

29221 - Health: Promotion and Education

Información del Plan Docente

Academic Year	2017/18
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	Half-yearly
Subject Type	Compulsory
Module	---

1.General information

1.1.Introduction

1.2.Recommendations to take this course

1.3.Context and importance of this course in the degree

1.4.Activities and key dates

2.Learning goals

2.1.Learning goals

2.2.Importance of learning goals

3.Aims of the course and competences

3.1.Aims of the course

3.2.Competences

4.Assessment (1st and 2nd call)

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

5.Methodology, learning tasks, syllabus and resources

5.1.Methodological overview

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 tasks

-Theoretical sessions

-Practice/applied sessions

-Informatic Lab

5.3.Syllabus

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. Health Education, concept and basis

Lesson 5. Health Education as communication, education and social intervention process

Lesson 6. Health Education Methods

Lesson 7. Health Education in Nutrition

Lesson 8. Community participation

Lesson 9. Social Marketing

Section 3. Health Promotion in practice

Lesson 10. Designing Health Promotion interventions

Lesson 11. Evaluation and Quality in Health Promotion

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Lesson 12. Networks and Alliances

Section 4. Healthy environments

Lesson 13. Educational environment

Lesson 14. Cities and other environments

5.4.Course planning and calendar

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.