



Master Wellness Volunteer Program Volunteer Training Syllabus

Master Wellness Volunteer 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.

Courses may be accessed at <http://agrillife.org/mwv/> by clicking the *Online Learning* tab. For additional information about accessing online courses, ask your County Extension Agent or click the HELP tab available at <http://agrillifelearn.tamu.edu>

First Session Training Day (In-Person)

Your County Extension Agent will host the first in-person training day.

Meeting Date: _____

Foundational Trainings

Master Wellness Volunteer Program Overview
Diversity and Inclusion
Finding Reliable Information on the Internet
Foundational Trainings Study Guide

Social Determinants of Health
Principles of Adult Learning & Working with Groups
Understanding and Using Health Data

Complete By: _____

Nutrition and Food Safety Trainings

MyPlate Suite
Getting Started with Food Demonstrations
Food Safety at Home Suite
Nutrition Trainings Study Guide

Getting the Skinny on Fad Diets & Portion Distortion
A Fresh Start to a Healthier You
Cooking Foods Safely Suite
Food Safety Trainings Study Guide

Complete By: _____

Health Trainings

Lifestyle Impacts Health
Communicating with Health Providers
Health Talk Express
Health Trainings Study Guide

Creating a Culture of Wellness
Managing Medications
Reducing Risk for Falls

Complete By: _____

Final Session Training Day (In-Person)

Your County Extension Agent will host the final in-person training day. You will also review and complete your certification exam on this date. Please be thinking about any questions you have for her/him and how you plan to put what you’ve learned into action to get your 40-hour internship complete.

Meeting Date: _____