Part II: E-Learning Module Description

Priscilla Velez

The University of Texas at Brownsville and Texas Southmost College

EDTC 6325-Educational Telecommunications

February 20, 2011

E-Learning Project 2: Module Description

Module Description:
This e-learning training module addresses the importance of proper nutrition, physical fitness, and risks of children developing type II diabetes. A parent successfully completing this e-learning module will produce nutritious balanced meals using the food pyramid as a guide, will incorporate daily physical activities with their children and analyze nutritious food labels to become aware of the underlying risks of obese children developing diabetes type II. Each lesson will cover a specific customization to the parent website.

Instructional Goal:
After completing this e-learning module, parents will be able to produce nutritious balanced meals using the food pyramid as a guide, incorporate daily physical activities with their children; analyze nutritious food labels; and become aware of the underlying risks of obese children developing diabetes type II.

Module Objectives:

Sub Goal 1: Parents will define the food pyramid and produce meals using appropriate serving sizes.

After completing this module the parents will…

- ♦   Identify how the food pyramid is divided into five categories to help make healthy better more informed choices.

- ♦ Compare and contrast serving sizes and portions.

- ♦ Produce a meal using the different food groups.

Sub Goal 2: Parents will plan the different activities they can do with their children to keep them physically active.

After completing this module the parents will…

- ♦ Evaluate the importance of physical activity for k-12 children.

- ♦ Integrate physical activities with k-12 children to keep them active.

- ♦ Demonstrate to k-12 children good examples of physical activity.

Sub Goal 3: Parents will interpret nutritious food labels and focus more on foods for their nutrients to help them determine how much of each type of food to eat and in what quantity each day.

After completing this module the parents will...

- ♦ Analyze the Nutrition Facts first and see the size of the servings for that package.

- ♦ Evaluate the general guide to calories and how to find them on the food label.

- ♦ Identify the percentage of daily value and which nutrients to avoid and which to consume more of.

Sub Goal 4: Parents will discuss and characterize the underlying risks of obese children developing type II diabetes.

After completing this module the parents will...

- ♦ Define the underlying risks obese children may encounter.

- ♦ Discuss what type II diabetes is.

- ♦ Demonstrate how to prevent both obesity and type II diabetes in children.

Required Text(s):
All pertinent material, reading and texts will be included in the e-learning training module. Parents undergoing the training have proven to be knowledge and acquire the proficiencies to participate in the e-learning module training including basic understanding of computer hardware and software, especially the Internet, minimal technical skills, English proficiency, and at least a 6th grade reading level. If parents have never worked with Internet sites before, then they need to read the supplemental readings. Click on the link: http://www.livinginternet.com/tindex_u.htm to review the basics tasks and information to help on how to use the Internet. Supplemental readings.

Computer/Technical Requirements:
The instructional setting for this e-learning module is taking place in the Health and Human Resources conference room. The conference room consists of twenty five computers and one computer for the presenter. All computers have access to the Internet. Internet access is the only requirement for the e-learning module to train parents the importance of nutrition and health. Since this training module is offered completely online, learners may also access it any time from any location that has a computer with internet access.

Assignments:
Coursework for this e-learning training module include: discussion questions, class participation, quizzes and a project for each lesson. Each quiz is going to consist of multiple choice questions and matching. The discussion questions will be related to the lesson topic. A project assignment for each lesson is the final part of the training. Total points: 400

Assignment Name	Points Possible
Lesson 1: Food Pyramid (Discussion Questions/Class Participation)	25
Lesson 1: Food Pyramid (Quiz)	25
Lesson 1: Food Pyramid (Project)	50
Lesson 2: Activities (Discussion Questions/Class Participation)	25
Lesson 2: Activities (Quiz)	25
Lesson 2: Activities (Project)	50
Lesson 3: Nutritious Food Labels (Discussion Questions/Class Participation)	25
Lesson 3: Nutritious Food Labels (Quiz)	25
Lesson 3: Nutritious Food Labels (Project)	50
Lesson 4: Risks type II Diabetes(Discussion Questions/Class Participation)	25
Lesson 4: Risks type II Diabetes (Quiz)	25
Lesson 4: Risks type II Diabetes (Project)	50

Grading:

Graded work for this e-learning training module include: discussion questions, class participation, quizzes and projects for each lesson. After reading a lesson a discussion questions will be asked to help parents better understand the material. Parents are required to participate in class and share their opinions. The quizzes will focus on the main topics of each lesson. The projects assignments are the essential part of each lesson and will have greater weighted points.

Grade Work Type	Points Possible
Discussions/Class Participation	100
Quizzes	100
Projects	200
Total Possible Points	400

Point Distribution:

A = 350 - 400 total points
B = 300 - 349 total points
C = 200 - 250 total points
F = 199 or less total points

Topical Outline:

Lesson	Topic	Contents
Introduction	Introduction to Health and Nutrition.	1. Overview of health and nutrition information to target risks of obese children developing type II diabetes. 2. Managing physical activity for children k-12. 3. Adding content site for parents to guide them on nutrition. 4. Managing and working with content site.
Lesson 1:	Food Pyramid and Portions	1. Overview of the food pyramid. 2. Define five categories of food pyramid. 3. Introduce effective site MyPyramid.gov 3. Create serving sizes and portions. 4. Create a nutritious meal.
Lesson 2:	Activities for k-12 children	1. Overview of physical activities for k-12 children. 2. View podcast on Physical Activities. 3. Discuss how to integrate physical activities. 4. Project: Create a physical activity routine.
Lesson 3:	Nutritious Food Labels	1. Overview of food labels. 2. General guide to calories. 3. Identify which nutrients to avoid. 4. View podcast on food labels.
Lesson 4:	Characterize and risks of obese children developing type II diabetes.	1. Overview of type II diabetes. 2. Define underlying risks of obese children. 3. Discuss how to prevent risks. 4. Podcast on type II diabetes. 4. Review 5. Closure

Running head: E-LEARNING MODULE DESCRITION

References

Internet Use. (n.d). Retrieved February 17, 2011, from:

http://www.livinginternet.com/tindex_u.htm