**King Saud University**

**Applied Medical Sciences College**

**Quality and Development Unit**

Course Syllabus

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| Course title and code: Methodology of Health Education (CHS385) | | | | |  | |
| Department : Community health | | | | |  | |
| Program in which the course is offered: Health Education | | | | |  | |
| Credit hours: 4 | | | | |  | |
| Total contact hours per semester: 30 hours lectures + 60 hours practical | | | | |  | |
| Level at which this course is offered: 6 | | | | |  | |
| Course prerequisites: none | | | | |  | |
| Time: Tuesday 10 a.m. -12 p.m. , practical 1 p.m. – 4 p.m. | | | | |  | |
| Location: 9 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 Description | This course will assist the students in effectively communicating messages and affecting norms and behaviors of individuals, groups, organizations and communities. It will discuss different methods, techniques, and interventions used in health education/promotion. It will also explain the basic tools health educators need in order to communicate messages to those they are trying to serve, and it will provide an understanding of the skills they need to make a difference. Students will learn how to select and fit suitable educational methods to various groups in a variety of settings such as medical care settings, communities, schools, and work-sites. They will also learn some important concepts of learning, and the difference between characteristics of learning of young, adult, and elderly. Finally, they will gain the skills necessary to plan lessons, and curriculum development. | | | | | |
| Course Objectives | | * Identify various techniques, methods and intervention activities used in health education & promotion * Develop and practice the skills necessary for effective delivery of health promotion and education programs at various levels of interventions: individuals, groups, organization &community. * Select and fit suitable educational method & intervention to various groups in a variety of settings such as medical care settings, community, school, work-sites. * Compare between characteristics of learning for young, adults and aged people. * Show proficiency in diagnosis of readiness to learn and learning barriers. * Plan skilfully lesson plan and curriculum development. * Describe basic principles of community health education, participation & organization. * Critically analyse, and evaluate the most common methods & interventions of the current health promotion practice in KSA. * Utilize information technology and contemporary resources (e.g. internet, website) necessary for searching, self-learning, presenting and communicating health messages | | | | |
| Teaching strategies  Traditional class room, with a podium, projector, interactive lectures, activities inside and outside campus | |  | | | | |
| Learning Resources | |  | | | | |
| Required Text (s) | |  | | | | |
| **1. List Required Textbooks** [Gary L. Fisher](http://www.google.com.sa/search?hl=ar&tbo=p&tbm=bks&q=inauthor:%22Gary+L.+Fisher%22), [Thomas C. Harrison](http://www.google.com.sa/search?hl=ar&tbo=p&tbm=bks&q=inauthor:%22Thomas+C.+Harrison%22). (2012). Substance Abuse: Information for School Counselors, Social Workers, Therapists, and Counselors. Pearson Education, Limited. | | | | | |  |
| **2. List Essential References Materials (Journals, Reports, etc**.)   * Army Centre for Substance Abuse Programs (ACSAP). (2006). Commander’s Guide & Unit Prevention Leader (UPL) Urinalysis Collection Handbook. | | | | | |  |
| **3- List Recommended Textbooks and Reference Material (Journals, Reports, etc)** The American Journal of Drug and Alcohol Abuse. Available at: <http://informahealthcare.com/journal/ada>Drug and Alcohol Dependence. Available at: <http://www.journals.elsevier.com/drug-and-alcohol-dependence/>Research Journal of Drug Abuse. Available at: http://www.hoajonline.com/drugabuse | | | | | |  |

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| Topics to be covered   |  |  |  | | --- | --- | --- | |  | | | | **List of Topics** | **No of**  **Weeks** | **Contact hours** | | Learning process and age related factors in learning process. | 1 | 6 | | Characteristics of good adult educator and lecturing and presentation skills. | 1 | 6 | | Behavioral modification | 1 | 6 | | Group health education  Focus group | 1 | 6 | | Support group | 1 | 6 | | Social marketing | 1 | 6 | | Participatory learning (role play, demonstration, games, songs, story-telling, Problem solving and decision making...etc.) | 1 | 6 | | Counseling skills | 1 | 6 | | Lecturing and presentation skills | 1 | 6 | | Principles of community based health education | 1 | 6 | | Health campaigns. | 1 | 6 | | Empowerment | 1 | 6 | | Peer education & working with volunteers | 1 | 6 | | Building &sustaining community coalitions | 1 | 6 | | Health promotion (health cities, health promoting hospitals, healthy markets, health promoting schools). | 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 % | |
| **Practical** | | 1st -15th week | | 20% | |
| **End Semester Exam** | | 16th -18 th week | | 40 % | |
| Required Assignments: |  | | | | |
| |  |  |  |  | | --- | --- | --- | --- | | Week | Practical | Evaluation | Week due | | 4th to 15h | **PRACTICAL:**  - Arrange an event about health education.  - Write the event plan and final report. | 20% | 4th to 15th | | | | | | |
| Criteria for evaluation : | The submission of the final report will be on the 14th week, presentations will take place on the 15th week (excluding Hajj holiday).  Please note that this is NOT an easy grade assignment, good grades are achieved only upon meeting the expected criteria and quality (to be discussed in further details in lectures). At the end of the semester you will be expected to write a report about the project. **The report should be submitted on time, one mark would be deducted for every day the report is delayed and the report will not be accepted after two days from the submission date.** Moreover, as a group you will present your project during last class session. More information about the report will be provided during the semester. | | | | |
| 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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