



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://extensiononline.tamu.edu> for additional information about accessing online courses, see *Online Course Instructions*. Please complete the courses in the order they are listed on this syllabus.

First Session Training Day (In-Person)

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

Meeting Date: _____

Foundational Trainings

Master Wellness Volunteer Program Overview
Principles of Adult Learning & Working with Groups
Understanding and Using Health Data

Complete By: _____

Nutrition and Food Safety Trainings

MyPlate Suite
Getting the Skinny on Fad Diets & Portion Distortion
Getting Started with Food Demonstrations
A Fresh Start to a Healthier You
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: _____

Final Session Training Day (In-Person)

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: _____