

**Subject:** HEALTH EDUCATION

## GENERAL INFORMATION

<b>Organization unit</b>	Faculty of: PHYSICAL EDUCATION Chair of: PEDAGOGY AND PSYCHOLOGY Chairman: dr Katarzyna Płoszaj
<b>Course name</b>	HEALTH EDUCATION
<b>Subject code</b>	WFI-21
<b>Teaching language</b>	English
<b>Type of subject (obligatory/ facultative)</b>	OBLIGATORY
<b>Level of studies (eg. bachelor, master)</b>	BACHELOR
<b>Study year</b>	2
<b>Semester</b>	3
<b>ECTS points</b>	2
<b>Professor</b>	Hanna Nalecz
<b>Studies program in which the subject is realized</b>	2024-2027
<b>Method of realization (stationary/ distance learning)</b>	stationary
<b>Prerequisites</b>	Basics of didactics and psychology

## DETAILED INFORMATION

### Course aims and objectives

1. To learn about the theory of health education and the methodology of health education.
2. To master the skills of planning, applying appropriate methods and forms of work with students and evaluation of classes on health education
3. To shape the pro-health attitude of students and prepare them to play the role of a leader of a healthy lifestyle in the school environment

### Main topics

No	Topic
<b>Lectures/classes</b>	
1.	Health education backgrounds: health indicators, lifestyle, health promotion, health educator competencies
2.	Active teaching

3.	Setting up a lesson plan - How to build a scenario of classes within the health education module. Evaluation in health education.
4.	Mental health
5.	Nutrition
6.	24-hours movement behaviours
7.	Sleep
8.	Screen time
9.	Violence/bullying prevention
10.	Sexual health
11.	Higiene
12.	Injuries prevention
13.	First aid
14.	Risk behaviours
15.	Discussion, summary and repetition and final exam

#### CONDITIONS FOR PASSING CLASSES:

Lectures and exercises - completion of a group assignment - preparation of an lesson plan and conducting the class in a student group.

Written, in-contact test (Testportal) consisting of 30 questions of closed single-choice and multiple-choice with a minimum of 4 answer categories, answer time per question is 1 minute, the order of questions is randomised, a minimum of 60% correct answers is required to pass the examination.

#### 1 ECTS point = 25 hours students work (contact + self study)

TYPES OF CLASSES	HOURS
1. Contact classes	30
2. Students' preparations of the presentations	4
3. Self study as preparation to the written exam	10
4. Self study as reading text prepared by the teacher	6
<b>Total = 50 hours - ECTS points 2</b>	

<b>Author of the class card:</b>	<b>Name, surname and email</b>
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