

## Information sheet for the course Education and Health Promotion

<b>University:</b> <i>Alexander Dubček University of Trenčín</i>	
<b>Faculty:</b> <i>Faculty of Health Care</i>	
<b>Course unit code:</b> VaPZdr/e	<b>Course unit title:</b> Education and Health Promotion
<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>	
<b>Number of credits:</b> 3	
<b>Recommended semester:</b> <i>1<sup>st</sup> semester in the 1<sup>st</sup> year (part-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> <ul style="list-style-type: none"> <li>- educational plan/essay on education and health promotion (25 points)</li> <li>- examination (75 points)</li> </ul> A - 90 points B - 80 points C - 70 points, D - 60 points E - 50 points	
<b>Learning outcomes of the course unit:</b> <i>Student is able to (demonstrate knowledge, skills, attitudes):</i> <ul style="list-style-type: none"> <li>- INTERPRET the main characteristics of the process of health promotion, the role of WHO and its programmes of health, national programmes of health, history of public health home and abroad.</li> <li>- EXPLAIN how to assess and increase health awareness of population.</li> <li>- DEVISE a plan of health promotion for individuals and groups.</li> <li>- ASSESS educational needs and readiness of individuals to education.</li> <li>- IMPLEMENT health education of an individual or group during school practice.</li> </ul>	
<b>Course contents:</b> <ol style="list-style-type: none"> <li>1. Introduction to the course content. Basic thematic concepts – Health, health education, programmes, projects, World Health Organisation.</li> <li>2. Health and health education. Philosophy of health and education to health benefits. Health education - characteristics, specifications, goals, methods, forms and means.</li> <li>3. National health promotion program.</li> <li>4. Programmes and projects implemented in the health care currently on Slovak description.</li> <li>5. Health in the documents of public policy - the basic political documents of the EU (Maastricht Treaty, the Treaty of Amsterdam, Health 21).</li> <li>6. Healthy Lifestyle.</li> <li>7. Public health - historical view.</li> <li>8. Health counseling.</li> <li>9. Basic pedagogical concepts.</li> <li>10. Education.</li> <li>11. Health projects.</li> </ol>	
<b>Recommended of required reading:</b> <ol style="list-style-type: none"> <li>1. BAŠKOVÁ, M. 2009. <i>Výchova k zdraviu</i>. Martin: Osveta. 2009. 226 s.</li> </ol>	

ISBN: 9788080633202.

2. HEGYI, L. - TAKÁČOVÁ, Z.- BRUKKEROVÁ, D. 2004. *Výchova ku zdraviu a podpora zdravia*. Bratislava : SZU. 2004. ISBN 80-89171-20-6.
3. ŠULCOVÁ, M., -HEGYI, L. a kol. 2006. *Rovnosť v zdraví*. Bratislava: Charis s r.o. 2006. 78 s. ISBN 80-88743-65-6.
4. Zákon NR SR č. 272/1994 Z. z. o ochrane zdravia ľudí. Zbierka zákonov SR, čiastka 76, 1994.
5. *Súbor dokumentov svetovej zdravotníckej organizácie pre sestry a pôrodné asistentky*. Bratislava SK S a PA, 2003. ISBN 80-967818-5-5.
6. KOZIEROVÁ, B. - ERBOVÁ, G.- OLIVIEROVÁ, R. 1995. *Ošetrovatel'stvo 1, 2*. Martin: Osveta, 1995. 1474 s. ISBN 80-217-0528-0.
7. HANZLÍKOVÁ, A. a kol.2004. *Komunitné ošetrovatel'stvo*. Martin: Osveta. 2004. ISBN 80-8063-155-7.

**Language:** Slovak

**Remarks:**

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

A	B	C	D	E	FX

**Lectures:**

doc. PhDr. Dagmar Mastiliaková, PhD.

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