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HTH 370.01: Peer Health Education

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**Syllabus for PRO Class
HTH370**

Spring 2014

PURPOSE:

To educate students in the areas of wellness, healthy choices, and risk reduction to prepare them for the practicum experience as a peer educator. Instruction is designed to meet two primary goals: 1) to provide students with information to help them evaluate their personal wellness and make health enhancing life choices and 2) to give students the knowledge and skills necessary to develop and implement health promotion and risk reduction projects for their peers.

OBJECTIVES

Students will be able to demonstrate effective group presentation and facilitation skills.

Students will develop and deliver a presentation on a topic that affects the health and wellbeing of university students.

Students will become familiar with a variety of lifestyle choices that affect the overall health of university students.

Students will be familiar with the body's response to stress and understand how lifestyle choices affect stress.

Students will be able to discuss the cultural influences on body image and identify characteristics of disordered eating.

Students will be knowledgeable regarding sexually transmitted infections, and be able to identify symptoms, transmission, and prevention strategies.

Students will be able to identify characteristics of use, abuse, and addiction involving alcohol and other drugs.

Students will be able to describe warning signs related to alcohol poisoning, and the appropriate response to help someone who is at risk.

Students will be able to identify a variety of risk reduction strategies for alcohol use.

Students will be able to discuss the characteristics of healthy and unhealthy relationships.

Students will be able to discuss prevalence and causes of sexual assault, along with appropriate prevention strategies, and campus resources for sexual assault survivors.

Students will become familiar with the technique of brief motivational interviewing as it applies to lifestyle behaviors.

READINGS:

Readings will be assigned from the PRO manual and other materials distributed in class.

COURSE REQUIREMENTS:

1. Attendance at all class sessions and the weekend retreat is mandatory. Since this course is highly experiential and interactive in nature it is important that you attend and participate in all training sessions.
2. Thought provoking quizzes and interesting assignments will be given approximately every other week for a total of 6 over the semester. The quizzes will be from the readings and class discussions. Assignments will include resource explorations, self reflection, and attendance of at least one PRO program.
3. Projects will include the following:

a. Health Promotion Presentation

Each student will create and deliver a presentation on one of the topics from the presentation list. The presentation must be interactive, creative, informative and appropriate for a university audience. Presentations may be developed by 2 or 3 person teams. As part of the assignment you will be required to turn in an outline of the presentation, objectives, and supporting material and/or supplemental information (such as handouts, brochures, activity sheets).

b. Educational Outreach Project

Students will design a project to educate and inform other students on campus about one of the wellness topics addressed in class. This must be something different than a presentation. The possibilities are endless, but some possible projects include tables or events in the UC, bulletin boards, radio show, dating game, Kaimin article, safe spring break event, a stress reduction class/group. These projects can be done as a group effort with a maximum of 4 people in a group. Project must be approved in advance.

c. Health Coaching Option (*instead of Health Promotion Presentation*)

Students may apply to be a Health Coach for the Optimal Bear program. This requires attendance at weekly Optimal Bear training/ staffing meetings and working in a team to design an Optimal Bear Bash for a specific group on campus. This training then prepares the student to become an Optimal Bear Health Coach for Fall semester HHP371.

EVALUATION CRITERIA

Class participation/attendance	20 pts.
Retreat attendance	20 pts.
Quizzes	80 pts
Assignments	40 pts
Presentation		
Outline	10 pts.
(Introduction, body, conclusions)		
Content	30 pts.

	(supporting material, accurate information)	
	Delivery of presentation.....	30 pts.
	(Interactive, originality, style)	
Outreach project	70 pts.
	Total points300 pts

Grading

A = 92% or better	276 – 300 points
B = 83% - 91%	249 – 275 points
C = 75% - 82%	225 – 248 points
D = 65% - 74%	195 – 224 points
F = below 65%	0 – 194 points

HTH 395 – Peer Health Education Practicum

Students who successfully complete HTH 370 qualify to participate in the practicum experience the following semester. A student can earn up to 6 credits in the practicum experience, at one to two credits per semester. The practicum experience involves several learning opportunity options to prepare you for a professional career as a community health educator.

- **Presentations** – presenting programs in the dorms, fraternities and sororities, and other groups as requested.
- **Outreach programs** – plan and coordinate health education/wellness activities for the campus community. Participate in multimedia programs for new students in the fall, information tables, table tents, Kaimin articles, special events, Stress Management training, other ideas generated by the group.
- **Health Coach** – share health and wellness information with other students in individual or group consultations. Help others identify health behaviors they would like to improve, and create a personal plan to help them succeed in reaching their identified goal.

All PROs participating in the practicum experience agree to share health and wellness information with other students in an informal way. Some of the most effective education happens in these informal one on one encounters with friends and acquaintances. PROs agree to address unhealthy behaviors and be available for students to ask them questions about health and wellness issues. Students participating in the practicum experience:

- *meet with the other PROs once a week for further training and supervision
- *keep detailed time sheets that are turned into the coordinator monthly
- *keep a journal of their practicum experience

Instructor contact information:

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