

HP/W 430 Section 5 The Health Advocate
3:00 – 5:30 PM Tuesdays Allen Center Conference Room
9/4 – 12/21 Credits 3.0

Instructor: Stacey Duellman, M.S. Programs and Promotions Coordinator/Allen Center
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Course Overview: The Health Advocate program is designed to help the student develop an understanding of: 1) six common health issues facing the student population and 2) effective strategies to address each health issue respectively. Each HA receives specialized training in six major health areas: alcohol, fitness, nutrition, sexual assault, stress, and tobacco. The knowledge and skills gained through the training sessions are applied in workshops and presentations, liaison-organization relationships, assessment projects, and individualized behavior change education sessions. These skills assist them reaching career goals as well as lifetime goals.

Course Objectives: The content presented in this course will help the health advocate to:

- Facilitate individual sessions with clients that will include self-care and preventative health education.
- Identify populations.
- Implement and evaluate educational interventions addressing the health needs of UW-SP students.
- Demonstrate capability in cooperating with other campus departments.
- Assess personal wellness using the Wellness Model.
- Use multiple computer programs to create documents, manage files, and communicate quickly and efficiently.
- Create a web page based on a selected health and wellness topic.
- Actively participate on a committee including project planning and program management.
- Increase awareness of the services available through the SHPO to the population of UWSP.
- Design and implement marketing campaigns.
- Develop and foster a relationship with an “organization” to meet needs of organization members.
- Describe and perform tasks necessary to the administration and management of an office.

Course Requirements The minimal expectations for Health Advocates include, but are not limited to:

- Enrolling in a three credit independent study or HP/W 430.
- Full academic year commitment.
- Returning to campus one week prior to the fall semester and two days prior to the spring semester for training
- Mandatory attendance at all Student Health Promotion Office weekly meetings.
- Working a schedule of nine hours/week.
- Participation in evening and weekend events as needed.
- Maintaining and submitting a detailed log of activities.
- Meeting established programming, outreach, and liaison requirements.
- Conducting 1:1 client facilitation sessions in the office.
- Demonstrating high-quality communication and work practices.
- Representing the HA program in a professional manner.
- Serving as a productive member of the HA team.

Course Grading

Liaison

150 points

Factors affecting the grade are: recruiting activities that you determine are needed by your organization; quality, quantity of effort, and attitude toward liaison relationship; assessment of organization needs; creativity in maintaining the liaison relationship

Competency Areas

140 points

Quizzes (9 quizzes at 10 points per quiz)

90 points

Final project-web page

50 Points

Factors affecting the grade are: how knowledgeable and well versed the HA is in each of the areas; comfort level in describing/teaching about the area; enthusiasm for learning; timeliness of final project; meeting and exceeding project requirements.

Programming, presenting, and outreach (25 points per month)

100 points

Factors affecting the grade are: meeting/exceeding minimum requirements for programs/activities/videotapes; performance (planning, organizing,) and quality in presentations; evaluations from participants; enthusiasm for teaching /presenting

Committees and special activities

50 Points

Factors affecting the grade are: participation levels; meeting deadlines/guidelines; enthusiasm for supporting HA program; quality of initiation and self-supervision

Office and administrative work

30 Points

Factors affecting the grade are: knowledge in each of the areas; completion of office hours and daily tasks; thoroughness and timeliness with administrative requirements including log entries; quality of initiation and self-supervision; ability to balance tasks and events; 1:1 sessions, maintaining client work

Course total is 470 Points

Grades based on % of total points earned.

Grade	Percentage
A	93 – 100
A-	90 – 92
B+	87 – 89
B	83 – 86
B-	80 - 82
C+	77 - 79
C	73 - 76
And so on	