

Part I: E-Learning Module Proposal

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EDTC 6325-Educational Telecommunications

February 9, 2011

## E-Learning Module Proposal

### Introduction:

This e-learning project presumes the health department is concerned with the increasing rate of obesity in children and type II diabetes in the community. In this training parents will discuss the importance of proper nutrition, physical fitness, identify and interpret nutritious food labels and conclude how to reduce incidence of children developing type II diabetes.

The majority of parents in the community have never taken a course on nutrition. This was determined by a survey conducted at the beginning of the year by the Health and Human Resources department. The training will not only benefit parents in the Brownsville Community but throughout the region. Currently, there are no set standards for nutrition and health trainings in the Brownsville Community.

The training is essential because it will raise awareness of the importance of nutrition and health. Parents will conclude that eating healthy is a lifestyle and goes hand in hand with physical activity. This e-learning proposal will support the proper training model needed to train parents.

### Instructional Goal and Objective:

#### Instructional Goal:

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 and become aware of the underlying risks of obese children developing type II diabetes.

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

Objective 1.1: Parents will identify how the food pyramid is divided into five categories to help make healthy better more informed choices.

Objective 1.2: Parents will compare and contrast serving sizes and portions.

Objective 1.3: Parents will 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.

Objective 2.1: Parents will evaluate the importance of physical activity for k-12 children.

Objective 2.2: Parents will integrate physical activities with k-12 children to keep them active.

Objective 2.3: Parents will 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.

Objective 3.1: Parents will analyze the Nutrition Facts first and see the size of the servings for that package.

Objective 3.2: Parents will evaluate the general guide to calories and how to find them on the food label.

Objective 3.3: Parents will 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.

Objective 4.1: Parents will define the underlying risks obese children may encounter.

Objective 4.2: Parents will discuss what type II diabetes is.

Objective 4.3: Parents will demonstrate how to prevent both obesity and type II diabetes in children.

#### Intended Audience:

The intended audience for this e-learning module is for two hundred parents whose ages range from 18-35 in the Brownsville Community, who need the training to prepare more balanced nutritious meals for their children and incorporate physical fitness activities to prevent obesity in children that may lead to type II diabetes. Knowledge and proficiencies required to participate in the e-learning module training include basic understanding of computer hardware and software, especially the Internet, minimal technical skills, English proficiency, and at least a 6<sup>th</sup> grade reading level.

Most of the parents are new parents and familiar with computers and not afraid to go through the training. This e-learning module will also allow non tech parents to easily follow through the module using a step-by-step guide.

### Learning Environment and Context:

The Health and Human Resources department has proposed a training schedule for parent's ages ranging from 18-35. 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.

### Summary:

This e-learning training module mainly focuses on training parents how to prevent obesity and type II diabetes in children.

In this e-learning training module parents will analyze and prepare nutritious meals using the food pyramid, integrate daily physical activities for k-12 children, and compare food labels to make more informed choices. Parents will conclude that engaging in physical activity and consuming proper nutrition from every food group is necessary to attain proper nutrients the body needs.