

HLTH-2900 *Health Education for Elementary Teachers*

Instructor Contact Information

Matt Paskett EdD 2025

Please see the "Getting to Know Your Instructor" page for more information.

Please message me via Canvas or e-mail me at matt.paskett@uvu.edu

Email will be checked once daily (at minimum) by the instructor M-F by 5 :00 p.m. Students with questions should be sure to email the instructor in sufficient time prior to the assignment due dates. Students should use their myUVU email or Canvas to send messages to faculty, or their messages may end up in the "junk" or "blocked" email.

Please allow 24-48 hours for a response to your message M-F; If you do not get a response to your message, I did not receive it. I am not responsible for lost emails.

Virtual Office Hours: By appointment only. All appointments will be held via Microsoft Teams.

Course Description

The purpose of this course is to teach elementary education majors the role of the teacher as a health educator and team member in providing a healthy school environment. The basic Utah Health Core Curriculum will be studied, and students will develop learning activities applicable to the health needs of the elementary school student.

Course Outcomes

Upon successful completion of this course, students will be able to:

1. Gain an appreciation for the need of individuals to be responsible for their own health and a given ability to deal with the various life problems in a healthy, beneficial, and positive manner.
2. Gain an appreciation for the need to develop decision-making skills, coping skills and good self-esteem in the life of young people.
3. Gain an appreciation of the health needs of young children.

Course Objectives

1. Describe comprehensive school health education.
2. Describe the basic health core curriculum for the State of Utah.
3. Formulate learning activities applicable to the health needs of the elementary school student.
4. Use health curriculum that can be integrated into basic general curriculum, i.e., reading, writing and math.
5. Describe educational principles influencing and modifying the health behaviors of elementary school students.
6. Use health curriculum helping elementary school students develop decision-making skills, coping skills, and positive self-esteem.
7. Describe the contributions a teacher can make to the healthy environment of the school.
8. Identify health and safety problems relative to elementary school students.
9. Identify emergency situations in the school occasioned by sudden illness or accident.

Prerequisites and Needed Skills

There are no prerequisites or special skills needed for this course. However, students should be able to communicate effectively and have a basic understanding of how to use Canvas.

Technology Expectations:

- Students should have access to a reliable computer and internet connection.
- Students new to UVU can find assistance from the [UVU Writing Center \(Links to an external site.\)](#), the [UVU Library \(Links to an external site.\)](#), as well as [Canvas Support for Students \(Links to an external site.\)](#)
- Did you know you have access to FREE Office 365 software? Please see the [UVU IT Services webpage \(Links to an external site.\)](#) to learn how to download the software.

We also recommend students have a computer with a camera. ***It is not recommended that you attempt to complete this course on a phone or tablet.***

