

Course Unit	Option III - Education, Health and Environment		Field of study	Training in Teaching Area	
Bachelor in	Basic Education		School	School of Education	
Academic Year	2022/2023	Year of study	3	Level	1-3
Type	Semestral	Semester	2	ECTS credits	3.0
Code	9853-531-3205-06-22				
Workload (hours)	81	Contact hours	T -	TP 27	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) Paulo Miguel Mafra Gonçalves

### 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. Marques, A. M. (1994). Metodologias participativas em educação para a saúde. Dossier de apoio. Direção Geral de Saúde – Divisão de Educação para a Saúde.
2. Baptista, M. I. (coord. ) (2006). Educação alimentar em meio escolar: referencial para uma oferta alimentar saudável. Direcção-Geral de Inovação e de Desenvolvimento Curricular, Lisboa.
3. Teixeira, P. J, Sardinha, L. B, & Barata, J. L. (2008). Nutrição, Exercício e Saúde. Lidel.
4. Carvalho, A. et al (2017). Referencial de Educação para a Saúde. (Coord. ) Filomena Pereira e Pedro Cunha. Ministério da Educação – Direcção-Geral da Educação Direcção-Geral da Saúde.
5. Miranda N. ; Loureiro, I. (2010). Promover a Saúde - dos fundamentos à ação. Edições Almedina.

### 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% (Written test on theoretical content.)
  - Practical Work - 50% (Planning an activity in Health Education with a specific target audience.)
2. Exam evaluation - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 50% (Written test on theoretical content.)
  - Practical Work - 50% (Planning an activity in Health Education with a specific target audience.)

### Language of instruction

Portuguese

### Electronic validation

Paulo Miguel Mafra Gonçalves	Adorinda Maria Rodrigues Pereira S. Gonçalves	Maria Cristina do Espírito Santo Martins	Carlos Manuel Costa Teixeira
11-01-2023	16-01-2023	22-01-2023	22-01-2023