**King Saud University**

**Applied Medical Sciences College**

**Quality and Development Unit**

Course Syllabus

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| Course title and code: Fundamentals of Health Education (CHS382) | | | |  | |
| Department : Community health | | | |  | |
| Program in which the course is offered: Health Education | | | |  | |
| Credit hours: 2 | | | |  | |
| Total contact hours per semester: 30 hours lectures | | | |  | |
| Level at which this course is offered: 5 | | | |  | |
| Course prerequisites: none | | | |  | |
| Time: Thursday 8 a.m. -10 a.m. | | | |  | |
| Location: 12 F 11 | | | |  | |
| College member responsible for the course Basmah Kattan |  | | | | |
| Contact information |  | | | | |
| Office Number: 218 |  | | | | |
| Phone : 52181 |  | | | | |
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| Email: bkattan@ksu.edu.sa | |  | | | |
| Website: http://fac.ksu.edu.sa/bkattan/ | |  | | | |
| Office hours: Monday 10-12, Thursday 10-12 | | |  | | |
| Course Objectives | By the end of this course, students should be able to:   * Identify scientific bases that can assure quality of communication and behaviour modification. * Recognize basic knowledge regarding the role and possibilities of different approached and strategies of health communication and health promotion. * Illustrate communication skills in counselling and behaviour modification that can use in any health setting. * Describe how health worker can influence health behaviour in order to create better foundations for public and individual health. | | | | |
| Teaching strategies  Traditional class room, with a podium, projector, interactive lectures |  | | | | |
| Learning Resources |  | | | | |
| Required Text (s) |  | | | | |
| **1. List Required Textbooks**   * **Thomas K (2006).** Health communication, Library of congress control Number: 2005927078, USA. Springer * **Naidoo J, Wills J. (1994).** Health promotion foundations for practice. London, Bailliere Tindall | | | | |  |
| **2. List Essential References Materials (Journals, Reports, etc.)**   * **Goria S, Aronld J. (2006).** Health promotion in practice, John Wiley & Sons, San Francisco * **Thompson T, Dorsey A, Miller K, Parrott R. (2003).** Handbook of health communication. Mahwah, NJ; Lawrence ErIbaum Associates. * **Hargie O. (2006).** Handbook of communication skills. 3rd ed, Routledge | | | | |  |
| **3- List Recommended Textbooks and Reference Material (Journals, Reports, etc)** Journal of Education and Health Promotion. Available at: <http://www.jehp.net/>Health Education Journal. Available at: <http://hej.sagepub.com/> American Journal of Health Education. Available at: <http://www.shapeamerica.org/publications/journals/ajhe/>  **4-. List Electronic Materials (eg. Web Sites, Social Media, Blackboard, etc.)**   * Medscape. Available at: [www.medscape.com](http://www.medscape.com/) * Stanford. Available at: <http://highwire.stanford.edu/> * US National Library of Medicine: Available at: [http://www.nlm.nih.gov](http://www.nlm.nih.gov/) | | | | |  |

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| Topics to be covered   |  |  |  | | --- | --- | --- | |  | | | | **List of Topics** | **No of**  **Weeks** | **Contact hours** | | * **The development of health education and health promotion-definitions** | 1 | 6 | | * **Images of health** | 1 | 6 | | * **Models and approaches to health promotion** | 1 | 6 | | * **Understanding of health communication** | 1 | 6 | | * **Basic skills of human communication** | 1 | 6 | | * **Communication models and stages** | 1 | 6 | | * **Communication methods** | 1 | 6 | | * **Therapeutic communication** | 1 | 6 | | * **Counselling techniques & motivational techniques** | 1 | 6 | | * **Practice frameworks for health promotion** | 1 | 6 | |  |

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| Schedule of Assessment Tasks for Students During the Semester ( excluding hajj vacation) | | | | | |
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| Assessment task | | Week due | | Proportion of Final Assessment | |
| **Midterm I** | | 5- 7 th week | | 20 % | |
| **Midterm II** | | 10-12 th week | | 20 % | |
| **Class discussion and participation** | | 1st -15th week | | 10 % | |
| **Assignment and Presentation** | | 4nd to 14th week | | 10% | |
| **End Semester Exam** | | 16th -18 th week | | 40 % | |
| Required Assignments: | To be discussed during classes | | | | |
| Course rules : |  | | | | |
| * **Attendance:** Regular on-time attendance in class is expected * **Participation:** in class discussions is strongly encouraged   + Students will be allowed to talk one at a time and each person’s opinion will be listened. * **Cell phones** must be kept on silent mode   + No texting or talking on the phone during class   + If you need to answer a text or a call, you may step out of the room and come back when finished. You don’t have to ask for permission for this. * **Ear phones** are not allowed in ears during class * **Laptops** may be brought to class to take notes as long as typing is not disturbing other students   + This policy will change if there are complaints   + You may only use your laptop for note taking – other uses are not allowed * **Breaks** will be given mid-way during the class period, when possible. Breaks will be five to ten minutes. * **Cheating and plagiarism** are not accepted. * If you have questions about the readings or the assignments, please feel free to ask at any time during class, as the answers will probably benefit your classmates as well. | | | | |  |
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