Materials, Fees and Technology Tools

Required Textbook

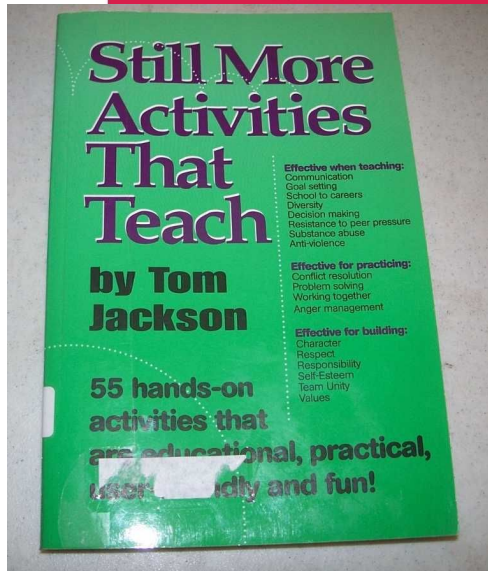
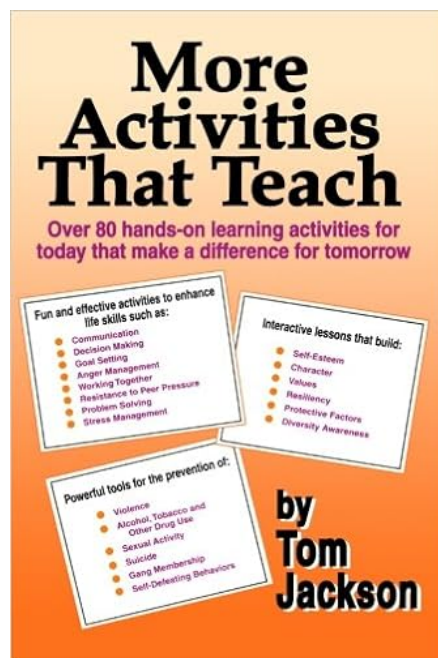
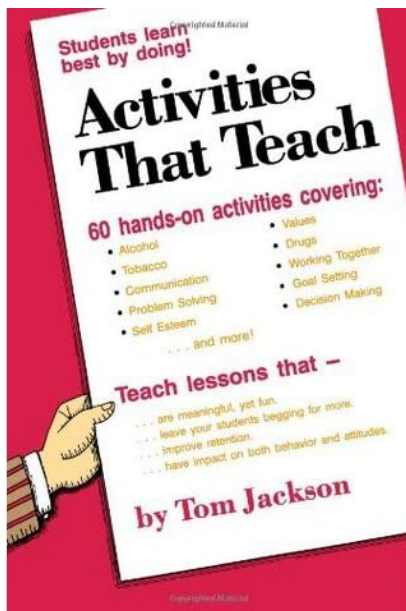
- **DIGITAL VERSION** (this textbook is included with your course fees, please **DO NOT PURCHASE** or you will have duplicate copies). You will have access to this textbook on the first day of class through Canvas.

Health Education Elementary and Middle School Applications, Tenth Edition.
Telljohann, S.K., Symons., Pateman B., Seabert. D.M.

****Recommended Books:**

- “Activities That Teach”
- “More Activities That Teach”
- “Still More Activities That Teach”

All books are by Tom Jackson and are typically between \$10-20 online. These will be an invaluable resource for lesson planning and in your future classroom! I recommend purchasing one, and if you like it, purchase the others!



How This Course Works

Course Mode: Online

- This 2 credit course is entirely online. It is not recommended that you complete it using smartphone or tablet. You'll need a computer or laptop with a camera and a reliable internet connection.
- Each week you will complete one module that will require 6+ hours of work. Most modules include a discussion board, assignment, and quiz. Later in the semester, you'll be writing lesson plans and evaluating your peers' lesson plans as well.
- Most course work is due by 11:59 p.m. **Sunday** evening. Do not procrastinate until the last minute. If you try to submit your work at 11:58 p.m. and run into an issue with Canvas, there's no way I or tech services can help you.
- To be successful in this course, be sure to check in multiple times throughout the week, complete your semester assignment plan, enable notifications for announcements, grades, and comments from the instructor.
- In addition, reach out to the instructor ASAP if you run into an issue or aren't understanding a concept or how to complete or submit an assignment.
- Two of the biggest assignments in this course include a teacher interview and final portfolio. Please familiarize yourself with these assignments early on, so that you can adequately prepare to complete and submit these on time.

Student Responsibilities

Students are expected to be respectful of the instructor and classmates. To ensure a productive and meaningful class, please show your respect by:

- *Turning off distracting electronics while working through course material.*
- *Being on time to class/Teams meetings and staying for the entire duration.*
- *Networking with your peers and building respectful relationships.*
- *In addition to these responsibilities, UVU expects students to perform in accordance with the Student Rights and Responsibilities Code - Policy 541 (see below).*
- *Start class the first week of the term.*
- *Be accountable by setting aside regular time each week to complete course activities and assignments on time as noted per the due dates.*
- *Abide by ethical standards. Your work must be your own.*
- *Contact your instructor as early as possible if an emergency arises. Do NOT wait until the last minute to ask for an extension.*
- *Learn how to use Canvas including communication tools (e.g. discussion, Canvas inbox, etc.). If you have technology-related problems contact the [Service Desk](#)*

