



Master Wellness Volunteer Program Training Syllabus

For the 2016 Program Year, Master Wellness Volunteer Program Trainees will 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://extensiononline.tamu.edu> for additional information about accessing online courses, see *Online Course Instructions*.

Pre-Requisite Training

MWV Program Overview Online Course

Complete By: Monday, February 29th

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: Tuesday, March 1st

Nutrition Trainings

Principles of Adult Learning & Working with Groups
MyPlate Suite
Getting the Skinny on Fad Diets & Portion Distortion
Getting Started with Food Demonstrations

Complete By: Wednesday, March 9th

Food Safety Trainings

Food Safety at Home Suite
Cooking is a Matter of Degrees
Cooking Foods Safely Outdoors
Keeping Food Safe for You and Your Family

Complete By: Wednesday, March 23rd

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: Wednesday, April 6th

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: Friday, April 8th