

Course Unit	Health Education	Field of study	-		
Bachelor in	Nursing	School	School of Health		
Academic Year	2023/2024	Year of study	1	Level	1-1
Type	Semestral	Semester	2	ECTS credits	3.0
Code	9501-812-1203-00-23				
Workload (hours)	81	Contact hours	T -	TP 37,5	PL -
			TC -	S -	E -
			OT -	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) Celeste da Cruz Meirinho Antão

### Learning outcomes and competences

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

1. Recognizing Health Education in the XXI Century
2. Recognise the differences between Educating and Learning - Pedagogy, Andragogy, Gerontology and Heutagogy - target populations: concepts and methodologies
3. Recognize the Phases of the process of learning and memorizing- "How the brain learns": neurostructures and neurotransmitters involved
4. Recognizing the salutogenic vs pathogenic paradigm -
5. Recognize Health Education as the intervention strategy in Health Promotion, Healthy Lifestyles and Disease Prevention
6. Analyze Health Education Interventions
7. Develop communication and interaction in the group/community: practical applications of smart marketing strategies in Health Education
8. Develop an implementation/intervention Plan for Training in Health Promotion and Education.

### Prerequisites

Before the course unit the learner is expected to be able to:  
non

### Course contents

Health Education in XXIst Century Pedagogy, Andragogy, Gerontology and Heutagogy Process of learning and memorizing Stages Techniques and strategies application Salutogenic vs pathogenic paradigm Health Education as the intervention strategy in Health Promotion, Healthy Lifestyles and Disease Prevention Health Education Interventions: Resources Implementation/intervention Training Plan in Health Promotion and Education

### Course contents (extended version)

1. Health Education in XXIst Cent.  
- Concepts, Approaches and Interventions for empowerment.
2. Educating and Learning
3. Pedagogy, Andragogy, Gerontology and Heutagogy  
- target populations: concepts and methodologies
4. Process of learning and memorizing Stages How the brain learns neurostructures / neurotransmitters.  
- Brain-Based Learning: Neurodidactic Guidelines,
5. Salutogenic vs pathogenic paradigm  
- holistic biopsychosocio-cultural and spiritual perspective of Health
6. Health Education as the intervention strategy in Health Promotion, Healthy  
- Lifestyles and Disease prevention
7. Health Education Interventions: Resources, Actors, Skills and Contexts
8. Communication and community interactions
9. Implementation/intervention Training Plan in Health Promotion and Education.

### Recommended reading

1. Bonito, J. (2009) (coord.). Educação para a saúde no século XXI – teorias, modelos e práticas (Vol. 1). Évora: disponível em: [https://condominio.astro.up.pt/wp-content/uploads/2022/01/2008\\_9\\_Saude.pdf](https://condominio.astro.up.pt/wp-content/uploads/2022/01/2008_9_Saude.pdf)
2. Sequeira, C. (2016). Comunicação e relação de ajuda. 1ª ed. Lidel
3. DGS (2023). Plano Nacional de saúde 2030: Guia de comunicação em saúde- áreas Especializadas disponível em: [https://pns.dgs.pt/files/2023/04/GBP\\_02\\_areas\\_especializadas.pdf](https://pns.dgs.pt/files/2023/04/GBP_02_areas_especializadas.pdf)
4. Dias, D. (2018). Psicologia da Aprendizagem. Paradigmas, Motivação e Dificuldades. Edições Sílabo.
5. Miranda, L. Morais, C.; De Barros, V., D. M. (2016). Estilos de Aprendizagens e Inovação Pedagógica. Whitebooks

### Teaching and learning methods

The teaching/learning methodologies will be :

Expository  
Interactive methodologies  
Tutorial orientation, centered on the elements of the groups according to the way they work and the specifics of the problem to be solved. Students will be encouraged to prepare a poster/communication with their findings.

### Assessment methods

1. preparation a project during the semester - (Regular, Student Worker) (Final)
2. exam - (Student Worker) (Final, Supplementary, Special)

### Language of instruction

Portuguese

## Electronic validation

Celeste da Cruz Meirinho Antão	Ana Fernanda Ribeiro Azevedo	Ana Maria Nunes Português Galvão	Adília Maria Pires da Silva Fernandes
11-05-2024	13-05-2024	17-05-2024	21-05-2024