

Welcome

Audio Descriptive Text

Title: Introduction; Welcome. Professional Development 101: The Basics. Image of PD practices: Sustain, Design, Promote, Deliver, Follow Up, and Evaluate. Image of CDC Healthy Schools: Healthy Students, Ready to Learn. RMC Health logo. Navigation instructions on screenshot of course home page; image of Active Child icon; screenshot of Certificate of Completion.

Video Summary

Professional Development 101: The Basics is the first course in the Professional Development series. This course describes the six Professional Development Practices: sustain, design, promote, deliver, follow up, and evaluate.

Audio Script

Welcome to *Professional Development 101: The Basics*, the first course in the Professional Development series.

To navigate through this course, click through each section and watch the videos. We strongly recommend that you view the entire course in sequential order to get the most out of the content. You should plan on spending about 60 minutes to complete this course.

In this course, you will learn about the six Professional Development Practices developed by the Centers for Disease Control and Prevention's Healthy Schools branch, in partnership with Rocky Mountain Center for Health Promotion and Education, or RMC Health.

The Professional Development Practices can help increase your skill-building capacity in improving health and educational outcomes among youth.

The objectives for this course are to:

1. Define professional development and key professional development terms.
2. Identify the six professional development practices.
3. Identify strategies to support the professional development practices.

Throughout the course, you'll have opportunities to review, test your knowledge, and get more information.