

## 29221 - Health: Promotion and Education

### Syllabus Information

**Academic Year:** 2019/20

**Subject:** 29221 - Health: Promotion and Education

**Faculty / School:** 229 - Facultad de Ciencias de la Salud y del Deporte

**Degree:** 441 - Degree in Human Nutrition and Dietetics

**ECTS:** 6.0

**Year:** 3

**Semester:** First semester

**Subject Type:** Compulsory

**Module:** ---

### 1. General information

#### 1.1. Aims of the course

#### 1.2. Context and importance of this course in the degree

#### 1.3. Recommendations to take this course

### 2. Learning goals

#### 2.1. Competences

#### 2.2. Learning goals

#### 2.3. Importance of learning goals

### 3. Assessment (1st and 2nd call)

#### 3.1. Assessment tasks (description of tasks, marking system and assessment criteria)

### 4. Methodology, learning tasks, syllabus and resources

#### 4.1. Methodological overview

The methodology followed in this course is oriented towards the achievement of the learning objectives. A wide range of teaching and learning tasks are implemented, such as lectures, seminars, laboratory sessions, autonomous work and study.

#### 4.2. Learning tasks

This course is organized as follows:

- **Lectures.** Two hours a week. Teacher exposition of main ideas and concepts; detailed explanations with real-world examples of interventions.
- **Seminars.** Two to four hours a week. Seminars are focused on documents, webs and projects or programmes revision, debate and interactive dynamics.
- **Laboratory sessions.** Two to four hours a week.

For all sessions, previous autonomous work is required, based on available materials or by searching for specific information on a topic. All sessions include independent, pair-work and 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 course.

#### 4.3. Syllabus

This course will address the following topics:

- Topic 1. Health Education, concept and basis. Health Education as communication, education and social intervention process
- Topic 2. Health Education Methods
- Topic 3. Tools and Methods for Health Promotion
- Topic 4. Health Promotion Conceptual Basis
- Topic 5. Community participation
- Topic 6. Design and Evaluation of Health Promotion interventions
- Topic 7. Health Policy. Strategies addressed to improve population feeding/nutrition
- Topic 8. Social Marketing
- Topic 9. Healthy environments. Cities and neighbourhoods
- Topic 10. Healthy environments. Educational environment
- Topic 11. Other environments: health system, enterprises

#### **4.4.Course planning and calendar**

Further information concerning the timetable, classroom, office hours, assessment dates and other details regarding this course will be provided on the first day of class or please refer to the Faculty of Health and Sport Sciences website and Moodle.

#### **4.5.Bibliography and recommended resources**

**[http://biblos.unizar.es/br/br\\_citas.php?codigo=29221&;year=2019](http://biblos.unizar.es/br/br_citas.php?codigo=29221&;year=2019)**