## American Association for Health Education Technology Workshop:



AMERICAN ASSOCIATION FOR HEALTH EDUCATION



# Internet Learning Experiences for Health Education

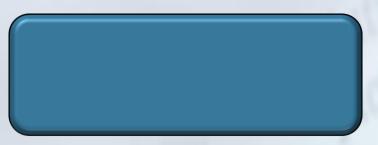
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## **AAHE Technology Workshop:** Why Use Technology in Health Education ?

#### Benefits of Technology Use in Health Education:

- Exposes students to multiple types of learning through multiple modalities:
- Provides a safe environment in which to utilize and develop skills to integrate technology into instruction.
- Technology is becoming an integral part of instruction in public schools.
- Effectively assists in meeting National Health Education Standards.



#### **AAHE Technology Workshop:** The World of a Health Educator

## The average home of families with a child between ages 6-13:

- Has 4 televisions.
- 99% have a DVD and/or VCR.
- 88% have a Video Game console.
- 85% a Computer.
- Over 50% have internet access.

Hersey, J. C., & Jordan, A. (2007). Reducing children's TV time to reduce the risk of childhood overweight: The Children's media use study. Retrieved January 16, 2009, from http://www.cdc.gov/nccdphp/dnpa/obesity/pdf/ TV Time\_Highligts.pdf

#### **AAHE Technology Workshop:** The World of a Health Educator.

## The average first grader:

- Spends 51 minutes per day playing video games
- 14 minutes using computers
- 172 minutes of daily television viewing.

## The average middle school student:

- 109 minutes daily playing video games.
- 79 minutes daily using computers.

Hersey, J. C., & Jordan, A. (2007). Reducing children's TV time to reduce the risk of childhood overweight: The Children's media use study. Retrieved January 16, 2009, from http://www.cdc.gov/nccdphp/dnpa/obesity/pdf/ TV\_Time\_Highligts.pdf

#### **AAHE Technology Workshop:** The World of a Health Educator.

# Students in today's classrooms:

- Have never known life without a computer.
- Have never known life without a video game console.
- Have never known life without a cellular phone.
- Have never known life without the internet.

## AAHE Technology Workshop: Guidelines for Appropriate Practice

#### Instructional Technology:

- Is designed to be a tool for increasing instructional effectiveness.
- Is designed to be a supplement not substitute for effective instruction.
- Should provide opportunities for all students versus opportunities for few.
- Can be an effective tool for maintaining student data related to standards based curriculum objectives.

Mears, D., Hansen, L., Fine, P., Lawler, P & Mason, K. (2009) *Appropriate use of instructional technology in physical education*. Reston, VA: National Association for Sport and Physical Education

## AAHE Technology Workshop: What is a Web Quest?

## Web quest:

- An inquiry-based lesson format
- Most or all the content information comes from the web based resources

## Two Primary Types

#### Short Term-

- 1-2 class periods in length.
- Long Term-

An on going process that perhaps results in the development of a project based product.

Dodge, B. (1997) Some thoughts about web quests. Retrieved March 27, 2009 from http://webquest.sdsu.edu/about\_webquests.html

#### AAHE Technology Workshop: What is a Web Quest?

# Web Quests can....

- Help Students Develop Positive Attitudes and Perceptions about learning.
- Help Students Acquire and Integrate Knowledge
- Help Students Extend and Refine Knowledge
- Help Students Use Their Knowledge in Meaningful Tasks

#### Help Students Develop Productive Habits of Mind

Marzano, R. J., Brant, R. S., Hughes, C. S., Jones, B. F., Presseisen, B.Z. et al. (1988) *Dimensions of thinking: A framework for curriculum and instruction*. Alexandria, VA: Association for Supervision and Curriculum Development.

Marzano, R. J. (1992). A different kind of classroom: Teaching with dimensions of learning: Alexandria, WA: Association for Supervision and Curriculum Development.

### **AAHE Technology Workshop:** Components of a Web Quest

#### Steps in the Process:

- Introduction:
  - Sets the stage and describes the "Quest" providing background information
- Task:
  - Outlines the key steps that the student must complete in completing the "Quest"
- Information Sources:
  - Contains the key information web links that students will use to complete the tasks.
- Process:
  - The actual tasks and methods of documentation for their completion.

Dodge, B. (1997) Some thoughts about web quests. Retrieved March 27, 2009 from http://webquest.sdsu.edu/about\_webquests.html

#### **AAHE Technology Workshop:** Components of a Web Quest

## Steps in the Process:

- Web-Quest Teacher Education Project
- www.derrick-mears.pbwiki.com

