

68952 - Health Foundations and Legal Aspects in Health and Wellness Technologies

Syllabus Information

Academic Year: 2020/21

Subject: 68952 - Health Foundations and Legal Aspects in Health and Wellness Technologies

Faculty / School: 326 - Escuela Universitaria Politécnica de Teruel

Degree: 614 -

ECTS: 9.0

Year: 1

Semester: First semester

Subject Type: Compulsory

Module: ---

1.General information

1.1.Aims of the course

In coordination with the objectives of the study itself, the course aims to provide the basic knowledge about health issues, as well as the main company application rules.

1.2.Context and importance of this course in the degree

The subject, compulsory in the first semester, is included in the master's study plan, providing content related to health area, and legal aspects of the company.

Throughout the study period knowledge, attitudes and practices in relation to the following areas of knowledge will be addressed:

- Public health.
- Physical and sports education.
- Social psychology of work (stress and psychological well-being in work environments).
- Legal aspects (labor and commercial) of the company.

1.3.Recommendations to take this course

It is recommended the use and consultation of documentary resources: books, reference magazines, bibliographic databases and web pages of relevant organizations.

2.Learning goals

2.1.Competences

When the student passes the subject, he/she will be more competent to:

- Possess and understand knowledge that provides a basis or opportunity to be original in the development and/or application of ideas, often in a research context.
- Know how to apply the knowledge acquired and his/her problem-solving capacity in new or little-known environments within broader (or multidisciplinary) contexts related to his/her area of ??study.
- Be able to integrate knowledge and face the complexity of formulating judgments based on information that, being incomplete or limited, includes reflections on the social and ethical responsibilities linked to the application of his/her knowledge and judgments.
- Possess the knowledge, aptitudes and skills necessary to develop innovative work in the field of Health Foundations and Legal Aspects in Health and Wellness Technologies.
- Know how to write documents or technical reports that describe a novel application in the field of technology for health and well-being, as well as know mechanisms to protect or distribute it (application).
- Analyze and apply the necessary steps for the commercialization of a product or device for health and well-being, interpreting and applying the necessary design, manufacturing and approval regulations.

- Know in detail the concepts and determinants of health and of the health system that favor the development of technological solutions that provide added value in the field of health and well-being.
- Search, obtain and apply legal sources (legal, jurisprudential and doctrinal) using ICT for this, in order to provide solutions to the legal problems raised, without ignoring constitutional principles and values.

2.2.Learning goals

To pass this subject, the student must prove the knowledge of the following results:

1. To know the concept of health and its determinants, as well as the structure and functioning of health system.
2. To identify the difficulties linked to acute and chronic illnesses and the concepts of prevention and patient-centered care.
3. To know the main concepts and methods to measure quality of life.
4. To distinguish between physical activity and physical condition and know their related terms.
5. To know the methods and technologies applied to the evaluation of physical activity and condition, and to understand their results and implications in populational health.
6. To understand, analyse and explain the concept of stress and its laboral context, and to apply health technologies to its management.
7. To know the main rules of application in the business sector, taking into consideration the advocacy of fundamental rights, public freedom and professional ethics.
8. To identify and distinguish between entrepreneur and enterprise and its consequences.
9. To know the main steps to set up a technological enterprise in the field of health and wellness.
10. To be able to look for, analyse and summarise the main information sources and legal data.
11. To understand the importance of scientific rigour and deontology to develop the professional activity.

2.3.Importance of learning goals

To pass the subject it is necessary to acquire the learning outcomes previously indicated. This promote the development of basic and general competences of the degree, as well as the specific competences of the subject. All of these aspects play a key contribution on the comprehensive training of the students.

3.Assessment (1st and 2nd call)

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

The student must show that he/she has achieved the expected learning results by means of one of the two assessment methods: continuous assessment or global assessment.

Continuous assessment method

Evaluation of the work carried out by the student throughout the teaching period through:

Solving problems and case studies proposed by teachers and, where appropriated, laboratory sessions.

The score corresponding to these activities will account for 70% of the final grade.

Multiple-choice questions in relation to theory and practice sessions.

20 multiple-choice questions on the theoretical and practical contents. This exam will take place during the official examination period, once the planned theory and practice activities have been completed.

The score obtained in this test will account for 30% of the final grade.

The final score of the exam must reach 5 points out of 10. A score of 4 can be compensated if the average (with the problems / case studies) results in a 5/10 or higher.

To pass the subject through the continuous assessment method, it will be necessary to have attended the practice sessions and obtained an average score of 5 (or higher) from the problems / case studies (70%) and the exam (30%). In case of obtaining a score lower than 4/10 in one of the two parts, compensation will not be possible.

