

## #2

**COMPLETE**

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Page 1: After reviewing the LB iLearn course, complete the following questions based on your expertise.

**Q1** What is the name of the course you are evaluating?

PE 231 17.0

**Q2** Describe the background, expertise, experience, qualifications and education that make you qualified as a Subject Matter Expert to review this course.

I have a Health, PE and ESOL teaching certification for the State of Oregon. I have been a public school teacher in Health and PE for 17 years. I have participated in revision and assessment of Oregon Health Standards. I have been a part of the Oregon Department of Education Health Cadre specializing in best practice curriculum, standards and assessment, mapping and alignment. I have contracted with an on-line health organization to review and revise lesson plans to meet Health Education standards and the common core.

**Q3** Are the outcomes for the course appropriate to what students should be able to do or know to be successful in the profession and/or field?

**Yes,**

Explain.:

The outcomes provide knowledge and skill development (creating personalized plans)

**Q4** Do the skills taught in the course prepare students for the profession?

**Yes,**

Explain:

This is an introduction and gives an overview for potential areas of focus and interest.

**Q5** Does the course holistically contain appropriate content related to the profession?

Explain:

\*\*\*\*\* ALERT ALERT - The content is appropriate, however, the modules and outcomes are mixed up (technology). Time needs to be spent unscrambling the modules, for example: Stress management plan and topic comes up several times. For the stress module, the outcomes are about cancer. For the Cardiovascular module the outcomes are for stretching, flexibility and low back pain and the assessment is to design a stress management plan. This class is not ready to go live-please review

**Q6** What recommendations so you have for improvement that would make the course better align with the profession?

1. I would add a section on the nervous system and stress. Understanding chronic stress and trends around pain medication, self-regulation and mindfulness/exercise techniques (mental health first aid components)
  2. I would add video clips to the 'example behavior change plans (incorporate ESOL recommendations). Also, some updates should be considered within the example plans, such as 'identifying trans fat content'. There is new regulation laws regarding transfat.
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**Q7** What content needs to be developed to meet upcoming industry needs?

Addition of new trends- Growth mind-set versus fixed, mindfulness in the workplace, over use of pain medications (opiodes), adverse childhood experiences (ACES).

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