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Health Teaching Methods:  
Strategies from the Best

Account: 402335  
UWSP Continuing Education  
2100 Main Street  
Stevens Point, WI 54481  
Change Service Requested



Wednesday, August 12  
9:00 AM – 5:00 PM

Thursday, August 13  
8:30 AM - 12:15 PM

# Outrageous Health Education

## Teaching Techniques for the 21st Century

**Who Should Attend:**  
School Health Educators  
Public and School Health Nurses  
Public Health Educators  
Family and Consumer Educators

**Sponsored by:**  
UW-Stevens Point  
Continuing Education and  
College of Professional Studies



### Overall Workshop Objectives

*The learner will be able to...*

- Participate in high energy, hands-on activities and health lessons that enhance instruction and are relevant to the learner in the 21st century.
- Develop quality health education lessons/units that incorporate knowledge, skills and dispositions into effective practice.
- Engage in exemplary lessons that meet the national and state health standards, as well as understand how to develop formative and summative assessments

### Workshops at a Glance

#### Wednesday, August 12

8:00am – 9:00am ..... Registration  
 9:00am – Noon..... Deb Tackmann  
 Noon – 1:00pm..... Lunch (on your own)  
 1:00pm – 1:45pm..... Deb Tackmann  
 1:45pm – 5:00pm ..... Tom Kidd  
 \*Lunch is not provided at the conference

#### Thursday, August 13

8:30am – 10:00am..... Jon Hisgen  
 10:00am – 10:15am ..... Break  
 10:15am – Noon..... Jon Hisgen  
 Noon – 12:15pm ..... Wrap up and evaluation

#### Location

Room 116 of the College of Professional Studies (CPS) Building on the UW - Stevens Point Campus.

#### How to Register

Send in completed registration form to:  
 UWSP Continuing Education  
 2100 Main Street, Main Building, Rm. 032  
 Stevens Point, WI 54481

#### Register on-line at

[www.uwsp.edu/conted/conferences/](http://www.uwsp.edu/conted/conferences/)  
 and click on [Health Teaching Methods](#)

#### Fax in completed registration to:

715-346-3504 (Visa/Mastercard and P.O. only)

### Directions and Parking Information

**From the North or South:**

From I-39/US 51.

Get off at Exit 161 (Bus. 51 South).  
 Turn Left at the third stop light onto Fourth Avenue. The College of Professional Studies Building is the second building on the right after Isadore Street.

**From US Highway 10 East or West:**

From US Highway 10.

Follow Highway 10 into town.

From West: Turn left onto Division St.  
 (Bus. 51).

From East: Turn right onto Division St.  
 (Bus. 51).

At the second light, Turn Right onto Fourth Avenue. The College of Professional Studies Building is the second building on the right after Isadore Street. Follow Fourth Avenue to the second stop sign and turn right for metered parking in Lot Q.

#### Campus Map:

[www.uwsp.edu/tour/campusMap.shtm](http://www.uwsp.edu/tour/campusMap.shtm)

Campus Parking Map:

[www.uwsp.edu/tour/parkingMap.shtm](http://www.uwsp.edu/tour/parkingMap.shtm)

#### UWSP Continuing Education

Customer Service  
 Open Monday - Friday  
 8:00am - 4:30pm  
 (715) 346-3838 or (800) 898-9472.

#### Visit our website at:

[www.uwsp.edu/conted/conferences](http://www.uwsp.edu/conted/conferences)  
 Click on "Health Teaching Methods"

**Wednesday, August 12, 2009**

9:00am - Noon & 1:00pm - 1:45 pm

Deborah L. Tackmann, B.S., M.E.P.D., Health Educator,  
Eau Claire North High School, Eau Claire, WI

Deb is an author, teacher, national presenter and has received four national awards including the American Disney Award for her high energy, hands-on classroom teaching methods. She has an amazing passion for teaching and an ability to create exemplary activities that empower kids in the 21st century to make healthy decisions.

*How Participants Will Benefit:*

This fun, highly interactive and hands-on health session will empower professionals with the skills and knowledge necessary to enhance learning and academic success for learners in the 21st century. This presentation will demonstrate over a dozen kid tested and approved, easy to use health lessons/activities that will energize any classroom.

