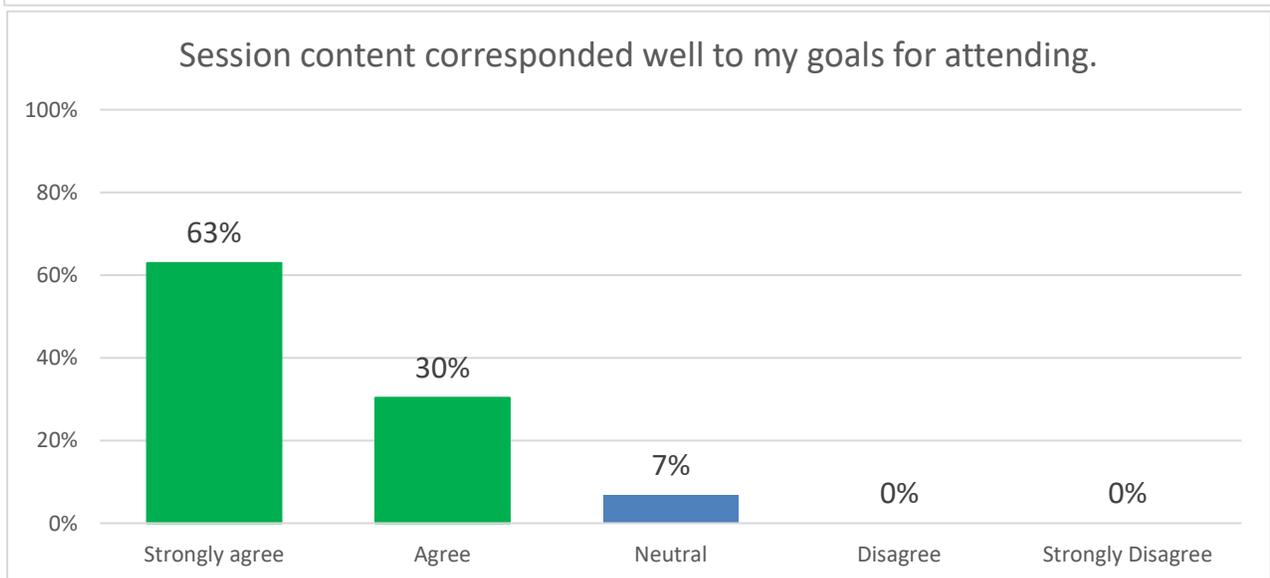
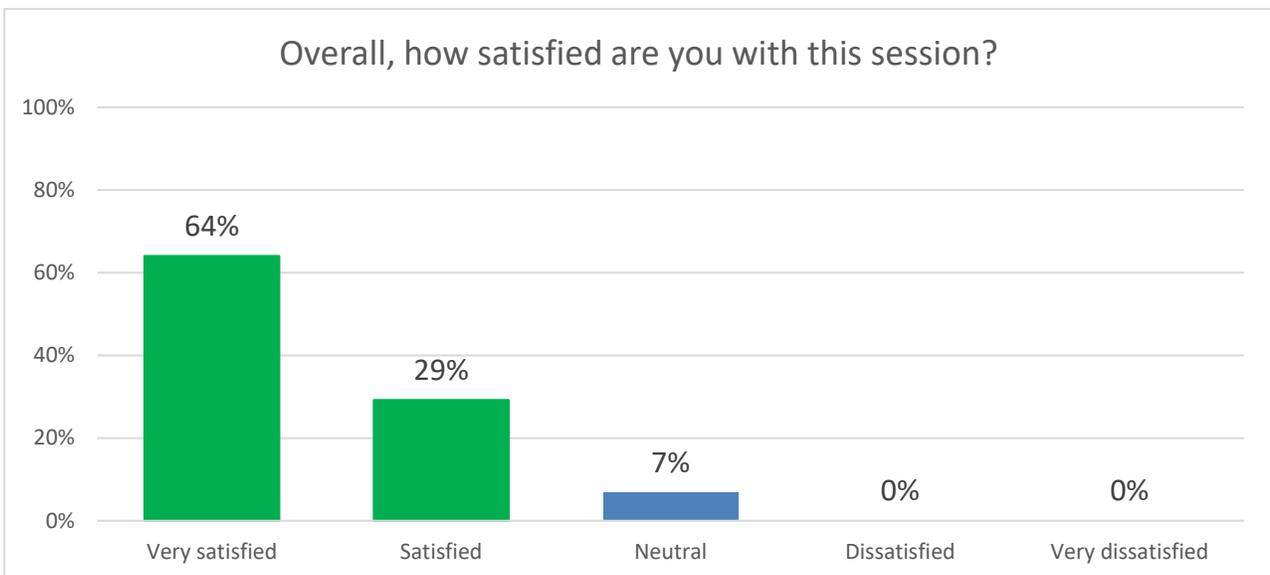




An Introduction to Skills-Based Health Education

Holly Alperin



Comments

Beyond excellent sessions !!! Holly is the master of skills based teaching and clearly gave specific information how skills vs content teaching is more effective. It took me 2 hours to complete this session as I would stop to take notes, replay to make sure I was getting all the information. Her focus on the student and teaching real world is spot on. I am a PE teacher that incorporates Health into my lessons and have been teaching skill based learning for about 2 years, but the tips, information, examples Everyone should be focusing on a skills based health program!

