



## **PHED 3017 Contemporary Health Issues**

**FA101 – Tuesday, Thursday 8:30-10:00, F307**

**FA102 – Monday, Wednesday 8:30-1:00, F204**

***Prerequisite:*** PHED 1017 or permission from the instructor

***Hours:*** Thirty-six hours of lecture per semester

***Credits:*** 3

***Description:***

This course covers a number of critical health issues relevant to children, youth and adults. Topics include sexuality, substance use and abuse, and personal safety and injury prevention.

***Required Text:***

Donatelle, R.J., Munroe, A.J., Munroe, A. & Thompson, A.M. (2008).  
*Health The Basics* (4<sup>th</sup> Canadian Ed.). Toronto: Pearson  
Education Canada.

Readings to be assigned.

***Instructors:***

Dr. Barbara Olmsted, A112, [barbarao@nipissingu.ca](mailto:barbarao@nipissingu.ca)

Prof. Olive Ridler, [oliver@nipissingu.ca](mailto:oliver@nipissingu.ca)

***Introduction:***

This course will introduce the student to health education in schools with a particular focus on the following topic areas: growth and development, substance use and abuse, mental health, and personal safety and injury prevention. Current health issues will be identified and discussed as a means to consolidate content and dispel commonly held myths. Following successful completion of this course, students will be well equipped with the content knowledge and pedagogical strategies necessary to educate others about the importance of health, to identify

and access community resources, and to advocate for comprehensive school health.

### **Course Objectives:**

- Demonstrate breadth of content knowledge in the field of health education
- Employ a variety of strategies to teach health to others
- Develop an awareness of, and sensitivity to, students' needs, individual life circumstances, cultural beliefs, and values.
- Demonstrate an appreciation for the scope and sequence of the Ontario health curriculum
- Describe the importance of the teaching of health in Ontario schools, and how health might provide a framework for instruction in other curricular areas
- Identify and employ contemporary health issues as a means to engage others in learning about health
- Become an advocate for health education at all levels and in a variety of settings

**\*\*\*STUDENTS ARE EXPECTED TO CHECK THEIR NIPISSING EMAIL ACCOUNTS REGULARLY FOR ANNOUNCEMENTS AND CLASS UPDATES\*\*\***

### **Attendance**

Punctual and regular attendance is essential for the successful completion of this course. It is expected that you will attend **ALL** classes. **If you know in advance that your absence is unavoidable, please contact the instructor! Take responsibility for your attendance! You will be expected to make up for missed work!!!**

### **Academic Dishonesty**

Nipissing University policies on plagiarism, cheating and other dishonest student conduct are very clear. Please refer to the website for consequences for such behaviour.

[www.nipissingu.ca/calendar/studentpolicies\\_academicdishonesty.asp](http://www.nipissingu.ca/calendar/studentpolicies_academicdishonesty.asp)

### Course Content and Schedule:

Section FA101	Section FA102	CONTENT / TOPIC	READING / PREPARATION
Thursday, Sept. 10	Monday, Sept. 14	Justifying the need for health education in schools – why teach health?	
Tuesday, Sept. 15	Wednesday, Sept. 16	Comprehensive School Health	tba
Thursday, Sept. 17	Monday, Sept. 21	<b>Assignment #1</b> Establishing an Environment for Learning Health	tba
Tuesday, Sept. 22	Wednesday, Sept. 23	Substance Use and Abuse	tba
Thursday, Sept. 24	Monday, Sept. 28	<b>Assignment #2</b> Substance Use and Abuse	Chapter 11
Tuesday, Sept. 29	Wednesday, Sept. 30	Drugs and their Actions	Chapter 10
Thursday, Oct. 1	Monday, Oct. 5	<b>Assignment #3</b> Addiction	Chapter 10
Tuesday, Oct. 6	Wednesday, Oct. 7	<b>QUIZ #1</b> Personal Safety & Injury Prevention	Chapter 4
Thursday, Oct. 8	Monday, Oct. 19	Bullying	tba
STUDY WEEK			
Tuesday, Oct. 20	Wednesday, Oct. 21	Internet Safety	tba
Thursday, Oct. 22	Monday, Oct. 26	<b>Assignment #4</b> Sexuality Education	tba
Tuesday, Oct. 27	Wednesday, Oct. 28	Sexuality Education – Reproductive organs	tba
Thursday, Oct. 29	Monday, Nov. 2	<b>Assignment #5</b> Sexually Transmitted Infections	Chapter 13
Tuesday, Nov. 3	Wednesday, Nov. 4	Relationships	Chapter 5
Thursday, Nov. 5	Monday, Nov. 9	<b>Assignment #6</b> Birth Control & Pregnancy	Chapter 6
Tuesday, Nov. 10	Wednesday, Nov. 11	<b>QUIZ #2</b> Pregnancy & Birth Control	Chapter 6
Thursday, Nov. 12	Monday, Nov. 16	Mental Health	tba
Tuesday, Nov. 17	Wednesday, Nov. 18	<b>Assignment #7</b> Mental Health	tba
Thursday, Nov. 19	Monday, Nov. 23	Aging	Chapter 14
Tuesday, Nov. 24	Wednesday, Nov. 25	Student Presentations	
Thursday, Nov. 26	Monday, Nov. 30	<b>Assignment #8</b> Student Presentations	
Tuesday, Dec. 1	Wednesday, Dec. 2	Student Presentations	
Thursday, Dec. 3	Monday, Dec. 7	Student Presentations	
Tuesday, Dec. 8	Wednesday, Dec. 9	Review and Wrap-Up	

