

## Information sheet for the course Hygiene of Children and Youth

<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>HygDM/d</i>	<b>Course unit title:</b> <i>Hygiene of Children and Youth</i>
<b>Type of course unit:</b> <i>compulsory</i>	
<b>Planned types, learning activities and teaching methods:</b> <i>Lecture: 2 hours weekly/26 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>5<sup>th</sup> semester in the 3<sup>rd</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>To obtain credits for the course, a student must pass an oral examination and write a seminary work (100 points).</i> <ul style="list-style-type: none"> <li>- <i>Seminary work designed for a situation model (25 points).</i></li> <li>- <i>Oral examination (75 points).</i></li> </ul> <i>To obtain A, a student must score at least 90 points, to obtain B, a student must score at least 80 points, to obtain C, a student must obtain at least 70 points, to obtain D, a student must obtain at least 60 points, and finally to obtain E, a students must to obtain at least 50 points.</i>	
<b>Learning outcomes of the course:</b> <i>A student can analyse the problems in the field of health prevention of children and youth and in the promotion of optimal physical and mental development of children, youth and undergraduate students. A student can depict the solution of eliminating health risks in their environment and way of life. A student is able to apply sanitary requirements and norms for children and school collective facilities, facilities for studying and working adolescents and also can design and apply hygienic principles of educational process and nutrition into practice.</i>	
<b>Course contents:</b> <b>Lectures:</b> <ol style="list-style-type: none"> <li>1. <i>Tasks and objectives of the department of hygiene of children and young people, the concept of Hygiene of children and youth (HDM).</i></li> <li>2. <i>Physical growth and development in children.</i></li> <li>3. <i>Child growth charts, child growth disorder charts – reference data.</i></li> <li>4. <i>Psychological and social development.</i></li> <li>5. <i>Sanitary requirements for the operation of equipment of pre-school, school and youth collective facilities.</i></li> <li>6. <i>Sanitary requirements for the operation of physical activity facilities, accommodations, and facilities for social and legal protection of children.</i></li> <li>7. <i>Hygienic aspects of educational process, working hours regime and rest (recovery) regime for children and youth.</i></li> <li>8. <i>Nutrition of Children and Youth, hygienic requirements for public catering designed for children and youth.</i></li> <li>9. <i>Nutrition and nutritional status of children and youth – school's catering, recommended nutritional dosage (OVD), factors affecting the nutrition of children and youth.</i></li> <li>10. <i>Programmes and projects in the field of children and youth hygiene.</i></li> </ol>	

11. *Prevention of cardiovascular diseases in children and youth.*
12. *Prevention of selected health disorders in children and youth.*
13. *Prevention of addiction in children and youth, syndrome of child abuse and neglect (CAN)*

#### **Seminars**

1. *Children and youth health protection.*
2. *Measurement and evaluation of growth and development parameters in children and youth.*
3. *Somatometric rating - measurements and creation of models.*
4. *Assessment of psychological development - psychomotor development.*
5. *Evaluation of pre-school collective facilities.*
6. *Evaluation of school collective facilities.*
7. *Timetable - design, and evaluation of burden on pupils.*
8. *Operating instructions for children and youth – design.*
9. *Evaluation of school catering.*
10. *Design and evaluation of menu for kindergarten and elementary school pupils.*
11. *Evaluation of meal diversity and security – kindergarten, elementary and secondary school.*
12. *Programmes and projects organised in the Slovak Republic – situation models.*
13. *Prevention of cardiovascular disease, selected health disorders and beginning of children and youth addiction – situation models.*

#### **Recommended or required reading:**

1. *ROVNÝ, I. a kol. 1998. Hygiena II. Osveta, Martin, 1998, s.287. ISBN 80-88824-32-X,*
2. *ROVNÝ, I. 2009. Verejné zdravotníctvo. Bratislava : Herba, 2009. ISBN 978-80-89171-60-6.*
3. *ÁGHOVÁ, L. a kol. 1993. Hygiena. Martin : Osveta, 1993. ISBN 80-217-0515-9.*
4. *ŠEVČÍKOVÁ, L. a kol. 2006. Hygiena. Bratislava : Univerzita Komenského, 2006. ISBN 80-223-2103-6 .*
5. *ÁGHOVÁ, L. a kol. 1993. Praktické cvičenia z hygieny. Bratislava :LFUK,1993. ISBN 80-223-0508-1.*
6. *JURKOVIČOVÁ, J. a kol. 2010. Praktické cvičenia z hygieny. Bratislava: LFUK, 2010.*
7. *HEGYI, L. a kol. Výchova k zdraviu a podpora zdravia. Bratislava : HERBA, 2004. 148 s., ISBN 80-89171-20-6.*
8. *OCHABA, R. a kol. Ochrana detí a mládeže – Tabak, alkohol, drogy. Bratislava : ÚVZ SR, 2009, 185 s. ISBN 978-80-7159-175-7*
9. *JURKOVIČOVÁ, J. 2005. Vieme zdravo žiť?. Bratislava : LFUK, 2005, 166 s., ISBN 80-223-2132-x.*
10. *FAIT, T., VRABLIK, M., a kol. 2008. Preventívna medicína. Praha : MAXDORF, 2008, 551 s., ISBN 978-80-7345-160-8.*
11. *ŠEVČÍKOVÁ, L., JURKOVIČOVÁ, J. 2010. Ochrana a podpora zdravia detí a mládeže v Slovenskej republike. Bratislava : Univerzita Komenského, 2010. ISBN 978-80-223-2855-2.*
12. *MADARASOVÁ, A. a kol. 2011. Sociálne determinanty zdravia školákov. Košice : Equilibria, s.r.o., 2011. ISBN 978-80-89284-73-3.*

*Webové stránky: Národný program podpory zdravia, Národný program prevencie ochorení srdca a ciev, Národný program znižovania obezity, Národný program ochrany duševného zdravia.*

**Language:** *Slovak*

**Remarks:**

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

A	B	C	D	E	FX

**Lectures:** doc. MUDr. Mária Štefkovičová, PhD., MPH.,

**Seminar:** Mgr. Miroslava Kuníková

**Last modification:** 22.04.2014

**Supervisor:** doc. MUDr. Mária Štefkovičová, PhD., MPH.