School Health Education (SHE) - Courses

Courses

SHE 210 Cr.4
Introduction to Coordinated School Health Programs
This course gives an introduction to coordinated school health programs and the roles teachers play in encouraging healthy practices in the school age population. Skills in identifying health problems, developing an environment conducive to learning and developing health curriculum and instruction to encourage healthy lifestyles are developed. Students will be introduced to National and State Health Standards and national and state models of comprehensive/coordinated school programs. Also included in the course will be the Level I clinical experience in schools. This introductory field experience is designed to help the student identify the role of the school and its staff through observation and participation. It also allows school health education majors to consider the appropriateness of their chosen major in the education framework. Offered Occasionally.

SHE 252 Cr.2
Introductory Content in Health Education
Disease and intentional and unintentional injury prevention content essential for inclusion in a comprehensive school health curriculum is the course focus. Pre-service teachers will consider effective teaching strategies, resources that support the development and delivery of objectives in these areas, and determine the match to the Wisconsin Academic Standards for Health Education. Prerequisite: HPR 105. Offered Occasionally.

SHE 310 Cr.4
Introduction to Curricular Processes & Instructional Techniques
Beginning concepts in comprehensive school health education curriculum development and instructional techniques are the core of this course. Skills for delivery of effective health instruction are practiced including assessment, planning, implementation, and reflection. This course also includes an introductory field experience that is designed to help the teacher candidates identify the tile of the school and its staff through observation and participation. Lect 3, Lab 1. Prerequisite: CHE 240 or HED 205 or HED 210; admission to teacher education. Offered Spring.

SHE 312 Cr.1
Level II Clinical in School Health Education
This clinical experience provides health education majors/minors an increased understanding of how two components, pupil services and healthy school environment, function within the Wisconsin Framework for Comprehensive School Health Programs. Specific attention is given to children and youth who are vulnerable to social, emotional and physical challenges and/or who have an impairment that requires special education. Prerequisite: HED 205; SHE 210. Consent of department. Pass/Fail grading. Offered Occasionally.

SHE 402 Cr.1
Level III Clinical in School Health Education
Designed to focus upon the development of the technical elements of curriculum, instructional systems, interaction-motivation, and management styles. Course activities include development of a philosophical base for teaching elements, observation, participation and performance of a variety of teaching behaviors within the teaching elements. Students will analyze their own teaching performance through simulation, guided practice and other teacher-directed evaluation. Prerequisite: admission to teacher education. Pass/Fail grading. Offered Occasionally.

SHE 407/507 Cr.3
Health Education in the Elementary School
Introduction of the school health program for the elementary education major and physical education major. Consideration is given to school health services and healthy school living, with a further emphasis on health instruction and health content for the elementary school. Prerequisite: admission to teacher education; junior standing. Offered Occasionally.

SHE 410/510 Cr.6
Application of Curriculum Processes & Instructional Techniques
This senior level experience provides an opportunity to apply the knowledge, skills, and dispositions of the Interstate Teacher Assessment and Support Consortium Standards (InTASC). The primary focus is on a teacher candidate's growth and development in the InTASC standards. The traditional field experience or participation in a Professional Development School experience will address how the InTASC standards impact teaching and learning. Further analysis of method selection and instructional strategy development is included from a practical as well as philosophical point of view. Lect 4, Lab 2. Prerequisite: SHE 310 or admitted to EC-MC or MC-EA Certification; must be taken last semester prior to student teaching and concurrently with SHE 415; admission to teacher education; junior standing. Offered Fall.

SHE 415/515 Cr.3
School Leadership for Health Educators
This course will develop teacher candidates’ leadership skills in school health programming. An overview will be included on the following topics: group dynamics, leadership theories and styles, resources and grants, curriculum assessment and analysis, administration and coordination of health curriculum, and professional skills. Prerequisite: SHE 310; must be taken concurrent with SHE 410; admission to teacher education; junior standing. Offered Fall.

SHE 416/516 Cr.1
Developing Comprehensive School Health Programs
Procedures for comprehensive health education curriculum development - from philosophy through identifying sources, to developing objectives - will be considered in discussion and group interaction. Final projects will include the writing of a partial curriculum. Not applicable for credit in school health education major or minor. Prerequisite: junior standing. Offered Occasionally.

SHE 458/558 Cr.1-2
Imagery Techniques for Health Promotional Skill Development
This course examines the concepts and theories of autogenic training and mental imagery as applied to maximizing inner potentials for performance excellence. The first credit focuses on the learning and experiencing of the developmental phases of relaxation training, mental practice, concentration, confidence building through positive affirmation, and maintaining personal rhythm. The second credit focuses on developing the competencies necessary to develop and implement a mental practice program for those in pursuit of excellence. Prerequisite: junior standing. Offered Occasionally.
SHE 460/560 Cr.1-2

Health Promotion and Preference
This course is designed to enable participants to understand and apply Jungian concepts as one approach to health promotion. The Myers-Briggs Type Indicator (MBTI) is used as a springboard for creating awareness and understanding for the application of typology to health promotion. The focus of the course is experiential in nature and the goal is to gain a better understanding of self and others in relation to health promotion issues (i.e., stress management, heart disease, relationships, and team building). Prerequisite: junior standing. Offered Occasionally.

CHE/SHE 475/575 Cr.1-3

Workshop in Health Education
Group study of varying health education topics, community agencies, and educational institutions. Repeatable for credit under different topics - maximum six credits combined CHE/SHE. (Cross-listed with CHE/SHE.) Departmental option for pass/fail or letter grade. Prerequisite: junior standing. Consent of instructor. Offered Occasionally.

SHE 492 Cr.1

Student Teaching Seminar in School Health Education
Through this course for student teachers/interns, university coursework is correlated with successful teaching practices in the schools. Students build on their knowledge base, reflect on their teaching, and analyze school culture with their peers. Each seminar aligns with the InTASC Model Core Teaching Standards based on the needs of the student teachers/interns. Prerequisite: to be taken concurrently with SHE 494 or SHE 495; admitted to EC-MC or MC-EA certification program. Consent of department. Pass/Fail grading. Offered Fall, Spring.

SHE 494 Cr.3-15

Student Teaching in School Health Education: Early Childhood-Adolescence
Student teaching is a full day, full school semester, professional experience in selected elementary and secondary schools with qualified, approved cooperating teachers. Orientation, seminars and classroom projects required. May be repeated for credit in a subsequent semester for each additional licensure. Prerequisite: completion of all requirements in education, including special methods courses; recommendation by the appropriate education program faculty; 2.75 cumulative GPA and a 2.75 GPA in the major, minor, concentration. Consent of department. Satisfactory/Unsatisfactory grading. Offered Fall, Spring.

SHE 495 Cr.3-15

Teaching Internship
Teaching internship is a full day, full school semester, professional experience in selected elementary and secondary schools with qualified, approved cooperating teachers. Orientation, seminars and classroom projects required. Requires selection for Wisconsin Internship Program placement and a state intern license. Prerequisite: completion of requirements in education, including special methods courses; recommendation by the appropriate education program faculty; 3.00 cumulative GPA and a 3.00 GPA in the major, minor, concentration and professional course work; Praxis II. Consent of department. Satisfactory/Unsatisfactory grading. Offered Fall, Spring.