

ID	3741
Curricular Unit	Education and Health Promotion in the School
Regent	Maria Margarida Nunes Gaspar de Matos
Learning Outcomes	Object and objectives of Health Education
Syllabus	<p>Health education: concept and socio-historical developments in Europe and worldwide.</p> <p>Models of health education.</p> <p>Developmental Perspective.</p> <p>Ecological Perspective.</p> <p>Dynamics in promotion and health education.</p> <p>Items on promotion and health education: physical education, recreation, nutrition, substance use, sexuality, interpersonal behaviour, violence, mental health; road safety, hygiene.</p> <p>Actors involved: youth, families, health professionals and education; media "policymakers".</p> <p>Contexts: home, school, community, work.</p> <p>Health communication.</p> <p>Health in multiculturalism.</p> <p>Health Literacy.</p> <p>Case studies.</p>
Evaluation	<p>Practical validation period offsite</p> <p>Group work with public presentation</p> <p>Frequency</p>
Bibliography	<p>Calmeiro, L. & Matos, M. G. (2004). Psicologia do exercício e da saúde. Lisboa: Visão e Contextos.</p> <p>Currie, C., et col (2004). Young people health in context: WHO. e www.hbsc.org</p> <p>GTES (2005, 2007a; 2007b) reports, in ww.dgidc-min.edu.pt</p> <p>Kaplan, R., Sallis, J. & Patterson, T. (1993). Health and Human Behavior. NY: McGraw-Hill.</p> <p>Leal, I. (2006). Perpectivas em Psicologia da saúde. Quarteto.</p> <p>MacLachlan, M. (1997). Culture and Health. Brisbane: Wiley.</p> <p>Matos, M. & Sampaio, D. (2009). Jovens com saúde. Lisboa: Texto.</p> <p>Matos, MG; Negreiros, J; Simões, C; Gaspar, T (2009). Violência, bullying e delinquência. Manual técnico e cd-rom. In Cunha Filho, Hilson; Ferreira-Borges, Carina (Orgs) - Gestão de Problemas de Saúde em Meio Escolar (Managing health problems in school) Vol. III. Lisboa, Coisas de Ler.</p> <p>Matos, MG et col (2008). Uso de substâncias: Estilo de vida ou à procura de um estilo? (Substance use: a Lifestyle or a search for a style?), Lisboa, IDT (soon available at www.idt.pt).</p>