**ACADEMIC DISCIPLINE OVERVIEW**

1. **Program data**

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| **1.1.** | **GRIGORE T. POPA UNIVERSITY OF MEDICINE AND PHARMACY IASI** | | | | | | | |
| **1.2.** | **FACULTY OF MEDICAL BIOENGINEERING** | | | | | | | |
| **1.3.** | **PROGRAMME:** Physio-kinetotherapy and rehabilitation | | | | | | | |
| **1.4.** | **STUDY FIELD:** Health | | | | | | | |
| **1.5.** | **STUDY CYCLE**: UNDERGRADUATE | | | | | | | |
| **1.6.** | **STUDY PROGRAMME:** INENGLISH | | | | | | | |
| 1. **Subject data** | | | | | | | | |
| **2.1.** | **Subject: Health promotion and health education.**  RE 1108 | | | | | | | |
| **2.2.** | **Module leader: Lecturer Moraru Andreea PhD** | | | | | | | |
| **2.3.** | **Seminar leader: Lecturer Moraru Andreea PhD** | | | | | | | |
| **2.4. Year of study** | | **1** | **2.5. Semester in which is taught** | **1** | **2.6. Evaluation type** | Exam | **2.7. Subject status** | Mandatory  DS |

1. **Estimated total time (hours/semester of didactic activity)**

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| **3.1.Number of hours / week** | 2 | **3.2. Courses number of hours / week** | 1 | **3.3.Seminar / l practical classes** | 1 |
| **3.4. Total number of learning hours** | 28 | **3.5. Courses** | 14 | **3.6. Seminar / practical classes** | 14 |
| **3.7. Distribution of the available time** | | | | | Hours |
| **Study based on the manual, lecture support, bibliography and hand notes** | | | | | 8 |
| **Supplementary documentation in the library, using specialised platforms via internet and by field work** | | | | | 8 |
| **Preparation for seminars / practical classes, study themes, reviews, portofolio, and essays** | | | | | 4 |
| **Tutorship** | | | | | 2 |
| **Examinations** | | | | | 2 |
| **Other activities** | | | | | 2 |
| **3.8. Total hours of individual study** | | | | | 22 |
| **3.9. Total hours per semester** | | | | | 50 |
| **3.10. Number of credits** | | | | | 2 |

1. **Preconditions (where applicable)**

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| **4.1.** of curriculum | Not necessary |
| **4.2.** of competences | Not necessary |

1. **Conditions (where applicable)**

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| **5.1.** for lectures | Not necessary |
| **5.2.** for seminars / practical classes | Equipment and specific instruments.  Students will wear protective clothing |

1. **Specific competences acquired**

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| Professional competences (expressed as knowledge and abilities) | Description of the concepts, theories and fundamental concepts of physiological and pathological mechanisms of the human body, recognition of the symptoms and clinical signs, identification methods and techniques of kinetophysiotherapy.  The formulation of the hypotheses and operationalization of the key concepts to explain syndromes and / or diseases. |
| Transverse competences (of role, of professional development, personal) | The identification of the objectives to be achieved, the resources available, the conditions for completion of their work flow, working time, deadlines and related risks.  The identification of the roles and responsibilities in a multidisciplinary team and application techniques and effective work relationships within the team and the relationship with the patient. |

1. **Objectives of the study discipline (according to the grid of specific competences acquired)**

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| **7.1.** General objective | The course aims is to broaden the knowledge regarding the health education and promotion. |
| **7.2.** Specific objectives |  |

