

## 26528 - Children's Psychology and Health

### Syllabus Information

**Academic year:** 2024/25

**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

Early Childhood Education teachers play an important role in the development process of children in their first years; they act in a multicultural context, where children with different levels and rhythms of development coexist.

As a person and as a professional, you have to learn to develop your work in this complex and changing context and therefore to develop skills and competencies to facilitate this task.

The goal of this subject is for the undergraduate student to become familiar with the different elements that affect healthy development in childhood, integrating knowledge acquired in previous courses and generating an integrative and inclusive vision of the person from a biopsychosocial and constructivist approach that contemplates early care and allows him/her to act as a reflective and positive person and professional.

### 2. Learning results

#### Learning Results

1. She is aware of the relevance of the social, family and school context in the development of children and has resources to work with the family and with other health and psychosocial professionals involved in the care of children under 7 years of age.
2. Knows the needs, problems and difficulties related to the acquisition of habits, norms, values, behavior and autonomy and develops resources for their management in the period from 0 to 6 years of age.
3. It is capable of detecting, identifying, needs and assessing their importance and preventing difficulties, deficiencies and emotional, affective, relational and well-being imbalances that disturb the biopsychosocial development of children aged 0-6 years.
4. Knows how to manage resources to educate favoring a healthy development in the infant school, attending to the individual and inter-relational needs of boys and girls.
5. It handles the basic principles of healthy development and behavior, knows the most important programs of the socio-educational field applied to childhood and knows how to design and apply actions for health promotion and detection of difficulties and problems in the age 0-6 years.

### 3. Syllabus

1. Conceptual introduction to the concepts of health and biopsychosocial well-being.
2. Childhood needs.
3. Acquisition of healthy habits.
4. Development of personal skills, autonomy and self-control.
5. Development of interpersonal relationships and prosocial behavior.
6. Healthy relationships with families.
7. Relationship with the educational community (school, socio-health).

## 4. Academic activities

The program offers the students help to achieve the expected results and comprises the following activities:

1. Master classes/ Expository sessions.
2. Reading, reflection and discussion (which may be requested in writing) of the texts indicated in class, or in the Digital Ring Docente, individual activity.
3. Case analysis including a variety of formats (text, video, multimedia) and practical scenarios: reports, simulations, expert interventions. To work in groups, which sometimes will involve the intervention of the participants in their presentation, and at other times will be delivered in writing at the end of the session.
4. Intervention/prevention programs, materials and diverse educational resources of the subject area will be analyzed and evaluated.
5. Different educational practices will be observed by visiting classrooms of Early Childhood Education in educational centers.

## 5. Assessment system

The student must demonstrate that he/she has achieved the expected learning results by means of the following assessment activities

The practical activities carried out during the course and the final written test will be taken into account.

**Written test.** The test will be organized in theoretical questions (objective and developmental) and may include the resolution of some brief case or assumption about the contents of the program seen in the theoretical and/or practical sessions. **Practical activities evaluated during the year.** It represents the practical work that is carried out throughout the year:

- Reports of the activities carried out in the practical sessions.
- Individual reflection of the activities recorded in a practice notebook.
- The elaboration of a small work that includes an intervention planning to a case or the design of an intervention program within the thematic that is approached in the subject. It is a work conducted in small groups. A report has to be elaborated and an oral presentation has to be made in class. It will be carried out under tutoring. The weight of this work will be between 30-40% of the internship grade.

### Assessment criteria

It is considered an adequate resolution of the different tasks, and it is required, as a minimum to pass, that the following criteria are met in the resolution of the different tasks, including the exams:

- That the student has identified the subject matter of the case or material in question.
- Use the theoretical knowledge presented by the teacher and/or included in the basic readings to answer the specific questions posed and use the lexicon of the subject.
- Show at least a functional level of understanding of the content covered.
- To prepare their written reports/examinations in accordance with minimum quality criteria, establishing an appropriate sequencing of the ideas presented in a clear and orderly manner, differentiating the data, the theoretical contributions and personal assessments, all in appropriate, understandable, pertinent language without conceptual or spelling mistakes.
- To be able to present with sufficient eloquence, in front of a group of peers and the teacher, the most relevant ideas of a case, material or group discussion and to use an orderly and structured discourse, relating ideas and theories, and employing a specific language of the area.
- To comment and argue the ideas presented by other classmates, expanding their contributions, exemplifying or relativizing them.
- Finally, it must be taken into account that the Rules of Coexistence of the school will be applicable

*University of Zaragoza to the irregularities committed in the evaluation tests by means of academic fraud, as well as the application of Article 30 of the Regulations of the Standards for the Evaluation of Learning in relation to irregular practices other than academic fraud.*

### Grading criteria and requirements for passing the subject

To pass the subject it is necessary to have obtained a 5/10 in both components of the final grade: Written test:

(50% of the grade) and Evaluated Practical Activities (50% of the grade). It is a requirement to pass the course the punctual delivery of assignments on the dates determined by the faculty.

In the evaluation of the intervention programs proposed by the students, the integration of the Objectives of Sustainable Development related to diversity will be assessed and may represent at least 5% of the grade of this work. The SDGs to be taken into account are, in particular, SDG 5: gender equality and SDG 10: reducing inequalities.

### Global test and second call

Students who have not obtained a 5/10 in the evaluable activities carried out throughout the course and which represents 50% of the grade, will be graded, according to the evaluation regulations established by the University of Zaragoza, in a single final evaluation test to be held on the official dates established by the center.

This final individual test will incorporate theoretical questions (objective and/or developmental and/or practical) 50% of the grade. It will also include a section of strict practical application (planning an intervention to a case / analyze a program, etc ...), which will give the other 50% of the final grade so that as a whole it allows to verify the achievement of similar skills to those of students who have followed the practices in person and whose grade is added to that of the written test. In order to pass the subject it is necessary to obtain a 5/10 in both sections.

The second call will be the same as the first one, the grades of the practical activities passed in the first call will be maintained (grade higher than 5/10).

#### **Fifth and sixth calls**

The students in the fifth and sixth convocation may be included with the students of the course under the same conditions if they so wish . Otherwise, the same as described for the overall test will apply. In any case, it shall comply with the regulations in force at Universidad de Zaragoza.

Finally, it must be taken into account that the Regulations of the Rules of Coexistence of the University of Zaragoza will be applicable to irregularities committed in the evaluation tests through academic fraud, as well as the application of article 30 of the Regulations of the Rules of Evaluation of Learning in relation to irregular practices other than academic fraud.

## **6. Sustainable Development Goals**

- 3 - Good Health & Well-Being
- 5 - Gender Equality
- 10 - Reduction of Inequalities