

Course Unit	Education for Health Promotion	Field of study	Training in Teaching Area
Bachelor in	Basic Education	School	School of Education
Academic Year	2023/2024	Year of study	3
Type	Semestral	Semester	2
Level	1-3	ECTS credits	4.0
Code	9853-531-3101-00-23		
Workload (hours)	108	Contact hours	T - , TP 36, 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. Critically examine the concept of health proposed by WHO
2. Interpret basic health concepts to a critical and systematic reflection on current issues
3. Recognize the adoption of healthy lifestyles in institutions and places of leisure as a health factor of great importance
4. Know the importance of active participation of educators , the creation of conditions allowing enjoy better levels of health and quality of life
5. Using methodologies that allow to build, implement and evaluate projects under the promotion / health education on schools

Prerequisites

Before the course unit the learner is expected to be able to:
Prerequisites are not required.

Course contents

1. Concept of health and illness; 2. Current problems of public health; 3. Behavior and health; 4. Institutions of the community as agents for health; 5. Methodology for Promotion/Education for Health.

Course contents (extended version)

1. Concept of health and illness
 - Analysis of the concept of health (WHO)
 - The evolution of the concept of health: A new approach outlined in the Charter of Ottawa
 - Factors that influence the health status parameters of populations
 - General considerations on Education for Health
2. Current problems of Public Health
 - Natural history of disease
 - Microorganisms and major human diseases
 - General characteristics of some diseases with major impact on our day
 - Mechanisms of resistance to infection by microorganisms
 - Notion of Immunity and vaccination
3. Behavior and health
 - Nutrition
 - Hygiene
 - Risk behavior (smoking, alcoholism, drug addiction, etc)
 - Sex education - a new policy
 - Importance of behavioral changes in the quality of life
4. Institutions of the community as agents for health
 - The Health Promoting Schools and its contribution to improving the quality of life
 - Health: dynamic school/family/community
 - School health programs
5. Methodology for Promotion/Education for Health
 - Participatory methodologies in health education
 - Draft action in Education for Health

Recommended reading

1. Benett, P. , & Muphy, S. (2000). Psicologia e Promoção da Saúde. Manuais universitários. Climepsi Editores.
2. Bonito, J. (2008). Educação para a Saúde no Século XXI. Teorias, Modelos e Práticas. Universidade de Évora, Centro de Investigação em Educação e Psicologia.
3. Direção Geral de Saúde (2010). É tempo de agir! Declaração para uma vida melhor. Direção Geral de Saúde.
4. Silva, L. (2002). Promoção da Saúde. Universidade Aberta.
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

Classes will be theoretical and practical. The approach to content will be made, wherever possible, with discussion of arguments reflecting different points of view. The topics of discussion have to do with concrete situations and day to day. Throughout the classes, students will conduct and present papers (Development themes) in different contexts, within the content of UC.

Assessment methods

1. Continuous evaluation - (Regular, Student Worker) (Final)
 - Intermediate Written Test - 50% (Theoretical contents covered in the curricular unit)
 - Development Topics - 50% (Varied topics, related to the content covered and planning an Health Education activity)
2. Exam assessment - (Regular, Student Worker) (Supplementary, Special)
 - Final Written Exam - 50% (Theoretical contents covered in the curricular unit)
 - Development Topics - 50% (Varied topics, related to the content covered and planning an Health Education activity)

Language of instruction

Portuguese

Electronic validation

Maria José Afonso Magalhães Rodrigues	Paulo Miguel Mafra Gonçalves	Maria Cristina do Espírito Santo Martins	Carlos Manuel Costa Teixeira
12-02-2024	14-02-2024	14-02-2024	18-02-2024