1. **Contents**

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| **8.1. Lecture** | **Teaching methods** | | **Observations** |
| Health promotion as a prophylactic science and field of activity. Purpose, tasks, content, research methods, legislation for prophylactic science. | Free exposure  Power Point Presentation | | 2hours |
| Communication in Health. Forms and methods of health promotion. | Free exposure  Power Point Presentation | | 2 hours |
| Unfavorable ecological factors in the environment. Sanogenous manner and style of life. | Free exposure  Power Point Presentation | | 2hours |
| Population health characteristics depending on the level and quality of life. | Free exposure  Power Point Presentation | | 2 hours |
| Peculiarities in preschool and undergraduate and health promotion in these groups. | Free exposure  Power Point Presentation | | 2hours |
| Community-based health promotion. Health promotion programs. | Free exposure  Power Point Presentation | | 2 hours |
| Promoting health in medical and physical therapy services. | Free exposure  Power Point Presentation | | 2 hours |
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| **8.2. Seminar / practical classes** | **Teaching methods** | **Observations** | |
| Legislative base in health promotion. Methodology (principles) development of a program in health promotion. Communication strategies and techniques in health promotion. | Free exposure  interactive discussions | 2hours | |
| Research and estimate the adaptation of the individual and a population by environmental factors and health promotion issues. | Free exposure  interactive discussions | 2 hours | |
| Identifying, researching and predicting lifestyle Quality of life of the individual, family, people. | Free exposure  interactive discussions | 2hours | |
| Promoting health in relation to socio-cultural factors. Assessment of needs for health promotion in the community. | Free exposure  interactive discussions | 2 hours | |
| Promoting health in cancer prevention, cardiovascular, respiratory, neuromuscular diseases. | Free exposure  interactive discussions | 2hours | |
| Health promotion different communities of children and adults. Physiotherapist role in maintaining health. | Free exposure  interactive discussions | 2 hours | |
| Health promotion and physiotherapist role in maintaining health in the elderly population. | Free exposure  interactive discussions | 2 hours | |
| **Bibliography**  **Mandatory**   1. Courses from E-learning platform 2. Ingrith Miron (Editor-in-Chief). Pediatrics. “Gr. T. Popa” UMF Iasi Ed. 2016   **Selective**   1. Robert M. Kliegman et al. Nelson Textbook of Pediatrics (20th edition). Elsevier Ed. 2016 2. Koletzko L. Pediatric Nutrition in Practice (2nd revised edition). Karger Ed. 2015 3. Global Strategy on Diet, Physical Activity and Health, WHO, Geneva 2004 4. Global Action Plan for the prevention and control of noncommunicable diseases 2013-2020 5. Geneva: World Health Organization; 2013. (Accessed August 20, 2014, at <http://apps.who.int/iris/bitstream/10665/94384/1/9789241506236_eng.pdf>) 6. WHO European Childhood Obesity Surveillance Initiative (COSI). (<http://www.euro.who.int/en/health-topics/disease-prevention/nutrition/activities/monitoring-andsurveillance/who-european-childhood-obesity-surveillance-initiative-cosi>) 7. Flynn MA, McNeil DA, Maloff B, et al. Reducing obesity and related chronic disease risk in   children and youth: a synthesis of evidence with 'best practice' recommendations. Obesity reviews : an official journal of the International Association for the Study of Obesity 2006;7 Suppl 1:7-66.   1. Health 2020: a European policy framework supporting action across government and society for   health and well-being: World Health Organization 2013. (<http://www.euro.who.int/__data/assets/pdf_file/0011/199532/Health2020-Long.pdf?ua=1>)   1. WHO Preventing cancer: promoting a healthy diet and physical activity in childhood http://www.who.int/cancer/prevention/children/en/ | | | |
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1. **Correlation of the discipline contents with the expectations of the epistemic community, professional associations, and representative employers from the afferent program field**

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| Knowledge and abilities are established as didactic objectives and specified as such in the analytic programs that are revised yearly. After their analysis by the study discipline staff, these are discussed and approved in the Curricular Committee, towards curricular harmonization among the various study disciplines. Along this entire process systematic evaluation is performed, directly if possible, regarding the correspondence of the contents to the expectations of the academic community and of the representatives of the social community, professional associations, and employers. |

1. **Evaluation**

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| **Type of activity** | **Type of activity** | **Evaluation methods** | **Contribution to the final grade** |
| **Lecture** | Acquiring the concepts and theoretical information presented in the course | Written exam | 50% |
| **Seminar/practical classes** |  | Activity during the year | 10% |
| Theme for practical works | Colocviu for practical activity | 40% |
| **Minimal performance standard: Minimum passing condition is 5** | | | |

**Date Signature of head of discipline**

25.09.2019 Lecturer **Moraru Andreea PhD**

**Department approval date**

30.09.2019

**Signature of department director**

Lecturer Daniela-Viorelia Matei, Ph-D