

29221 - Health: Promotion and Education

Información del Plan Docente

Academic Year	2016/17
Academic center	229 - Facultad de Ciencias de la Salud y del Deporte
Degree	441 - Degree in Human Nutrition and Dietetics
ECTS	6.0
Course	3
Period	Half-yearly
Subject Type	Compulsory
Module	---

1.Basic info

1.1.Recommendations to take this course

1.2.Activities and key dates for the course

2.Initiation

2.1.Learning outcomes that define the subject

2.2.Introduction

3.Context and competences

3.1.Goals

3.2.Context and meaning of the subject in the degree

3.3.Competences

3.4.Importance of learning outcomes

4.Evaluation

5.Activities and resources

5.1.General methodological presentation

Teaching methodology includes for theoretical sessions: teacher exposition of main ideas and concepts; detailed explanations with real-world examples of interventions. For all sessions, previous autonomous work is required, based on available materials or by searching for specific information on a subject. Practical sessions are focused on documents, webs and projects or programmes revision, debate and interactive dynamics.

All sessions include independent and in-group activities. Classes attendance is important for an adequate learning process as it allows to develop the capacity for autonomous work, which is considered crucial for passing the subject.

5.2.Learning activities

-Theoretical sessions

-Practice/applied sessions

-Informatic Lab

5.3.Program

Section 1. Conceptual Basis

Lesson 1. Health and Determinants

Lesson 2. Concept, principles and models of Health Promotion

Lesson 3. Health Policy. Strategies addressed to improve population feeding/nutrition

Section 2. Tools and Methods for Health Promotion

Lesson 4. Community participation

Lesson 5. Health Education, concept and basis

Lesson 6. Health Education as communication, education and social intervention process

Lesson 7. Health Education Methods

Lesson 8. Health Education in Nutrition

Lesson 9. Social Marketing

Section 3. Health Promotion in practice

Lesson 10. Designing Health Promotion interventions

Lesson 11. Evaluation and Quality in Health Promotion

Lesson 12. Networks and Alliances

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Section 4. Healthy environments

Lesson 13. Educational environment

Lesson 14. Cities and other environments

5.4.Planning and scheduling

Schedule of theoretical, in practice and computer lab schedules will be available at the beginning of the semester. The planning will be based on:

-Faculty official calendar

-Subject schedule assigned by Faculty for 2h/week theoretical sessions and 2-4h/week in practice or computer labs (usually in the 10h-15h a.m.).

-Classrooms allocation

5.5.Bibliography and recommended resources

- Community Tool Box <http://ctb.ku.edu/en>
- Angela Scriven. Promoting Health: A Practical Guide (6th ed). Ewles & Simnett. Elsevier 2016.