Students should also view spend time reviewing “How to Succeed Online”
https://greengold.uvu.edu/crs_info_master/success.html

Instructor Responsibilities:

- *Maintain an active presence in the course.*
- *Respond to emails within one to two business day. (Emails received after 12 pm MST on Friday will be responded to by noon on the following Monday.) If multiple emails are received regarding the same question or concern, they may be responded to with an Announcement to the entire class.*
- *Provide timely, meaningful and constructive feedback on assignments.*
- *Facilitate an effective learning experience.*
- *Refer students to appropriate services for issues that are non-course content specific. For instance, technical issue, writing labs, accessibility services, etc.*
- *Mentor students through the course.*

Attendance, Grading, and Late Work Statement

Attendance

This is an online course. Attendance is not required. However, students should be actively engaged in the class activities and discussions. Most work will be due by 11:59 pm on Sunday. Please make sure you pay attention to due dates!

For this **two (2) credit-hour** course, students should expect to spend up to **6+ hours a week** completing course activities (please note students completing the class on a block or during the summer will likely spend 12 hours per week completing the activities).

As a student, you can expect this course to challenge and engage you as a learner. You will be expected to work in groups, engage in class or on-line discussions, complete projects and assignments as required, and succeed as a student in this course.

Grading Procedures

Your grade will be determined by the number of points you earn during the semester. Students will be required to complete the following:

1. Weekly Assignments (Chapter Readings, Quizzes, Discussions)
2. Midterm Assignments
3. Lesson Plans (6 total)
4. Final Portfolio

*Class performance/attitude may also increase/decrease grade, up to one full letter grade.

Grading Scale

The following grading standards will be used in this class:

Grade	Percent
A	94-100%
A-	< 94-90%
B+	< 90-87%
B	< 87-84%
B-	< 84-80%
C+	< 80-77%
C	< 77-74%
C-	< 74-70%
D+	< 70- 67%
D	< 67-64%
D-	< 64-61%
E	< 61-0%

Late Work Statement

LATE WORK IS ACCEPTED WITH A 10% DOCK EACH DAY IT IS LATE. If you know you are going to travel or won't have access to the internet, you can always turn work in early. Once an assignment, quiz, discussion, exam, etc. due date has passed, it is locked and no longer available. Please plan ahead and do not schedule travel or other arrangements if they conflict with important due dates in this class. I understand that life happens, emergencies arise, etc. If an unexpected situation arises, please

communicate with me and we can work together to figure out a plan. Again, you are always welcome to submit coursework early.

I understand that life happens. Computer problems, work schedules, lack of internet access, travel, or other things may keep you from completing and turning in your work. To avoid computer, internet, or other technical issues, I recommend that you submit your work while you have access to the [UVU Help Desk](#) (801-863-8888). Typical Help Desk hours are Monday-Friday 7:00 a.m. until 6:00 p.m., but be sure to double check the website for up-to-date hours and days of operation.

Assignment and Assessment Descriptions

Assignments

Please refer to each module or the "Assignments" page on Canvas for a complete list of assignments and their due dates. Please note, due dates and assignments are subject to change with notice.

Please submit only PDF or Word documents. Using other types of documents (.pages, .otf, GoogleDocs, Google Slides, .pptm, etc.) will result in a zero (0) on your assignment. Also, do not waste space on your papers by putting your name or my name on them. Canvas puts your paper under your name, so I know whom it belongs to.

Discussions

There are multiple discussions throughout the course. Discussions are based on unit topics and are designed to be conducive to the sharing of opinions and ideas aimed at increasing knowledge on the topic. Later in the semester, discussions will require students to submit lesson plans to the discussion board for feedback from other classmates. It is important that those who are reviewing these lesson plans provide meaningful feedback as this will help students in writing their final lesson plan, which will be submitted as an assignment.

