

BWI PERSONAL HEALTH CERTIFICATION™

Committed To Prevention & Well-Being

BWI Personal Health Certification

~ Learn basic foundations in health and wellness ~

Trocaire College has partnered with
BWI National Health Promotion Training Institute
to provide Continuing Education Training.

BWI Personal Health Certification

(Ideal for learning necessary tools for improved health)

This program provides 12 interactive, 30-minute modules addressing lifestyle and behavior changes necessary to lead a healthier life, plus a workbook entitled "Common Sense Health & Nutrition". No gimmicks - no fads - just the straight facts on topics ranging from weight management to starting an exercise program to health care consumer skills, all in an easy-to-use web-based format. The course is self-paced with lectures, interviews, questionnaires, activities, assessment of knowledge on each topic and expert advice. Individuals who successfully complete all 12 modules and pass a final exam receive a "BWI Personal Health Certification."

LEARNING OBJECTIVES:

- Understand the impact that food choices, physical activity, and reaction to stressors have on personal well-being
- Identify a minimum of 3 actions per topic area which improve personal health outcomes
- Improve participant self-efficacy regarding healthy lifestyle behaviors
- Demonstrate knowledge and confidence to be pro-active healthcare consumers and personal advocates for their own health.

Online Course Requirements:

Participants must complete all lessons, module quizzes and pass a final exam with a minimum of 80% or better.

Online Course Module Topics:

- Asthma & Tobacco Education
- Back Injury Prevention
- Beginning Exercise Principles
- Diabetes Prevention
- Eating Sensibly
- Heart Healthy for Life
- Hot Topics in Nutrition
- Know Your Numbers
- Stress Management
- Taking Responsibility for YOUR Health
- To Be a Smart Healthcare Consumer
- Weight Management



Corporate & Personal Benefits:

- A personal roadmap for improved health & well-being!
- Excellent program to learn basic foundations
- Powerful tool to measure "Knowledge Improvement"
- Integrates with employee incentive-based wellness programs
- Combine Wellness & Continuing Ed for your professional growth



REGISTRATION & CONTINUING EDUCATION UNITS:

716-827-4310

WorkforceDev@Trocaire.edu

www.Trocaire.edu/WD

Registration Details:

Cost: \$249.00 per person (\$15.00 additional CEU fee)

Registration:

- Payment is due at registration.
- Course materials will be distributed at class.

Payment:

- Online registration at www.Trocaire.edu/WD.
- To request registration via mailing/faxing, go to WorkforceDev@Trocaire.edu

Refunds:

- No refunds.

LEARNING PARTNERS

CEU Details:

Educational Method: Lecture.

Assessment of Learning: 80% competency on final exam.

Level: Intermediate

Learning Partners has been approved as an Authorized Provider by the International Association for Continuing Education and Training (IACET), 1760 Old Meadow Rd, Suite 500, McLean, VA 22102. (703) 506-3275. In obtaining this approval, Learning Partners has demonstrated that it complies with the ANSI/IACET 1-2007 Standard which is recognized internationally as a standard of good practice. As a result of their Authorized Provider membership status, Learning Partners is authorized to offer IACET CEUs for its programs that qualify under the ANSI/IACET 1-2007 Standard. ~ Learning Partners is recognized by the N.Y.S. Education Department's State Board for Physical Therapy as an approved provider of physical therapy and physical therapist assistant continuing education. ~ Learning Partners is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 7.0-hours of Category 1-Essential continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity. BOC Approved Provider Number: P3791. ~ Questions about OT/PT CEUs? Contact (716) 807-2289 or info@learningpartners2.com.



Specified Credit Hours: General

BWI Health Promotions is an "Approved Provider" for HR Certification Institute. The use of this seal is not an endorsement by the HR Certification Institute of the quality of the program. It means that this program has met the HR Certification Institute's criteria to be pre-approved for re-certification credit. For questions, go to traininginstitute@bwhp.com; 800-606-7422.



CEUs Approved:

- 7.0 Contact-Hours
- HRCI CEUs (.70)
- IACET CEUs (.70)
- OT PDU's (.875)
- NYS-PT CEUs (.84)
- BOC CEUs (.70)