

## Information sheet for the course Fundamentals of Education and Health Education

<b>University:</b> <i>Alexander Dubček University of Trenčín</i>																											
<b>Faculty:</b> <i>Faculty of Health Care</i>																											
<b>Course unit code:</b> <i>ZakPedVZ/d</i>	<b>Course unit title:</b> <i>Fundamentals of Education and Health Education</i>																										
<b>Type of course unit:</b> <i>compulsory</i>																											
<b>Planned types, learning activities and teaching methods:</b> <i>Lecture: 1 hour weekly/ 13 hours per semester of study; full-time</i> <i>Seminar: 1 hour weekly/ 13 hours per semester of study; full-time</i> <i>Supervised practical output: 2 hours weekly;/ 26 hours per semester of study; full-time</i>																											
<b>Number of credits:</b> 3																											
<b>Recommended semester:</b> <i>3<sup>rd</sup> semester in the 2<sup>nd</sup> year (full-time)</i>																											
<b>Degree of study:</b> <i>I (bachelor)</i>																											
<b>Course prerequisites:</b> <i>none</i>																											
<b>Assessment methods:</b> <i>100 points</i>																											
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="2" style="text-align: center;">Terms of completing the course</td> </tr> <tr> <td style="width: 30%;"><b>Activities</b></td> <td style="width: 70%;"><b>Number of points</b></td> </tr> <tr> <td>participation in teaching</td> <td style="text-align: center;">30</td> </tr> <tr> <td>presentation of the project</td> <td style="text-align: center;">40</td> </tr> <tr> <td>examination</td> <td style="text-align: center;">30</td> </tr> <tr> <td><b>total</b></td> <td style="text-align: center;"><b>100</b></td> </tr> <tr> <td colspan="2"><i>score</i></td> </tr> <tr> <td>100 – 94 %</td> <td style="text-align: center;">A</td> </tr> <tr> <td>93 – 88 %</td> <td style="text-align: center;">B</td> </tr> <tr> <td>87 – 82 %</td> <td style="text-align: center;">C</td> </tr> <tr> <td>81 – 76 %</td> <td style="text-align: center;">D</td> </tr> <tr> <td>75 - 70 %</td> <td style="text-align: center;">E</td> </tr> <tr> <td>69 - 0 %</td> <td style="text-align: center;">FX</td> </tr> </table>		Terms of completing the course		<b>Activities</b>	<b>Number of points</b>	participation in teaching	30	presentation of the project	40	examination	30	<b>total</b>	<b>100</b>	<i>score</i>		100 – 94 %	A	93 – 88 %	B	87 – 82 %	C	81 – 76 %	D	75 - 70 %	E	69 - 0 %	FX
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<b>Learning outcomes of the course unit:</b> <i>Student is able to (demonstrate knowledge, skills, attitudes):</i>																											
<ol style="list-style-type: none"> <li>1. <i>DEFINE</i> the concept of health, health determinants, types of prevention and the role of WHO and description of the major social, political, economic and legal determinants of education.</li> <li>2. <i>DESCRIBE</i> the main elements of the educational process in medical practice.</li> <li>3. <i>ASSESS</i> the state of health of the selected client needs in terms of education.</li> <li>4. <i>DIAGNOSE</i> educational needs and provides the theme of education.</li> <li>5. <i>CREATE</i> educational plan according to the methodological structure and choose how to verify the achievement of educational goals of the client.</li> <li>6. <i>IDENTIFY</i> the accuracy of all steps and elements created care plan.</li> </ol>																											

**Course contents:****Lectures:**

1. *Introduction to the content of subject. Basic informative and thematic concepts -Health, health education, health education, programs and projects.*
2. *World Health Organisation and its role.*
3. *Health and health education. The philosophy of health and health education. Health education - characteristics, specifications, goals, methods, forms and means.*
4. *Programs and health education projects implemented in Slovakia now.*
5. *Health policy documents - the basic political documents of the EU (Maastricht Treaty, the Treaty of Amsterdam, Health 21).*
6. *Healthy lifestyle.*
7. *Public health - a historical perspective.*
8. *Health consulting.*
9. *Basic pedagogical concepts.*
10. *Didactics.*
11. *Education.*
12. *Health education.*