In order to earn maximum discussion points students should articulately express opinions and answer all questions related to the topic, use proper spelling, grammar, and punctuation as well as support opinions. It is okay to disagree. In fact, disagreeing, when properly handled, can lend much to learning. All postings should be respectful, and support the view being expressed. Post should be substantial in content. In other words, a discussion post that is less than one paragraph is not sufficient.

Quizzes

Quizzes in this course are included in most modules. In some cases, the quiz will be part of the chapter "Reading & Review" assignment, and some quizzes will be based on information contained in a particular module. You will have 30 minutes to take each quiz, except for the "Reading & Review" assignments, which do not have a time limit. Quizzes are open book; this means that you can only use your book during the quiz. You may NOT use an internet search engine like Google. Don't ask Siri or Alexa

either! You may not use friends, family, other classmates, or anyone else to help you with quizzes. These should be taken on your own.

Midterm Teacher Interview

For this assignment, students must find and interview an elementary teacher (any grade K-6) utilizing the questions provided on Canvas. Typically, this assignment is done face-to-face, however, students may conduct their interviews online via Microsoft Teams, FaceTime, Zoom, etc., or even over the phone. Do not just send your teacher a copy of the questions and have him/her fill them out--conduct an actual interview. Body language, tone of voice, etc. is much more valuable than just reading words on a document.

Please make arrangements ahead of time to conduct your interview so that you can submit this assignment by the due date posted on Canvas.

Final Portfolio

To demonstrate your growth and knowledge of elementary health education and lesson plan writing, you will create a portfolio in place of a traditional final exam. Using the PowerPoint template provided on Canvas, students will create a portfolio of their lesson plans, resources, and other materials. This portfolio must be submitted either as a PowerPoint or PDF file (Keynote and other formats will not be accepted) to Canvas by the due date (late portfolios will NOT be accepted, no exceptions!). The final portfolio is worth over 120 points, and will significantly affect your grade if not completed. In addition, it will serve as an invaluable resource to you as a future teacher--all of your lesson plans and resources will be in one place for easy access.

Course Schedule

[Course Schedule](#)

UVU Policies and Resources

[Policies and Procedures](#)

- **Academic Integrity**

At Utah Valley University, faculty and students operate in an atmosphere of mutual trust. Maintaining an atmosphere of academic integrity allows for free exchange of ideas and enables all members of the community to achieve their highest potential. Our goal is to foster an intellectual atmosphere that produces scholars of integrity and imaginative thought. In all academic work, the ideas and contributions of others must be appropriately acknowledged and UVU students are expected to produce their own original academic work.

Faculty and students share the responsibility of ensuring the honesty and fairness of the intellectual environment at UVU. Students have a responsibility to promote academic integrity at the university by not participating in or facilitating others' participation in any act of academic

dishonesty. As members of the academic community, students must become familiar with their [rights and responsibilities](#). In each course, they are responsible for knowing the requirements and restrictions regarding research and writing, assessments, collaborative work, the use of study aids, the appropriateness of assistance, and other issues. Likewise, instructors are responsible to clearly state expectations and model best practices.

Further information on what constitutes academic dishonesty is detailed in [UVU Policy 541: Student Code of Conduct](#).

Assignments are to be worked on individually unless stated otherwise. Students who copy or submit the work of another student will receive no credit for the assignment. Copying internet sources without the proper citation will also not be tolerated, and no credit will be given. Additionally, any student who allows another student to cheat on an assignment will receive no credit. Many of your assignments will be screened through software to check for plagiarism.

You are expected to maintain academic ethics and honesty in all its forms, including, but not limited to, cheating and plagiarism as defined hereafter:

1. **Cheating** is the act of using or attempting to use or providing others with unauthorized information, materials or study aids in academic work. Cheating includes, but is not limited to, passing examination answers to or taking examinations for someone else, or preparing or copying others' academic work.

