










Information sheet for the course
The Examination Methods in Education and the Promotion of Health

University: <i>Alexander Dubček University of Trenčín</i>	
Faculty: <i>Faculty of Health Care</i>	
Course unit code: VMVPZ/e	Course unit title: The Examination Methods in Education and the Promotion of Health
Type of course unit: <i>compulsory</i>	
Planned types, learning activities and teaching methods: <i>Seminar: 2 hours weekly/26 hours per semester of study; full-time</i> <i>Supervised practical output: 2 hours weekly/26 hours per semester of study;</i>	
Number of credits: 2	
Recommended semester: <i>7th semester in the 4th year (part-time)</i>	
Degree of study: <i>I (bachelor)</i>	
Course prerequisites: none	
Assessment methods: The student will acquire per semester (min. 35 points and max. 50 points) To achieve A, at least 48 points have to be obtained, to achieve B, at least 44 points have to be obtained, to achieve C, at least 41 points have to be obtained, to achieve D, at least 38 points have to be obtained and to achieve E, at least 35 points have to be obtained.	
Learning outcomes of the course unit: To teach students to shape and improve the health awareness of the population, to prepare them to deal with education in primary, secondary and tertiary prevention. To teach students how to communicate with individuals and groups of clients in the exercise of health education and health promotion activities.	
Course contents: 1. Methods of detection efficiency of health education, preparation of questionnaire data collection for analysis identified parameters. 2. The collection of anamnestic data (personal, family, social, occupational history) - the importance of the survey. 3. Anthropometric characteristics - height, weight, induction measurement indices (BMI, WHR, WHtR). 4. Measurement of waist circumference, the percentage of body fat - the importance of abdominal obesity. 5. Principles of blood pressure measurement. 6. Determination of the degree of nicotine dependence (Fögerstremov questionnaire). 7. Measurement of CO in exhaled air, blood HbCO detection, tracking principle of cotinine in urine. 8. Examination of spirometry. 9. Examination of the Reflotróne biochemical parameters (total cholesterol, HDL, LDL, triglycerides, glucose). Calculations atherogenic index - the evaluation and interpretation. 10. Risk assessment in counseling clients. 11. Test healthy heart - entry of data, their analysis, outputs, graphical representation of sets. 12. Work in group therapy in smoking cessation counseling, counseling healthy diet. 13. Training in communication skills in the performance of health interventions in counseling. Controlled filling practical outcomes is to deepen the theoretical knowledge and practical skills acquired realization rehearsed procedures of lectures and practicals subject under natural conditions.	
Recommended of required reading:	

1. Aut. kol.: *Metodická príručka pre prácu v poradniach zdravia* – Manuál pre poradne zdravia pri ŠZÚ v SR, MZ SR, Bratislava, 2000, 57 ss., ISBN 80-7159-125-6
2. <http://www.szu.cz/manual-prevence-v-lekarske-praxi> :
3.  [Manuál 1 - úvod, Výživa.pdf](#) (15,00 MB)
4.  [Manuál 2 - Faktory zevního prostředí, vliv na zdraví, prevence.pdf](#) (13,61 MB)
5.  [Manuál 3 - Základy prevence infekčních onemocnění.pdf](#) (4,54 MB)
6.  [Manuál 4 - Prevence nepříznivého působení faktorů pracovního prostředí a pracovních procesů.pdf](#) (5,76 MB)
7.  [Manuál 5 - Prevence poruch zdraví dětí a mládeže.pdf](#) (11,11 MB)
8.  [Manuál 6 - Doporučené preventivní postupy v primární péči.pdf](#) (2,41 MB)
9.  [Manuál 7 - Základy hodnocení zdravotních rizik.pdf](#) (34,24 MB)
10.  [Manuál 8 - Hodnocení zdravotního stavu, přístupy klinické epidemiologie.pdf](#) (6,35 MB)
11.  [Manuál 9 - Medicína založená na důkazu.pdf](#) (3,59 MB)
11. EGNEROVÁ, A. a kol. 2009. *Epidemiológia vybraných chronických chorôb*. Bratislava: Slovenská zdravotnícka univerzita, 2009. 117 s., SBN-978-80-89352-34-0.
12. FAIT, T., VRABLIK, M., a kol. 2008. *Preventívna medicína*. Praha: MAXDORF, 2008. 551s., ISBN 978-80-7345-160-8.
13. EGNEROVÁ, A., a kol. 2008. *Epidemiológia - základy a metódy*. Učebné texty, II. doplnené a prepracované vydanie. Bratislava: Slovenská zdravotnícka univerzita, 2008. 141s. ISBN 978-80-89352-07-4.
14. HEGYI, L., a kol. 2004. *Výchova k zdraviu a podpora zdravia*. Bratislava : HERBA, 2004. 148 s., ISBN 80-89171-20-6.

Language: Slovak

Remarks:

Evaluation history: *Number of evaluated students*

A	B	C	D	E	FX

Lectures: MUDr. Věra Dobiášová, PhD. MPH.,

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