

Course Unit	Education, Health and Environment	Field of study	-
Bachelor in	Environmental Education	School	School of Education
Academic Year	2023/2024	Year of study	3
Type	Semestral	Semester	2
Level	1-3	ECTS credits	5.0
Code	9082-768-3104-00-23		
Workload (hours)	135	Contact hours	T - TP 45 PL - TC - S - E - OT 9 O -

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Maria José Afonso Magalhães Rodrigues

Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. Identify environmental and behavioral risk factors
2. Mastering basic concepts related to health, to enable a critical and systematic reflection on health issues
3. Recognize the importance and role of environmental educators in society with a view to changing behavior
4. Recognize the adoption of healthy lifestyles in institutions and recreational areas as salutogenic factor of great importance
5. Using methodologies towards an appropriate level of stimulation of shares promotion and health education in Institutions of various community activities

Prerequisites

Before the course unit the learner is expected to be able to:
Not applicable

Course contents

1. Risk factors related to the environment
2. Behavioral risk factors
3. Methodologies in education/health promotion

Course contents (extended version)

1. Risk factors related to the environment
 - Identification of risk factors for chemical, physical and biological
 - Prevention and surveillance of risk factors
2. Behavioral risk factors
 - Eating Habits
 - Hygiene
 - Additives consumption
 - Promoting healthy behaviors
3. Methodologies in education/health promotion
 - Institutions of salutogenic community as agents
 - The environmental educator and promoter of health education
 - Participatory methodologies in health education
 - Projects to intervene in health education

Recommended reading

1. Benett, P & Murphy, S. 2000. Psicologia e promoção da saúde. Manuais universitários. Climepsi Editores.
2. Marques, A. M. (1994). Metodologias participativas em educação para a saúde. Dossier de apoio. Direção Geral de Saúde – Divisão de Educação para a Saúde.
3. Amabis, J. M. & Martho, G. R. (2003). Fundamentos de biologia moderna. Editora Moderna.
4. Baptista, M. I. (2006). Educação alimentar em meio escolar: referencial para uma oferta alimentar saudável. Direção-Geral de Inovação e de Desenvolvimento Curricular, Lisboa.
5. Carvalho, A. et al. (2017). Referencial de Educação para a Saúde. (Coord.) Filomena Pereira e Pedro Cunha. Ministério da Educação – Direção-Geral da Educação Direção-Geral da Saúde.

Teaching and learning methods

Exploration of the contents, framed with prior discussion from concrete situations and day-to-day. Presentations using audiovisual media. Presentation topics for discussion in small groups, followed by large group discussion, promoting the participation of all students in defending their points of view. Planning education for health activities aimed at targeted audience.

Assessment methods

1. Continuous evaluation - (Regular, Student Worker) (Final)
 - Intermediate Written Test - 50%
 - Development Topics - 50%
2. Final exam - (Regular, Student Worker) (Supplementary, Special)
 - Intermediate Written Test - 50% (Written test)
 - Development Topics - 50% (Themes developed during the continuous evaluation)

Language of instruction

Portuguese

Electronic validation

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12-02-2024	14-02-2024	17-02-2024	18-02-2024