Examples include but are not limited to:

- Submission of work that is not the student's own for papers, assignments or exams.
 - Submission or use of falsified data.
 - Theft of or unauthorized access to an exam.
 - Use of an alternate, stand-in or proxy during an examination.
 - Use of unauthorized material including textbooks, notes or computer programs in the preparation of an assignment or during an examination.
 - Supplying or communicating in any way unauthorized information to a "homework help site" such as CourseHero or to another student in the preparation of an assignment or during an examination.
 - Collaboration in the preparation of an assignment. Unless specifically permitted or required by the instructor, collaboration will usually be viewed by the university as cheating. Each student, therefore, is responsible for understanding the policies of the department offering any course as they refer to the amount of help and collaboration permitted in preparation of assignments.
 - Submission of the same work for credit in two courses without obtaining the permission of the instructors beforehand.
2. **Plagiarism** is the act of appropriating another person's or group's ideas or work (written, computerized, artistic, etc.) or portions thereof and passing them off as the product of one's own work in any academic exercise or activity.

Examples include but are not limited to:

- Using another person's exact language without the use of quotation marks and proper citation.
 - Rearranging another's ideas or material and presenting them as original work without providing proper citation.
 - Submitting another's work as one's own; this includes purchasing work from sources such as the internet.
 - Submitting a translation of someone else's words claiming them as one's own
 - Failing to acknowledge collaborators on homework and laboratory assignments.
 - Duplicating or submitting work that was originally prepared for another class without the explicit permission of the instructor; or knowingly aiding another student who is engaged in plagiarism.
3. **Fabrication** is the use of invented information or the falsification of research or other findings.

Examples include but are not limited to:

- Citation of information not taken from the source indicated. This may include the incorrect documentation of secondary source materials.
- Listing sources in a bibliography not used in the academic exercise.
- Submission in a paper, thesis, lab report, or other academic exercise of falsified, invented, or fictitious data or evidence, or deliberate and knowing concealment or distortion of the true nature, origin, or function of such data or evidence.
- Submitting as your own any academic exercise, (e.g., written work, printing, sculpture, etc.) prepared totally or in part by another.

****Academic dishonesty in any form is a serious issue and will not be tolerated. Students who are caught violating any of these policies will receive no credit for the assignment/quiz/exam and may be referred to the department chair for disciplinary action, including failure of the course.**

The use of any form of Artificial Intelligence, including ChatGPT is considered cheating and will not be tolerated in this class. At the very least, the student will receive a zero on the assignment and may be referred to the department chair and/or dean for disciplinary action.

- **Artificial Intelligence Statement**

As explained in UVU's [Student Rights and Accountabilities](#) [Links to an external site.](#) page, all students are expected "to maintain absolute integrity and high standards of individual honesty in academic work, and to observe a high standard of conduct for the academic environment." Plagiarism is a serious offense that does not align with the university's mission and values. My expectation is that every student's work will be their own and use outside sources in a manner that consistently gives proper credit to those sources through established academic conventions.

Plagiarism has occurred if you:

- Use the exact wording of another author or source in such a manner that it appears to be your own, regardless of the form in which those words originally appeared (e.g., a book, article, lecture, website, speech, graphic, or any other form such as an AI text generator)
- Paraphrase (put into your own words) another author's wording in a manner where the language and/or syntax is too similar to the original passage and is not properly cited
- Fail to clearly acknowledge the partial or full authorship of someone else when submitting work
- Fail to cite or quote textual resources properly, despite the instructor's attempts at educational intervention
- Fabricate false information that is not corroborated by the actual research used on a writing project
- Have someone else, paid or otherwise, write your paper or use a paper mill site that contains ready-to-use papers written by other people
- Generate and submit a paper using artificial intelligence, such as ChatGPT

While the above actions can happen with intentionality to deceive, plagiarism can also happen accidentally (due to careless resource use, not using proper citation methods, and not understanding the conventions of our chosen style guide). Though intentional vs accidental is often a judgment call for an instructor, it's important to note that accidental plagiarism is still plagiarism—a serious need to address the incident arises regardless. Though the resulting consequences may vary based on the degree of intentionality, any form of plagiarism will be addressed with equal seriousness.