Excellent presentation and very motivating!

First off, Cassie was a great facilitator and her enthusiasm for the skills-based health education model was great. Holly was outstanding and drove home how to use this approach effectively with her examples on adding content to the end of the performance indicators. It was a terrific session.

First time hearing about skills based curriculum for health education. I have only taught skills based in PE classes. I need more information and am excited to learn more.

Good information. Really has me thinking about my coming Health Classes. Thank you.

Good session!

Great information for all health educators.

Great information! Nice job!

Great reminders

Great Session! Can't wait to check out the resources and the twitter sites for more ideas.

Great session.

Holly Alperin provides an excellent overview of skills-based health education and shares a plethora of resources for further understanding and implementation in the classroom.

Holly emphasized the importance of skills based health education. I will try to use SBHE this year. It will be a slow transition from traditional lecture. I am excited to use what I learned this coming school year.

Holly is an excellent resource! Would love to see her at conference!

Information delivery matters: you don't always have to be the one lecturing the information. Get creative & facilitate the learning process for students to learn through different means and allow opportunities to better meet personal needs and interest.

I am an elementary PE teacher, but still found this to be very informative and altered my perception of today's health education!

I have limited teaching health in the actual classroom experience. I learned a lot. I will watch this video one more time before Friday to go over my notes. Thanks! Best one so far!

I have purchased the Lesson Planning book for my secondary health department. We rolled out new curriculum maps for the fall with an integrated H/PE approach by quarterly themes. The skills-based mindset is not new in my building, however, our maps and transfer of knowledge, performance indicators, assessments, etc. will have a different day-to-day feel with adjusted learning targets. Excited to get the book on Saturday!

I have two of her books.

I love how she focuses on teaching students the skills rather than just loading them up with content. Making it more meaningful to them and it teaches them to advocate and create self efficacy.

I really enjoyed the conversation. This session reminded me to get back to skills practice in the classroom more in health settings.

I thought the examples were very helpful.

I would like to hear more from the speaker. She was an incredible speaker and full of knowledge. Thank you for having her!

Lots of great resources and stories that will help me start my first year teaching health

Love being able to hear from Holly, especially as I look to transition our MS to a Health Ed curriculum for the first semester due to COVID.

Love the option to watch sessions at the times that work for me!

Loved this session!

My goal is to provide opportunities and experiences to help my elementary students foster their own beliefs about health and wellness.

She made several good points and gave me a lot to think about for the upcoming school year.

Thank you for sharing this information!

Thank you for the practical concepts i can use in my classroom.

Thank you for your knowledge and resources pertaining to Skills Based Health Education! You offered some great ideas tha I am planning on implementing- even virtually!!
Kids practicing their skills through Canvas and Studio!
Thank you again Holly!

Thank you! Great info to share with my Health Department.

The connection between the content and the health skills was explained in a way that was easy to understand. Where to find the information and how to develop the skills are to be taught was great.

The discussion regarding health skills and how so many of them relate to so many other areas in life was awesome. What we are doing in our health classes is benefitting the kids in so many other areas as well!

This presentation really inspired me to rethink what is most important for my students to learn... skills!!!

This session motivated me to start building a curriculum in HE that is skills based. Thank you for reminding us that this is a process and not an overnight change.

This session really gave me some information to think about. I liked the idea about asking myself before teaching a lesson how am I going to use this and is it functional.

This session was very easy to follow. I enjoyed very much the examples of how to make health education skill based and the idea of students practicing skills.

Is Preschool part of the health education standards?

This session was really good with making those connections for students not only with content, but with what is going on in their lives.

This was exactly what I was looking for - thorough and informing!

Thoroughly explained standards and how they work with skills based instruction.

Tons of great information. I tend to lecture in Health Education and have been looking for more resources to help me with a more "skills based" health education curriculum and this helped a lot!

Very eye opening and great to listen to. Love hearing about integrating health through skills based learning.

We have recently rewritten our health curriculum to be skills based K-12. Thanks for your thoughts on the subject area.

With adding on teaching health this year from just Elem PE, this session was very helpful!