

**Advanced Certificate-  
Health & Wellness Specialist  
(18 credits)**



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**Description:**

This advanced certification program consists of an organized series of graduate-level courses designed to increase the content knowledge of individuals teaching health classes in K-12 school settings. A health and wellness specialist will develop a holistic view of both individual and societal health. This is accomplished through three courses focused on personal health and an additional three courses focused on community health. Modern health issues are researched to promote increased awareness of current health trends. This program is grounded in experiential learning and aims to foster understanding of a dynamic field. Throughout the program, the student will participate in various learning activities, including: 50 observation hours, interviews, field assignments, presentations, tests, article reviews, community explorations, and panel discussions about weekly readings. Based on the current MAT in Physical Education & Sport Pedagogy curriculum, these additional classes complete the targeted 30 credits of content knowledge in health that New York State requires for certifying health teachers. Upon completion of this series of content courses, the student will be able to apply for an initial health certificate for individual evaluations by the Department of Education of New York State.

**Intended participants include:**

- Physical education and biology teachers interested in obtaining an initial or supplementary teaching certificate
- Private, independent, and parochial school physical education and classroom teachers seeking greater content knowledge and information on current trends & issues in health
- Recent Manhattanville graduate alumni and graduate alumni from other colleges
- Manhattanville M.Ed. students needing electives
- Local area teachers wishing to take professional development courses

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**Program Objectives:**

The program will provide:

- An innovative approach to health with a focus on educating candidates to become innovative and progressive health advocates in their respective communities
- An advanced understanding of health promotion professionalism and ethical behavior in health education
- Information on how to use technology to enhance existing health education curriculum
- Creative strategies for promoting healthfulness in the school and local community
- An advanced understanding of all national and state health content standards
- An understanding of culturally responsive teaching practices for diverse student populations within urban health class settings
- Multiple methods of presenting concepts to enhance communication skills for teaching diverse populations in schools and in health education classes

### **How does the program relate to the institution's mission and/or master plan?**

The advanced certificate in health and wellness is a progressive and innovative series of classes. The mission of the program was developed with special consideration of the mission statement of both the school of education and Manhattanville College. By completing this series of advanced coursework, students will acquire the necessary skills and the most current knowledge in the dynamic field of health education. The learning activities of each class are designed to enable students to examine current research and cutting-edge technology in the field of health education. Through clinical experiences in community health organizations the student will develop an awareness of diverse views of healthfulness. The overarching theme of social awareness and globalization will be addressed throughout practical learning initiatives. Specifically, students will conduct interviews and engage in research projects that address topics of learner diversity, productive citizenship, and personal growth and development. After completing the six courses, the advanced certificate holder will be trained to become a leader in personal health and community wellness.

### **Listing of Courses:**

#### **HLT 5100 Drugs, Alcohol & Tobacco: Use, Abuse & Prevention (3 credits)**

This course will examine the use and abuse of drugs in the adolescent population. The various categories of drugs will be explored both in terms of how they affect the adolescent mind and growth of the body. Individuals will examine: narcotics, depressants, stimulants, over-the-counter drugs, alcohol, sedatives, and hallucinogens. These categories of drugs will be researched, discussed and reviewed throughout the semester. Each individual will use research articles, book chapter reviews, and guest lecturers to formulate a holistic perspective on drug use in school-aged children. The guest lectures and group discussion format will help individuals examine: diverse cultural beliefs, legal and governmental standpoints, and religious views of drug use and abuse. Various perspectives on the care of drug depended adolescents will be interwoven into the exploration of each class of drugs examined. Furthermore, the graduate student will explore common school-based deterrent programs and compare and contrast effective programs to non-effective programs.

#### **HLT 5050 Sexuality in Modern Society (3 Credits)**

This course will provide the student with a variety of experiences geared toward understanding human sexuality, healthy decision-making and creating positive health goals. The course will offer a health education view of the social, genetic, and public influences on human sexual behavior and risk-taking. The course will stress deterrence and early detection of adverse outcomes. Examine a variety of biological and psychological influences on well-being and will offer students the tools and methods to make well-thought-out decisions about their sexual experiences. Furthermore, the course will allow the student to obtain and evaluate information on common STD's/STI's present in modern U.S. communities. Upon completion of the course the student will be able to integrate sex education curriculum into the content of each grade level and, in so doing, will meet New York state standards in Health Education.

### **HLT 5150 Advanced Personal Health (3 Credits)**

This course will explore the theories and concepts of individual health and wellness, including the relationship between the concept of self-responsibility and personal health goals. This concept will be utilized in the areas of psychological and physiological health, which include: nutrition, fitness, stress, substance abuse, and overall lifestyle. The lab, lecture, and group discussion format offers opportunities to share opinions regarding the cohesive concepts of health. Specifically, students will consider the physical, mental, emotional, social, spiritual, and environmental factors that influence an individual's health status. Furthermore, students will gain practical experience through conducting various labs. Upon the completion of this course, the student will be able to integrate various methods for determining individuals' health status. \* 25 Field Observation Hours\*

### **HLT 5200 Community Health (3 Credits)**

This course is designed to help students become familiar with comprehensive community health program planning and development. Additionally, students explore health promotion programs in a variety of work settings, including: healthcare service providers, schools, hospitals, and community based care organizations. Students will consider how the structures of these organizations allow them to endure as organizations promoting healthfulness in disparate communities. During class sessions, students will explore methods for developing and conducting health promotion programs in various educational and community settings. Students will draw upon what they learn in this course to create a sustainable community health project that can be used by a diverse collection of health care groups. \*25 Field Observation Hours\*

### **HLT 5250 Analysis of Human Disease (3 Credits)**

The purpose of this course is to allow students to learn a systemic approach to the study of human disease. An assortment of diseases will be examined, with specific focus placed on different areas of the human body affected by infectious and non-infectious diseases. The underlying causes of infectious and non-infectious disease will be explored so students may learn to determine how treatment and prevention of the diseases can be accomplished. Microorganisms such as bacteria, fungi and viruses will be identified and researched so students may gain a clear understanding of their effects on each body system. Students will partake in numerous projects and panel discussions to develop a holistic approach to understanding disease and its effects on the human body.

### **HLT 5300 Mental health & Emotional Well-Being (3 Credits)**

This course will explore the emotional dimension of health. Specifically, it will focus on the role of self-esteem and mental health. This course addresses multiple theories of care and treatment of mental health in modern society. The topics will cover various disorders, such as: personality, anxiety, eating, behavioral, sleep, and mood disorders. Special emphasis will be placed on the role of communication and stress as applied to self-esteem and mental wellness. Bullying in school-aged children and the role of bullying on adolescent self-esteem will be addressed during the duration of the course. Throughout the course, students will use frameworks set forth by the National Mental Health Association.

**Admission Requirements:**

The program follows the School of Education's Admission process, procedures and requirements identified for all graduate programs. All candidates must have not less than a 3.0 graduate grade point average upon entrance. Admission considerations are based on a comprehensive review of multiple criteria that includes the following assessments: (a) An interview with the Program Director, (b) A completed Graduate Application, (c) A Master's Degree from an accredited institution, and (d) Two professional letters of recommendation attesting to the candidate's character and capabilities