Believing chatbots, such as Chat GPT, are here to stay, and will only grow, I feel it's important to understand both its strengths and limitations. AI is already proving its usefulness in brainstorming writing ideas, simplifying complex topics, and performing rudimentary research. I believe AI is a tool with potential usefulness for writers. However, AI is also fraught with serious issues. It possesses accuracy problems while simultaneously sounding very confident about its incorrectness. It also frequently generates fake citations and quotations. It cannot understand the complexities and contexts of human communication. Finally, the way AI is trained on other texts poses several ethical questions about copyright and intellectual theft of property (along with uncritically inheriting the biases of the texts it's trained on).

To be clear, copying the exact wording of an AI chatbot is considered plagiarism and means that a student will be held accountable for violating academic integrity. Although many citation guides are already presenting ways to properly use and cite AI, I do not currently believe that citing AI in your work is in line with the standards of academic writing that value knowing the exact author(s) or sources that informed your writing.

If you are suspected of plagiarism, the first step will always be a conversation with your instructor (in-person or via Teams). If the infraction is very minor or clearly

unintentional, there may be no sanctions at all. However, a lowered grade and/or the chance to revise the paper may also be possible. In more serious cases, the assignment may receive an automatic zero.

The most serious infractions may lead to your instructor filing an incident report with the Student Conduct office. In this scenario, you have the right to appeal the report with the department chair. Regardless of the chair's decision, the incident report remains a part of your permanent record. If you are unhappy with the chair's ruling, you then have the right to file an appeal with the Dean. The Dean's decision on the matter will be final.

- **Withdrawal Policy**

If you do not wish to take this course or find that you are unable to continue, you should officially withdraw by the deadline stated in the current semester [UVU Student Timetable](#). You can officially withdraw from a course by dropping it through the online registration system or the campus One Stop desk (BA 106) by the listed date. If you officially withdraw from a course by the "Last Day to Drop and Not Show on Transcript," the course will not appear on your academic transcripts. If you officially withdraw from a course by the "Last Day to Withdraw," a "W" will appear on your transcripts. Although your GPA will not be affected, a "W" will indicate that you chose to withdraw. If you fail to complete the course and do not drop it before the "Last Day to Withdraw," a "UW" or "E" (a failing grade) will appear on your transcripts. Withdrawing from a course may impact your financial aid status. For more information, see [UVU Financial Aid](#).

- **Dangerous Behavior**

The faculty member has the right to demand and secure the immediate removal of any person from the classroom whenever the faculty member determines, to the best of his or her knowledge or belief, that the person's actions are threatening or dangerous to students or themselves. If the faculty member cannot resolve a disruptive situation, the faculty member may request that the disruptive person(s) leave the classroom. If the disruptive person(s) will not leave voluntarily, the faculty member may call University Police for assistance. The incident shall be reported to the Dean of Students and to the Director of Judicial Affairs in accordance with Policy 541 *Student Rights and Responsibilities Code*.

- **Discriminatory, Exclusionary, or Disruptive Behavior**

Faculty members observing discriminatory, exclusionary, or disruptive behavior follow procedures described in UVU Policy 541 *Student Rights and Responsibilities Code*. 5.6

- **Equity & Title IX**

Utah Valley University does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, gender expression, age (40 and over), disability, veteran status, pregnancy, childbirth, or pregnancy-related conditions, citizenship, genetic information, or other basis protected by

applicable law, including Title IX and 34 C.F.R. Part 106, in employment, treatment, admission, access to educational programs and activities, or other University benefits or services. Inquiries about nondiscrimination at UVU may be directed to the U.S. Department of Education's Office for Civil Rights or UVU's Title IX Coordinator at 801-863-7999 – TitleIX@uvu.edu – 800 W University Pkwy, Orem, 84058, Suite BA 203.

