Healthy Practices Administrator Certificate (HPAC)
2023-2024 Overview and Course Schedule

Healthy Practices Administrator Certificate (HPAC) is an opportunity to help early child care center directors/administrators support improving quality nutrition and increasing physical activity for children. HPAC consists of four components: Components 1 & 3 can be stand-alone PDR credit training hours. Components 2 & 4 can only be taken if components 1 & 3 are completed. Participants who complete all four components will receive the Healthy Practices Administrator Certificate worth 33 PDR training credit hours; as well as materials that will assist them in supporting physical activity and healthy nutrition for their individual program. HPAC participants must complete the registration form to identify the component areas in which they plan to complete. HPAC is offered by Arkansas State University Childhood Services.

Healthy Practices Administrator Certificate (HPAC) Component 1: Preventing Obesity in Early Childhood is the first course that is required in order to obtain the HPAC Credential. Preventing Obesity in Early Childhood is worth 5 hours of PDR training credit. The course takes **3 weeks** to complete. It can be taken as a stand-alone course or part of the HPAC Credential.

- October 10, 2023 to October 31, 2023
- **PDR Course # 60315-**Healthy Practices Administrator Certificate (HPAC) Component 1: Preventing Obesity in Early Childhood
- Registration only via the following link:
  http://events.constantcontact.com/register/event?llr=k4ww4neab&oeidk=a07ek0gtmok6b7e1699

This course is a combination of documents (Word and PDF) to be completed and submitted via email with a final Zoom conference at the end of the course.

Healthy Practices Administrator Certificate (HPAC) Component 3: Gardening with Young Children is the third online course that is required in order to obtain the HPAC Credential. Gardening with Young Children is worth 3 hours of PDR training credit. The course takes **3 weeks** to complete. It can be taken as a stand-alone course or part of the HPAC Credential.

- November 13, 2023 to December 15, 2023 *(excluding November 22-25, 2023 due to holiday)*
- **PDR Course # 60864-**-Healthy Practices Administrator Certificate (HPAC) Component 3: Gardening with Young Children
- Registration only via the following link:
  http://events.constantcontact.com/register/event?llr=k4ww4neab&oeidk=a07ejx1zamrb6af7b01

This course is a combination of documents (Word and PDF) to be completed and submitted via email with a final Zoom conference at the end of the course.

Healthy Practices Administrator Certificate (HPAC) Component 2: Director's Book Club is the second online course that is required in order to obtain the HPAC Credential. Director's Book Club is worth 10 hours of PDR training credit. The course takes **4 weeks** to complete.

- January 8, 2024 to January 29, 2024
- **PDR Course # 60865** - Healthy Practices Administrator Certificate (HPAC) Component 2: Director's Book Club
- Registration only via the following link:
  http://events.constantcontact.com/register/event?llr=k4ww4neab&oeidk=a07ek0j3l6bce469e06

This course is a combination of documents (Word and PDF) to be completed and submitted via email with a final Zoom conference at the end of the course.

Healthy Practices Administrator Certificate (HPAC) Component 4: Cohort Coaching/Individual Project Goals is the fourth and final online course that is required in order to obtain the HPAC Credential. Cohort Coaching/Individual Project Goals is worth 15 hours of PDR training credit. The course takes **8 weeks** to complete.

- February 5, 2024 to April 1, 2024
- **PDR Course #60318**- Healthy Practices Administrator Certificate (HPAC) Component 4: Cohort Coaching/Individual Project Goals
- Registration only via the following link:
  http://events.constantcontact.com/register/event?llr=k4ww4neab&oeidk=a07ejx1zan0fab5369f

This course is a combination of documents (Word and PDF) to be completed and submitted via email with a final Zoom conference at the end of the course.