

**Academic Year/course: 2021/22**

## **26528 - Children's Psychology and Health**

### **Syllabus Information**

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**Academic Year:** 2021/22

**Subject:** 26528 - Children's Psychology and Health

**Faculty / School:** 107 - Facultad de Educación

202 - Facultad de Ciencias Humanas y de la Educación

301 - Facultad de Ciencias Sociales y Humanas

**Degree:** 301 - Degree in Nursery School Education

302 - Degree in Nursery School Education

303 - Degree in Nursery School Education

**ECTS:** 6.0

**Year:** 3

**Semester:** Second semester

**Subject Type:** Compulsory

**Module:**

## **1. General information**

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

Psychology and child health is taught in the second term of the third year, being one of the subjects that shape the obligatory course entitled 'Childhood, health and feeding', that has introduced students to the knowledge of their own body. It would be a question of extending this knowledge to psychological aspects (emotional, behavioral and social).

In this subject, the elements that facilitate the good physical, emotional, communicative, cognitive and social development of children are analysed. Similarly, the knowledge and development of resources that allow the detection of deviations when they appear are analysed so that the process could be re-directed.

## **2. Learning goals**

### **2.2. Learning goals**

1. Being conscious of the relevance of the social, family and school context in child development and having resources to work with the family and other health and psycho-social professionals involved in the care of children under seven years of age.
2. Knowing the needs, problems and difficulties related to the acquisition of habits, rules, values, behaviour and autonomy and developing resources to manage them, in the period from 0 to 6 years old.
3. Being capable of detecting and identifying needs and valuing their importance and preventing difficulties, deficits and emotional, affective, relationship or welfare difficulties that disturb the biopsychosocial development of children aged 0-6.
4. Knowing how to manage the resources for education in the Infant School, favouring healthy development, attending to the individual and social needs of children.
5. Handling the basic principles of healthy behavioural development, knowing the most important programmes in the socio-educative field applied to childhood and being able to design and apply actions for health promotion and detection of difficulties and problems in 0-6 year olds.

### **2.3. Importance of learning goals**

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

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

### 4.1. Methodological overview

The methodology followed in this course is oriented towards achievement of the learning objectives. It is based on active participation, case studies, teamwork etc. that favors the development of communicative skills and critical thinking. A wide range of teaching and learning tasks are implemented, such as lectures, practical activities, practice sessions, autonomous work, tutorials, and academic guidance.

Further information regarding the course will be provided on the first day of class.

### 4.2. Learning tasks

The course includes 6 ECTS organized according to:

- Lectures (3 ECTS): 30 hours.
- Practice sessions (2 ECTS): 20 hours.
- Autonomous work (ECTS): 87 hours.
- Tutorials (1 ECTS): 10 hours.
- Assessment (0,3 ECTS): 3 hours.

Lectures: the professor presents theoretical contents.

Practice sessions: they can involve discussion and presentation of case studies, practical work outside the classroom (field work or visits), and seminars.

Autonomous work: students do tasks such as autonomous study, reading of the course book, preparation of practice sessions and seminars, and summative assignments.

Tutorials: professors' office hours can be used to solved doubts and to follow-up students' work.

Assessment: final examination

### 4.3. Syllabus

The course will address the following topics:

1. Conceptual introduction to the concepts of health and biopsychosocial welfare.
2. The needs of children.
3. Acquisition of healthy habits.
4. Development of personal skills, autonomy and self-control.
5. Development of interpersonal relationships and sociable behaviour.
6. Healthy relationships with families.
7. Relationships with the educational community (school, socio-health).

### 4.4. Course planning and calendar

For further details concerning the timetable, classroom and further information regarding this course please refer to the Facultad de Educación de Zaragoza website (<http://educacion.unizar.es/>); the Facultad de Ciencias Humanas y Sociales de Teruel website (<https://fch.unizar.es/>) and the Facultad de Ciencias Humanas y de la Educación de Huesca (<https://magister.unizar.es/>).

### 4.5. Bibliography and recommended resources

<https://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=26528>