Please be aware that all faculty members and university employees are considered “Responsible Employees” and are required to report incidents of sexual misconduct and relationship violence and thus cannot guarantee confidentiality. Please know that you can seek confidential resources at UVU Student Health Services, SC-221, (801) 863-8876. Please visit <https://www.uvu.edu/equalopportunity/> for more information.

- **Fair Use Disclaimer**

This course is for educational purposes only.

Fair Use

Copyright Disclaimer under section 107 of the Copyright Act of 1976, allowance is made for “fair use” for purposes such as criticism, comment, news reporting, teaching, scholarship, education, and research.

Fair use is a use permitted by copyright statute that might otherwise be infringing.

Fair Use Definition

Fair use is a doctrine in United States copyright law that allows limited use of copyrighted material without requiring permission from the rights holders, such as commentary, criticism, news reporting, research, teaching, or scholarship. It provides for the legal, non-licensed citation or incorporation of copyrighted material in another author's work under a four-factor balancing test.

Student Success Resources

- **Definitions:**

Syllabus: An agreement between faculty and students that communicates course structure, schedule, student expectations, expected course outcomes, and methods of assessment to students.

Accessibility Services

- Students needing accommodation due to a disability including temporary and pregnancy accommodations may contact the UVU Accessibility Services at

accessibilityservices@uvu.edu or 801-863-8747. Accessibility Services is located on the Orem Campus in LC 312.

- **Religious Accommodations**

UVU values and acknowledges a wide range of faiths and religions as part of our student body, and as such provides accommodations for students. Religious belief includes the student's faith or conscience as well as the student's participation in an organized activity conducted under the auspices of the student's religious tradition or religious organization. The accommodations include reasonable student absences from scheduled examinations or academic requirements if they create an undue hardship for sincerely held religious beliefs. For this to occur, the student must provide a written notice to the instructor of the course for which the student seeks said accommodation prior to the event.

The UVU campus has [a place for meditation, prayer, reflection, or other forms of individual religious expression](#) as is described on their website.

Campus Resources

Wellness Resources: UVU offers several programs that can help students thrive in a healthy way through college. They include:

- **Student Health Services** provides assessment and treatment for a variety of physical and mental health concerns as well as therapy in a number of formats including individual therapy, group therapy, and couple's therapy. If you are interested in their services, call 801-863-8876.
- **Crisis Counseling**-If you are currently experiencing a crisis, please call 911, or UVU Campus Police (801-863-7777), or UVU Student Health Services (M-F 8am-5pm). Notify the person answering the phone that this is an emergency for priority scheduling with a crisis therapist.
- **Wellness Programs** provide educational and comprehensive programs and services that address the six dimensions of health and support students and employees in their pursuit of lifelong wellness. Call 801-863-5553 to find out more information regarding the Wellness Programs.
- The UVU **Ombuds Office** specializes in conflict resolution and mediation. They also offer coaching in nonviolent conflict resolution skills and help orient students to several important and useful resources offered at UVU. Call 801-863-7237 to talk with the Ombuds.
- **Student Care** Any student who has difficulty affording groceries or accessing sufficient food to eat every day, or who lacks a safe and stable place to live, and believes this may affect their performance in the course, is urged to visit <https://www.uvu.edu/studentcare/> for access to a variety of resources. You may also email care@uvu.edu for assistance. All of us have a need to maintain mental health and benefit from the assistance of professionals to do so. UVU offers mental health services at a very low cost (some are free). While there may be a waitlist for individual counseling, group counseling may be available in some circumstances. Student Health Services is located in SC 221, telephone 801-863-8876

<https://www.uvu.edu/studenthealth/psych/>. The following community resources are available 24/7- the National Suicide Prevention Lifeline 1-800-273-8255 and the Safe UT Crisis Chat & Tip Line <https://safeut.med.utah.edu/>. You may also access the Crisis Text Line 741-741 or call 9-1-1. If an emergency is happening on campus, call campus police 801-863-5555.

Technology Support Services

For 24/7 technical support contact [Instructure's Canvas Support Live Chat](#)

(385) 204-4930 (Available 24/7)
