 - Aids in engaging students in class discussion
 - Can use cell phone, laptop or tablet
 - Free for up to 25 responders



Your poll will show here

1

Install the app from
pollev.com/app



2

Make sure you are in
Slide Show mode

Still not working? Get help at pollev.com/app/help

or

[Open poll in your web browser](#)



PhotoVoice (photovoice.org)

NHES 2 & 8

A process by which people can identify, represent, and enhance their community through a specific photographic technique. (Wang & Burris, 1997)

3 main goals:

1. to enable people to **record** and **reflect** their community's strengths and concerns
2. to promote **critical dialogue** and knowledge about important community issues through discussion of photographs
3. to **reach policy-makers** and people who can be mobilized for change.

Example project: [Health in my Hometown.org](http://HealthinmyHometown.org) (MN)

Role Play

NHES 4 & 5

Example Rules:

- As a group, read through the scenario and assign “character” roles.
- Role play (act out) the scenario. Decide as a group what are the best choices.
 - Remember to make your body language match your words.
 - Use “I” statements.
- What are the consequences of each character’s choice? Be ready to discuss.

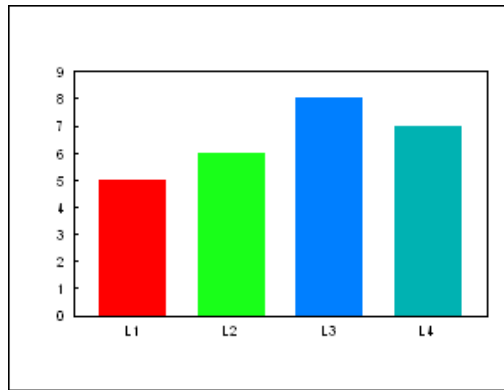
Example Scenario (gr. 6-8)

- You’re hanging out at a good friend’s house on a Friday night. Your friend’s parents said they’d drop you off back home by midnight.
- They go to relax in the living room, and as midnight approaches, you go in to find the parents have nodded off in their armchairs.
- As you’re trying to figure out what to do, your friend’s older brother comes home and offers to take you home. But, you think he smells like alcohol.
- *What do you do?*

Challenge Groups

NHES 6, 7 & 8

- As a class/grade, students set SMART goal(s) for a healthy behavior - Examples: fruit/veggies, sugary drinks/foods, physical activity, sleep (NHES 6)
- Students challenge another class/grade/school working on the same goal(s)
- Students record and post healthy behavior efforts (NHES 7)
- If done on social media, can also serve as advocacy for healthy behavior (NHES 8)



Creating a Product

NHES 3,4,& 8

- Making a PSA video
 - Students create a YouTube video, a poster or other display about concepts learned in class
 - Example: Brushing Teeth, Bullying, Hygiene, ATOD, MyPlate School Safety, Heart Health
 - <https://youtu.be/qErBFM1pPdw>
- Designing a menu
 - Students work together to create a healthful menu that contains a variety of healthy choices
 - Students run a class cafe' featuring a small menu with healthy choices in collaboration with the school cafeteria
 - Can be an integrated lesson/project with Language Arts, Science, and Art

References

Wang, C. & Burris, M. (1997) Photovoice: Concept, methodology, and use for participatory needs assessment. *Health Education & Behavior* (v. 24, 3) p. 369-387

Questions?

Presenter Contact Information:

Melissa G. Smith, MS, CHES
Assistant Professor of Instruction
Sport Science & Wellness Education
The University of Akron
InfoCision Room 327
Akron, OH 44325-5103

Email: mgsmith@uakron.edu
Office: [330-972-4905](tel:330-972-4905)

Missy Klein Dreisbach
Graduate Assistant
School of Sport Science and Wellness Education
The University of Akron
Akron, OH 44325-5103

Email: mdk24@zips.uakron.edu



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