

Course Unit Descriptor

Study Programme: Primary Teacher Education, Preschool Teacher Education		
Course Unit Title: Health Education		
Course Unit Code: PTE1		
Name of Lecturer(s): Associate Professor Danijela Petrovic Graovac		
Type and Level of Studies: Bachelor Academic Degree		
Course Status (compulsory/elective): Compulsory		
Semester (winter/summer): Winter		
Language of instruction: English		
Mode of course unit delivery (face-to-face/distance learning): Face-to-face		
Number of ECTS Allocated: 3		
Prerequisites: None		
Course Aims: Students will acquire knowledge about the objectives, tasks and content of the health education. Students will obtain training for active integration of health education content and its correlation with the contents of other subjects.		
Learning Outcomes: Students will understand the importance of health education and the role of teachers in preservation and improvement of children's health. Students will be able to influence the development of habits and behaviors aimed at improvement of children's health, using modern health-educational methods and means.		
Syllabus: <i>Theory</i> Definition, objectives and tasks of health education. Organization of health education teaching methods in the world. Physical and mental growth and development of the man and the child. Psychophysical characteristics of school children. The modern concept of health and disease. Mass non-communicable and mass communicable diseases. The impact of physical, psychological and social environment on health. Indicators of children's health. The most common communicable and non-communicable diseases in children. Health-risk behaviors in children. Organization of health care for children. Personal hygiene. Hygiene of food. Physical activity and health. The environment and its impact on health. Mental hygiene, family, interpersonal relationships and health. Psychoactive substances, usage and impact on health. Stress - sources and the impact on health. Sexuality and reproductive health. Injuries - prevention and first aid. <i>Practice</i> Evaluation of the content of health education in primary school textbooks. The integration of the content of health education into the curriculum of other subjects - making a combined curriculum. The correlation of the content of health education with the contents of other subjects. The role of schools and teachers to maintain and improve the health of children. The concept of "School promoting health".		
Required Reading: 1. Meeks, L., Heit, P., Page, R. (2013). <i>Comprehensive School Health Education</i> . New York: McGraw Hill		
Weekly Contact Hours: 3	Lectures: 2	Practical work: 1
Teaching Methods: Verbal, Textual, Audio-visual teaching methods; Demonstrations		
Knowledge Assessment (maximum of 100 points):		

Pre-exam obligations	points	Final exam	points
Active class participation	5	written exam	30
Practical work	5	oral exam	35
Test	15	
Seminar	10		

The methods of knowledge assessment may differ; the table presents only some of the options: written exam, oral exam, project presentation, seminars, etc.