## **EVALUATION:**

<b>ASSIGNMENT</b>	<b>VALUE</b>	<b>DUE DATE</b>
Assignments	40% (5% each)	Weeks 2, 3, 5, 6, 7, 9, 10, 11 (Wednesday or Thursday)
Quizzes	20% (10% each)	Quiz #1 – October 6 <sup>th</sup> or 7 <sup>th</sup> Quiz #2 – Nov. 10 <sup>th</sup> or 11 <sup>th</sup>
Class Work <ul style="list-style-type: none"><li>• Participation</li><li>• Group work</li><li>• Engagement</li><li>• Effort</li></ul>	20%	Daily
Student Presentation	20%	Nov. 24, 25, 26, 30 Dec. 1, 2

### **Assignments:**

The goal of these assignments is to develop a collection of teaching resources that you would be able to immediately implement in a school setting or alternative setting, and with different age groups. You will engage in a number of sample activities throughout the semester, all designed to address one or more of the Ontario Curriculum guidelines for a specific grade level. The goal is to present the content in a manner that would interest and engage learners.

- #1. Substance Use and Abuse – What’s my drug?
- #2. Substance Use and Abuse – The decision is clear!
- #3. Personal Safety & Injury Prevention – There’s no risk!
- #4. Personal Safety & Injury Prevention – Why are you Bullying me?
- #5. Sexuality – Relationship column
- #6. Sexuality – What’s that method?
- #7. Sexuality – Infection or disease?
- #8. Mental Health and/or Aging -

### **Quizzes:**

Quizzes will cover content and readings in classes up to that point in time. Quiz #2 will cover some content from Quiz #1.

### **Student Presentations:**

There are two components to the student presentation:

- a) the presentation itself
- b) a written lesson plan

Students may wish to work alone or in pairs. Individuals working in pairs must share the responsibility for BOTH components. Students will select one FAQ and a relevant grade level. More details will be presented during class.

## **Web Resources:**

Ontario Ministry of Education – Healthy Schools

<http://www.edu.gov.on.ca/eng/teachers/healthyschools.html>

Joint Consortium on School Health – Comprehensive School Health Model

<http://eng.jcsh-cces.ca/>

CSH Framework - [http://www.jcsh-](http://www.jcsh-cces.ca/upload/JCSH%20CSH%20Framework%20FINAL%20Nov%2008.pdf)

[cces.ca/upload/JCSH%20CSH%20Framework%20FINAL%20Nov%2008.pdf](http://www.jcsh-cces.ca/upload/JCSH%20CSH%20Framework%20FINAL%20Nov%2008.pdf)

Michigan Model for Comprehensive School Health -

<http://www.emc.cmich.edu/mm/default.htm>

Sexuality and U - [http://www.sexualityandu.ca/home\\_e.aspx](http://www.sexualityandu.ca/home_e.aspx)

Sex Information and Education Council of Canada - <http://www.sieccan.org/>

Canadian Mental Health Association - <http://www.cmha.ca/bins/index.asp>

Centre for Addiction and Mental Health - <http://www.camh.net/>

Media Awareness Network – Cyberbullying - [http://www.media-](http://www.media-awareness.ca/english/resources/educational/lessons/cyberbullying.cfm)

[awareness.ca/english/resources/educational/lessons/cyberbullying.cfm](http://www.media-awareness.ca/english/resources/educational/lessons/cyberbullying.cfm)

Cyberbullying, by Bill Belsey - <http://www.cyberbullying.ca/> ,

<http://www.bullying.org/>

OSSTF website on bullying -

<http://www.osstf.on.ca/Default.aspx?DN=56733f05-75b0-4d31-9de1-01a1c52089f2>

The Canadian Safe School Network -

<http://www.canadiansafeschools.com/home.htm>

Canadian Centre on Substance Abuse -

<http://www.ccsa.ca/Eng/Pages/Home.aspx>

Council on Drug Abuse - <http://drugabuse.ca/index.htm>

National Anti-Drug Strategy -

<http://www.nationalantidrugstrategy.gc.ca/index.html>

Lungs are for Life – student interactive site - <http://www.lungsareforlife.ca/>

Canadian Lung Association - [http://www.lung.ca/home-accueil\\_e.php](http://www.lung.ca/home-accueil_e.php)

## **Other Resources:**

Weinstein, E. & Rosen, E. (2003). *Teaching Children About Health A*

*Multidisciplinary Approach* (2<sup>nd</sup> Ed.). Belmont, CA:  
Wadsworth/Thomson Learning.

Ontario Ministry of Education Documents:

The Ontario Curriculum K-8 Health and Physical Education (**LB1588.C2 O57**)  
The Ontario Curriculum, Health Exemplars, Grades 2, 4, 6, 8 (**GV 225.06**)

(All curriculum documents available at [www.edu.gov.on.ca](http://www.edu.gov.on.ca))

Periodicals at Nipissing University Library (periodical shelves):

CAHPERD's Physical and Health Education Journal (Current year plus 5 years)  
AAHPERD's Journal of Physical Education, Recreation and Dance (2000-current)  
Teaching Elementary Physical Education (2002-2006)

**“The health and well-being of children are directly linked to  
their academic performance”**

*Novello, Degraw, & Kleinman, 1992*