

WELL CONNECTED COMMUNITIES MASTER VOLUNTEER PROGRAM SAMPLE TRAINING AGENDAS



These agendas from the Texas Wellness Volunteer Program and the Arkansas Extension Wellness Ambassadors program can be adapted to your state needs. If you have questions please contact Andy Crocker abcrocker@tamu.edu or Dr. Lisa Washburn at Lwashburn@uaex.edu.



Master Wellness Volunteer Program

Implementation Menu for County Extension Agents

County Extension Agents (CEA) will have the opportunity to implement a hybrid version of the Master Wellness Volunteer (MWV) training. The menu below will help identify sessions that are available as a stand-alone online course, a complete video presentation you can show in lieu of instruction (internet access required), or a traditional face-to-face educational session.

Component of Master Wellness Volunteer Program	Online Course	Online Video	Face-to-Face Educational Session
Pre-Requisite Training			
MWV Program Overview	✓		
Face-to-Face Training – First Day			
Welcome & Introduction (30 min)			✓
Tour County Office (20 min)			✓
Accessing Online Courses (30 min)			✓
History of Extension & MWV Overview Discussion (30 min)			✓
Lunch & Introduce Dinner Tonight (60 min)			✓
Walk Across Texas Overview & Kick-off (30 min)			✓
Better Living for Texans Overview & Diversity (30 min)			✓
Post-Evaluation Assignment for Online Learning & Wrap-up (30 min)			✓
Take home assignment (150 min)			
Nutrition Trainings			
Principles of Adult Learning & Working with Groups (60 min)	✓	✓	
MyPlate Suite (90 Min)	✓	✓	✓

Component of Master Wellness Volunteer Program	Online Course	Online Video	Face-to-Face Educational Session
Nutrition Trainings			
Getting the Skinny on Fad Diets & Portion Distortion (60 min)	✓	✓	✓
Getting Started with Food Demonstrations (60 min)	✓		
A Fresh Start to a Healthier You (90 min)	✓		
Take home assignment (150 min)			
Food Safety Trainings			
Food Safety at Home Suite (60 min)	✓	✓	✓
Cooking is a Matter of Degrees (30 min)		✓	✓
Cooking Foods Safely Outdoors (30 min)	✓	✓	✓
Keeping Food Safe for You and Your Family (60 min)		✓	✓
Take home assignment (150 min)			
Health Trainings			
Lifestyle Choices and Your Health (60 min)	✓	✓	✓
Finding Reliable Information on the Internet (60 min)	✓	✓	✓
Medication Management (60 min)	✓	✓	✓
Talking with Your Doctor (60 min)	✓	✓	✓
Health Talk Express (60 min)	✓	✓	✓
Fall Risk Reduction (60 min)	✓		
Take home assignment (150 min)			
Face-to-Face Training – Final Day (Approximately 3-5 weeks after day 1)			
Step Up & Scale Down (60 min)		✓	✓
Principles of Adult Learning & Working with Groups (60 min) <i>*Note: only if not done online previously</i>		✓	✓
A Fresh Start to a Healthier You (90 min) <i>*Note: only if not done online previously</i>		✓	
Development of Stairwell Speeches and Public Speaking: How to Effectively Convey Your Message (90 min)			✓
Review and Reflection (60 minutes)			✓
Volunteer Panel & Preview Volunteer Opportunities & Next Steps (60 min)			✓
Paper Certification Exam or Online Certification Exam			✓



Day 1

9:00	Welcome and Introductions
9:30	Pre-Questionnaire
9:45	History of Extension
10:15	Overview of County Healthy Living Programs
10:45	Break
11:00	Nutrition Basics
Noon	Lunch
12:30	Extension Wellness Ambassador Program Overview
1:00	Physical Activity Break: Balance & Stretching
1:40	Nutrition, Cont'd - Reading Food Labels
2:40	Project Planning
3:30	Wrap-up, Adjourn

Day 2

8:00	Screenings – glucose, cholesterol, blood pressure; Senior Fitness Test
9:00	Welcome & Review of previous session & homework
9:45	Portion Distortion
10:30	Break
10:45	Fitness Basics
11:15	Exercise Recommendations
Noon	Lunch
12:30	Overview of Extension Get Fit Programs
1:00	Physical Activity Break: Aerobics
1:45	Exercise: Benefits beyond Weight Control
2:45	Review next week's homework assignment – County Health Stats Project Planning
3:30	Wrap-up, Adjourn

Day 3

9:00	Welcome & Review of previous session and homework
9:30	Staying Healthy – Living Longer
10:00	Break
10:15	Chronic Disease: Common Causes, Simple Strategies
11:00	The Personal Journey OR elective topic
Noon	Lunch
12:30	The Personal Journey OR elective topic
2:20	Physical Activity Break: Strength Training
2:50	Project Planning
3:30	Wrap-up, Adjourn



Day 4

9:00	Welcome & Review of previous session
9:30	Intro to Kinesiology & Functional Fitness
11:00	Break
11:15	Principles of Strength Training – Formatting an exercise session
Noon	Lunch
12:30	Exercise & Considerations for Chronic Diseases
1:00	Health Behavior Change: Stages of Change & Health Belief Model
2:00	Volunteer Hours Forms, What to Expect Next Week, Knowledge Check Review
2:45	Project Planning
3:30	Wrap-up, Adjourn

Day 5

9:00	Welcome & Review for knowledge check
9:30	Certification Knowledge Check
10:15	Affordable Care Act or elective topic
11:15	Finding Reliable Health Resources on the Web
Noon	Lunch
1:00	Presentation of Program Plans
1:45	Graduation!
2:30	What's Next? Agent – Ambassador Meeting
3:30	Wrap-up, Adjourn