

<b>ID</b>	2551
<b>Curricular Unit</b>	Education and Health Promotion in the School
<b>Regent</b>	José Manuel Fragoso Alves Diniz
<b>Learning Outcomes</b>	<p>Health education: concept and socio-historical developments in Europe and worldwide.</p> <ul style="list-style-type: none"> <li>· Models of health education</li> <li>· Developmental Perspective</li> <li>· Ecological Perspective</li> <li>· Dynamics in promotion and health education</li> <li>· Items on promotion and health education: physical education, recreation, nutrition, substance use, sexuality, interpersonal Behavioural, violence, mental health; road safety, hygiene</li> <li>· Actors involved: youth, families, health professionals and education; media "policymakers".</li> <li>· Contexts: home, school, community, work</li> <li>· Health communication</li> <li>· Health in multiculturalism</li> <li>· Health Literacy</li> <li>· Case studies</li> </ul>
<b>Syllabus</b>	<p>Health education: concept and socio-historical developments in Europe and worldwide.</p> <ul style="list-style-type: none"> <li>· Models of health education</li> <li>· Developmental Perspective</li> <li>· Ecological Perspective</li> <li>· Dynamics in promotion and health education</li> <li>· Items on promotion and health education: physical education, recreation, nutrition, substance use, sexuality, interpersonal Behavioural, violence, mental health; road safety, hygiene</li> <li>· Actors involved: youth, families, health professionals and education; media "policymakers".</li> <li>· Contexts: home, school, community, work</li> <li>· Health communication</li> <li>· Health in multiculturalism</li> <li>· Health Literacy</li> <li>· Case studies</li> </ul>
<b>Evaluation</b>	<p>Practical validation period offsite</p> <p>Group work with public presentation</p> <p>Frequency</p>

## **Bibliography**

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- Currie, C., et al (2004 ). Young people health 'in context: WHO. and [www.hbsc.org](http://www.hbsc.org)
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- Kaplan, R., Sallis, J. & Patterson, T. (1993). Health and Human Behavior. NY: McGraw-Hill
- Loyal, I (2006) Perspectives in Health Psychology . Quartet
- MacLachlan, M (1997) Culture and Health. Brisbane: Wiley
- Matos, M & Sampaio, D (2009) Young people with health. Lisbon: Text
- Matos, MG ; Slave, J; Simoes, C; Gaspar T (2009) - Violence, bullying and delinquency. Technical manual and cd. In Cunha Filho, Hilson; Ferreira-Borges, Carina (Orgs) - Management of Health Problems in School , (Managing health problems in school) Vol III. Lisbon Things to Read
- Matos, MG et al (2008) Substance use: Lifestyle or looking for a style? (Substance use: a Lifestyle or the