



• **Designing and Implementing a Skills-Based Approach
in the Health Education Classroom** •

Presenters: Holly Alperin & Sarah Benes

Audience: K-12 Health Educators, Administrators, Curriculum Designers

Description: This workshop is for individuals who have an introductory understanding of skills-based health education and are looking for additional support to help them transition from a content-based to a skills-based curriculum. Participants will discuss the details of implementing a skills-based approach in the health education classroom and take time to explore how to arrange content and skills within a scope and sequence, develop performance-based assessments to measure skill proficiency, and design units to achieve skill development. We will provide tips, strategies and tools to help advance participants' skills-based health education practices.

Additional Learning for 1 graduate credit (pending approval): Individuals interested in continuing their learning may also participate in the online 1-credit graduate course, where they will generate a skills-based unit outline, a written performance task and four lesson plans. All work will be aligned with skill development strands from the National Health Education Standards and VT Learning Outcomes. Each participant will receive personalized feedback on work submitted.

This offering is in partnership with the Vermont Agency of Education.

Instructors:

Holly Alperin Ed.M, MCHES – Holly is a Clinical Assistant Professor at the University of New Hampshire in the Department of Kinesiology's Health and Physical Education Program.

Sarah Benes, Ed.D, Ret ATC, CHES – Sarah is the Senior Director, Graduate Health Sciences in the School of Health Sciences at Merrimack College.

Date: September 29, 2017
Time: 8:30-3:30
Place: Montpelier Elks Club
Montpelier, VT
Cost: \$190 per day (includes lunch); \$530 for workshop and 1-credit graduate course through Castleton University