Global assessment method

Alternatively, students may choose to carry out a final evaluation if they have not opted for continuous assessment method described above -which includes carrying out laboratory practices, and solving problems and cases raised by the corresponding teacher- or not completed all the work required by the partial assessment activities, or not passed the subject through continuous assessment method.

In this case, global evaluation will serve to establish as the only assessment instrument the final mark of the subject, guaranteeing that the expected learning results have been achieved in any student who has carried out all the scheduled activities (face-to-face and non-face-to-face).

It will consist of a written exam of 10 open-ended and variable-length questions referring to the theoretical and practical contents included in the program.

Each of the 10 questions will be valued on a maximum of 1 point.

The final score of the exam must reach 5 points out of 10.

4.Methodology, learning tasks, syllabus and resources

4.1.Methodological overview

The designed learning process for this subject is based on the student's involvement in the scheduled activities, the carrying out of assignments and self-study using the suggested documents.

4.2.Learning tasks

This is a 9 ECTS course organized as follows:

- Lectures (2 hours).
- Problem solving (104 hours).
- Laboratory practices (4 hours).
- Virtual tutorial support (6 hours).
- Self-study using the documents suggested (80 hours).

4.3.Syllabus

The course will address the following topics:

Topic 1. Public health, physical education and social psychology.

Public Health

- Health and determinants. Structure of the health system.
- Quality, safety and patient-centered care.
- Prevention, promotion and protection of health. Acute and chronic diseases.
- Quality of life.
- Evidence-Based Health Sciences.

Physical and Sports Education

- Key concepts of physical activity and sport; Relationship between physical activity, sedentary lifestyle, physical condition and health.
- Components of physical condition related to health. Physical condition assessment.
- Physical activity and sedentary behavior assessment.
- The role of technology in the field of physical activity and health.

Social Psychology

- The stress process and related concepts (techno-stress).
- Stress in the workplace.
- The role of the individual: coping strategies and resources.
- The management of psychological well-being and quality of life in work environments.

Topic 2. Legal aspects

- Company, entrepreneur and businessman from the point of view of law. Conceptual delimitation and basic rights and duties.
- Legal aspects for the creation of companies: legal form, legal procedures for constitution and start-up.
- Marketing and product protection: rights and obligations.

- Legal regime of the treatment of personal data.
- Management and ethics: committed rights and obligations (equality, effective protection of workers' health, health promotion, information, confidentiality and secrecy, ...).

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 "Escuela Universitaria Politécnica de Teruel"(<https://eupt.unizar.es/>) website.

4.5.Bibliography and recommended resources

The bibliography recommended by the teaching staff will be available in the library of the University of Zaragoza
<http://psfunizar10.unizar.es/br13/eBuscar.php?tipo=a>

Aranaz Andrés J. (Ed.) (2017). La gestión sanitaria orientada hacia la calidad y seguridad de los pacientes. Madrid: Fundación Mapfre. Disponible en:
https://www.fundacionmapfre.org/documentacion/publico/i18n/catalogo_imagenes/grupo.do?pa

Bernal Delgado E, García Armesto S, Oliva J, Sánchez Martínez FI, Repullo JR, Peña Longobardo LM, Ridao López M, Hernández Quevedo C (2018). Spain: Health system review. Health Systems in Transition, 20(2):1-179. Disponible en:
https://www.euro.who.int/__data/assets/pdf_file/0008/378620/hit-spain-eng.pdf

Colaboración Cochrane. Recurso web sobre toma de decisiones sobre salud basada en la evidencia científica. <https://www.cochrane.org/es/evidence>

Heikkilä, K. (2020). Work Stress and Adverse Health Behaviors. Handbook of Socioeconomic Determinants of Occupational Health: From Macro-level to Micro-level Evidence, 1-13. Disponible en: https://link.springer.com/content/pdf/10.1007/978-3-030-05031-3_2-1.pdf

Hernández Quevedo C, Peiró Pérez R, Joan Villalbi (Eds.) (2016). **Informe SESPAS 2016. La salud pública y las políticas de salud: del conocimiento a la práctica.** Gaceta Sanitaria, 30, Supl.1.

Vidal Lacosta, V. (2019). El estrés laboral: análisis y prevención. Zaragoza: Prensas de la Universidad de Zaragoza.

VVAA. Muñoz Pérez, A.F. y Serrano Acitores, A. (Coords.) (2020). Spanish Business Law: cases and materials, Ed. Tecnos.

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