

Purpose and Course Objectives

Audio Descriptive Text

Title: Chapter 1. Introduction; Purpose and Course Objectives. Image of report cover, School Health Guidelines to Promote Healthy Eating and Physical Activity.

Video Summary

- The *School Health Guidelines to Promote Healthy Eating and Physical Activity* are based on research, theory and best practices.
- The objectives of the training are to gain familiarity with the nine school health guidelines and to identify strategies to create opportunities for increased physical activity and improved healthy eating.

Audio Script

The *School Health Guidelines to Promote Healthy Eating and Physical Activity* are based on an in-depth review of research, theory, and best practices in healthy eating and physical activity promotion in school health, public health, and education.

The course objectives are for you to:

1. Gain familiarity of the nine school health guidelines to promote healthy eating and physical activity.
2. Identify and learn about strategies to create opportunities for students to participate in more physical activity and improve healthy eating.