**Wednesday, August 12, 2009**

1:45pm - 5:00pm

Tom Kidd, Health Educator, DeLong Middle School,  
Eau Claire, WI

Tom has been a school health educator for 30 years, currently with the Eau Claire school system. He has been adjunct faculty at 3 universities, and is owner of Lifestyle Enhancement Services, where he publicly speaks, motivates and trains students, teachers and parents.

*The afternoon session will cover:*

- Classroom Climate: Critical for classroom success
- Variety of interactive middle school health education activities/lessons
- Life skills that are imperative in a health education program
- Developmental Assets: Key to the health, happiness and success of the students you teach

**Learning Objectives**

*Participants Will:*

- Gain understanding of the critical importance of a healthy classroom climate while being able to identify at least 5 specific items/activities that would allow a classroom to feel more positive and healthy.
- Know and be able to teach 6 life skills that need to be imbedded in a strong and comprehensive health education program.
- Know the research behind developmental assets and know at least 10 of the 40 assets that increase opportunities for their students to have happy, healthy and successful lives.
- Become aware of 5-6 middle school health education activities that have several objectives

**Thursday, August 13, 2009**

8:30am - 12:15pm

Jon W. Hisgen, Health and PE Consultant,  
Wisconsin Department of Public Instruction

Jon has been a health educator for the past 33 years. He is a past recipient of the Barbara Lange Statewide Health Education Award. He has published four books, seven curriculum units and ten health education games. The games will be given out as door prizes.

*The morning session will cover:*

- Consumer health: Critical skills for the classroom
- Mental health awareness: How to teach this issue in an organized unit of instruction
- Suicide prevention: Key components of an effective unit of instruction
- Alcohol, Tobacco and other drugs: Interactive lessons
- Elementary health education lessons will be interspersed in these content areas for this presentation

**Take this Workshop for UWSP Credit!**

HLED 397/597, Section 792:

Health Teaching Methods: Strategies from the Best

Participants interested in earning credit must register for the workshop. Registration for credit will take place at the workshop. Tuition for credit is in addition to the workshop registration fee.

1 Undergraduate credit:.....\$246.99

1 Graduate credit:..... \$386.72

For More Information Contact Cathy Scheder

CPS Continuing Education

1-800-898-9472 or 715-346-3801

Email: [Cathy.Scheder@uwsp.edu](mailto:Cathy.Scheder@uwsp.edu)

[www.uwsp.edu/cps/conted](http://www.uwsp.edu/cps/conted)

Click “Summer 2009”

Click “HLED 397/597, Section 792”

Registration Fee:

\$140 per person by August 3, 2009

\$185 per person after August 3, 2009

Group rates are not available. Meals are not provided.

Registration Deadline:

August 5, 2009

Cancellations & Substitutions:

Refund requests will be assessed a \$25 processing fee. Substitutions can be made at any time, but no-shows will be responsible for the full conference fee.

Meals are not included in the registration fee. Materials will not be guaranteed to last minute registrants.

No refunds will be given after August 5, 2009.

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Click on “Health Teaching Methods”

**Health Teaching Methods:**

Strategies from the Best

**REGISTRATION FORM**

One registration per form. Print clearly and completely.

Name (F/MI/L) \_\_\_\_\_

Work: P(\_\_\_\_)\_\_\_\_\_ F(\_\_\_\_) \_\_\_\_\_

Title \_\_\_\_\_

Company \_\_\_\_\_

Company Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home: Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Email \_\_\_\_\_

**Special needs, specify:** \_\_\_\_\_

**Personal Demographic Information:**

The University of Wisconsin asks that you voluntarily respond to the questions below. The cumulative demographic information will be used to enhance our programming efforts.

<b>Gender:</b>	<b>Age:</b>	
F	A – Under 18	B – 18 to 34
M	C – 35 to 49	D – 50 to 64
	E – 65+	

**Ethnicity:**

- A – Black (Not Hispanic)
- B – Asian or Pacific Islander
- C – Amer. Indian / Alaskan Native
- D – Hispanic
- E – White (Not Hispanic)

**Payment Methods Accepted:** P.O., Check, or Credit Card

Make Checks Payable to UWSP.

P.O. Number \_\_\_\_\_

**Please circle:**      Visa      Mastercard

Credit Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Cardholder’s Signature: \_\_\_\_\_