**Seminars: students education plan presentation**

1. *Programmes and projects health education – Adult.*
2. *Programmes and projects health education - for adolescents.*
3. *Programmes and projects health education - for children.*
4. *National Health Promotion Programme and its implementation.*
5. *Healthy Lifestyle (water, air)*
6. *Healthy lifestyle (sun and energy)*
7. *Healthy lifestyle (nutrition)*
8. *Healthy Lifestyle (addictive substances)*
9. *Alternative elements in lifestyle*
10. *Assessment lifestyle*
11. *The quality of life of people with chronic diseases*
12. *Summary of practical steps in health education.*

**Recommended of required reading:**

1. *BAŠKOVÁ, M. et al.: Výchova k zdraviu. Martin : Osveta, 2009. 228 s. ISBN 9788080633202.*
2. *FARKAŠOVÁ, D.: Ošetrovatel'stvo – teória. 2.vyd. Martin : Osveta, 2005. 496 s. ISBN 80-8063-182-4.*
3. *KOZIEROVÁ, B. - ERBOVÁ, G. - OLIVIEROVÁ, R.: Ošetrovatel'stvo I, 2. Martin : Osveta, 1995. 1474 s. ISBN 80-217-0528-0.*
4. *HANZLÍKOVÁ, A. et al.: Komunitné ošetrovatel'stvo. 1.vyd. Martin : Osveta, 2004. 279 s. ISBN 80-8063-155-7.*
5. *HEGYI, L. - TAKÁČOVÁ, Z. - BRUKKEROVÁ, D.: Výchova ku zdraviu a podpora zdravia. Bratislava : SZU, 2004. 149 s. ISBN 80-89171-20-6.*
6. *LEMON I. učebný materiál pre ošetrovatel'stvo, Kniha 1.1. Bratislava : SKSZP, 1997. ISBN 80-967818-0-4.*
7. *Národný program podpory zdravia. Bratislava : NCPZ, 2002.*
8. *ZÁVODNÁ, V.: Pedagogika v ošetrovatel'stve. Martin : Osveta, 2002. 96 s. ISBN 80-8063-108-5.*
9. *BUKOVSKÝ, I.: Kniha o zdravom životnom štýle. 2. vyd. Martin : Osveta, 1996. 447 s. ISBN 80-88719-50-X.*
10. *HANZLÍKOVÁ, A.: Úloha ošetrovatel'stva v ochrane komunitného zdravia 2. Bratislava : UK, 2002. 126 s. ISBN 80-223-1534-6.*

11. ŠULCOVÁ, M. - HEGYI, L. a kol.: *Rovnosť v zdraví*. 1. vyd. Bratislava : Charis s r.o., 2006. 78 s. ISBN 80-88743-65-6.
12. *Zákon NR SR č. 272/1994 Z.z. o ochrane zdravia ľudí. Zbierka zákonov SR, čiastka 76, 1994*
13. *Súbor dokumentov svetovej zdravotníckej organizácie pre sestry a pôrodné asistentky 1. 1.vyd. Bratislava : SKS a PA, 2003. ISBN 80-967818-5-5.*
14. *Súbor dokumentov svetovej zdravotníckej organizácie pre sestry a pôrodné asistentky 2. 1. vyd. Bratislava : SKS a PA, 2003. ISBN 80-967818-5-5.*
15. *Časopisecká literatúra: Sestra (SR), Ošetrovateľský obzor, Sestra (ČR), Ošetrovateľstvo a pôrodná asistancia, Zdravotnícke noviny, Zdravie*

**Elektronické zdroje:**

[www.uvzsr.sk](http://www.uvzsr.sk)  
[www.zdravavyziva.sk](http://www.zdravavyziva.sk)  
[www.spirala.sk/dokumenty/npvv.rtf](http://www.spirala.sk/dokumenty/npvv.rtf)  
[www.dieta.sk](http://www.dieta.sk)  
[www.mamatata.sk](http://www.mamatata.sk)  
[www.mimino.cz](http://www.mimino.cz)  
[www.adamkontakt.sk](http://www.adamkontakt.sk)  
[www.medicentrum.sk](http://www.medicentrum.sk)  
[www.zbierka.sk](http://www.zbierka.sk)  
[www.yourcancerrisk.harvard.edu](http://www.yourcancerrisk.harvard.edu)  
[www.who.int](http://www.who.int)  
[www.ruvztn.sk](http://www.ruvztn.sk)

**Language:** *Slovak*

**Remarks:**

**Evaluation history:** *Number of evaluated students*

A	B	C	D	E	FX

**Lectures:**

*doc. PhDr. Dagmar Mastiliaková, PhD.*

**Last modification:** *22.4.2014*

**Supervisor:** *doc. PhDr. Dagmar Mastiliaková, PhD.*