

Course Unit Descriptor

Study Programme: Elementary Teacher			
Course Unit Title: Health Education			
Course Unit Code: U-2-2-2-2			
Name of Lecturer(s): Géza Czékus, Rita Horák			
Type and Level of Studies: Undergraduate Studies (BA)			
Course Status (compulsory/elective): Elective			
Semester (winter/summer): Winter			
Language of instruction: Hungarian			
Mode of course unit delivery (face-to-face/distance learning): Face-to-face learning			
Number of ECTS Allocated: 2			
Prerequisites: -			
Course Aims: To learn about anatomy, physiology, and hygiene of the human body.			
Learning Outcomes:			
After finishing the course students will know how human body functions and about children’s hygiene, as well.			
Syllabus:			
<i>Theory</i>			
Anatomy and physiology of the human body. Hygiene of children. Concept and definition of health, goals and tasks of health education. Methods and disciplines. The most frequent injuries of children. First aid. Telling symptoms of infectious diseases. The most frequent diseases. The task of the nursery or elementary teacher if the child is sick. Hygiene of healthy nutrition. Mental hygiene. Health education in school and nursery school. Preventive actions. Education of parents.			
<i>Practice</i>			
Practical classes follow the content of lectures.			
Required Reading:			
<i>Compulsory:</i>			
<i>Aszmann, Anna</i> (edit.) (2005): Iskola-egészségügy. Országos Gyermkegészségügyi Intézet, Budapest.			
<i>Barabás, Katalin</i> (edit.) (2006): Egészségfejlesztés. Alapismeretek pedagógusok számára. Medicina, Budapest.			
<i>Optional:</i>			
<i>Horváth, László: Funkcionális anatómia. Budapest: Nemzeti Tankönyvkiadó, 1998.</i>			
<i>McCracken, O., T. (edit.)</i> (2000): Háromdimenziós anatómiai atlasz. Scolar Kiadó, Budapest.			
<i>Sinka Miklósné, Száltelevi Józsefné</i> (2012): Egészségügyi ismeretek. Líceum Kiadó, Eger.			
<i>Váradi, Iván Attila</i> (1991): Táborozási zsebkönyv cserkészeknek. Calibra Kiadó, Budapest.			
<i>Youngson, R. M., Diagram Csoport</i> (2004): Elsősegély. Trivium Kiadó, Budapest.			
<i>Yaconucu: Orvosi Hetila, Budapest: Medicina Kiadó.</i>			
Weekly Contact Hours: 2(30)		Lectures: 1 (15)	Practical work: 1 (15)
Teaching Methods:			
Lecture, practice, presentation, discussion, presentation, fieldwork, individual work, consultation.			
Knowledge Assessment (maximum of 100 points):			
Pre-exam obligations	points	Final exam	points

Active class participation	20	written exam	20
Practical work	10	oral exam	30
Fieldwork			
Seminar(s) - herbarium	20		
The methods of knowledge assessment may differ; the table presents only some of the options: written exam, oral exam, project presentation, seminars, etc.			