



Master Wellness Volunteer Program Training Syllabus

Master Wellness Volunteer Program Trainees have the opportunity to blend in-person learning with online instruction to help lessen time away from other commitments yet still achieve “Master” designation. If your County Extension Agent (CEA) plans to implement the version which utilizes online learning, you will follow the training syllabus as outlined below.

Courses May Be Accessed at <http://agrillife.org/mwv> or, as a back-up, at <http://extensiononline.tamu.edu> If you have problems with one of the online courses click the HELP DESK tab and submit a trouble ticket. Please check with your County Extension Agent or email mwv@ag.tamu.edu if you have questions not related to the technology.

Face-to Face Training – First Day

Your County Extension Agent will set the agenda for this training day and provide more information related to its content.

Meeting Date: 23 January 2018

Nutrition Trainings

Principles of Adult Learning & Working with Groups
MyPlate Suite
Getting the Skinny on Fad Diets & Portion Distortion
Getting Started with Food Demonstrations
A Fresh Start to a Healthier You

Complete By: _____

Food Safety Trainings

Food Safety at Home Suite
Cooking Foods Safely Suite

Complete By: _____

Health Trainings

Lifestyle Choices and Your Health
Finding Reliable Information on the Internet
Medication Management
Talking with Your Doctor
Health Talk Express
Fall Risk Reduction

Complete By: _____

Face-to-Face Training – Final Day

Your County Extension Agent will set the agenda for this training day and provide more information related to its content. You will also review and complete your certification exam on this date.

Meeting Date: 28 February 2018