

232 Health Science
Course Syllabus 1st Semester 1431-32 H
SAT 9:00- 11:00 am
2BB Class Room

Instructor: Ms. Mezna A. AlMarzooqi

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Office Hours: Mon & Wed: 9:00 am - 12:00 pm

Course overview and Objectives:

- Course overview: Short Description as in Bulletin or Handbook

This course discusses the meaning, types, divisions and categories of health sciences. The course aims at introducing students to health education and promotion concepts, , preventive and Curative, International and local health organizations, health system International and National Health Systems Health policies, implications of diseases and management of healthcare system, Health education in the health care services. The value of health and prevention of diseases, Healthy societies, Healthy Individuals, normal body mechanisms will be discussed to highlight for the student the health promotion concepts on societal, institutional and individual basis.

Course objectives (Intended Learning Outcomes of Course)

1- Cognitive objectives: (Knowledge, application, analysis, synthesis, evaluation)

List all health sciences categories and divisions

- Identify and explain the social, behavioral, and biological determinants of health, wellness, and disease in human communities and populations
- Know the basic elements of the health policy processes and be able to identify and describe the major institutional players in health policy, both domestically and internationally
- Understand the basic structure, organization, and contemporary health care systems;
- Differentiate between curative and preventive Health

Define the meaning of healthy societies, healthy individuals and key players that will help promote wellness and health in a society

2- Affective objectives (feelings, confidence, responsibility, attitudes, values)

- Understand that health is an outcome of factors that occur on many levels, ranging from the social and cultural context to cellular and intracellular processes
- Understand and the core principles of health promotion and disease prevention to specific health problems in the community

3- Psychomotor, Interpersonal, Communication Skill

- List all body systems and identify normal organ functions and show how to maintain their health
- Define and list factors that affect and promote health of women, men, children, teenagers, elderlies, people with special needs, the underprivileged; mental, psychological and sexual health

- Explain how to maintain health and body systems health
- Write a dissertation on how a health sciences concept and discuss issues related to public health

Course Description

Topics to be covered

Week no.	Subject
1	Definition of health, science of health, continuum of illness of wellness health sciences, categories and divisions, holistic approach to health.
2	Determinants of health
3	Independent Research
4	Health professionals, health care divisions, health policies and policy making, organizational health care systems, ethics and health care.
5	Health of individual and societies, maintenance of health, health problems, body-mind relation to health, body systems : functions and how to maintain proper mechanism
6	Circulatory, hypertension and BP.
7	Eid Al-Adha Holiday ☺
8	Respiratory system, digestive system, musculoskeletal health
9	Midterm Exam
10	Skin, visual and hearing health
11	Mental health, Renal and neurological system
12	Women's, men's and sexual health
13	Trip to seniors housing
14	Aging health and Physical fitness
15	Hereditary and genetic diseases- Revision

Prerequisites: Non

Requirements: Attend class and submitting assignments.

Recommended Texts:

- Davis and George, 1993. States of Health 2nd Edition, Australia.
- Henkel, Means, Sawrey, Smolensky, (1977). Foundation of Health Science. Third edition, USA.
- Various published articles on health science, health education and Promotion
- Donald J. Breckon, John R. Harvey, R, 1998. Community Health Education: Settings, Roles, and Skills for the 21st Century. Fourth Edition Jones and Barlett publishers
- Keith Tones, Jackie Green, 2004. Health promotion: Planning and Strategies . Fourth Edition, Sage Publications, London.
- Lawrence W. Green, Marshall W. Kreuter, 2005. Health Program Planning: An Educational and Ecological Approach, McGraw Hill , New York.

References Material (Journals, Reports, etc)

WHO Definition of Health, Health Education, Health Promotion, Islamic Health Promotion

Electronic Materials, Web Sites etc: www.who.int

http://www.emro.who.int/publications/Book_Details.asp?ID=52

Other learning material such as computer-based programs/CD, professional standards/regulations

- Saudi Arabia Ministry of Health
<http://www.moh.gov.sa/en/index.php>
- American Joint Commission
<http://www.jointcommission.org/>
- American Association of Health Education
<http://www.aahperd.org/AAHE/>

Grades will be determined on the following:

- Assignments: 25 %
- ✓ Independent Research: 10 %
- ✓ Presentation: 10%
- ✓ Group Discussion: 5%
- Midterm Exam: 20%
- Quiz: 10%
- Final Exam: 40%
- Attitude and Attendance: 5%

Total: 100%

Grading:

A* = 100- 95%
A= 94- 90%
B* = 89- 85%
B= 84- 80%
C* = 79- 75%
C= 74- 70%
D* = 69- 65%
D= 64- 60%
F = < 60%

Date(s) of exams:

Mid-Term: 21/12/ 1431H
Final: Week 18/02/ 1431H

Attendance:

Students will be expected to attend all scheduled classes. Unexcused absences and being late for a class will result in penalty points. 1 point for every unexcused absence and 0.5 point for every time a student arrives to class late.

Assignments:

Students have to prepare an essay of 3000-5000 words about a topic assigned by the lecturer to the students considering certain issues like proper grammar, proper use of citing also assignment must be typed (Times New Roman- 12 pt font size). Late submission will automatically receive a 2 point deduction.

Presentation:

Each student must pick a topic from the list below. Students are expected to construct a PowerPoint presentation of topic you have chosen. Presentations are expected to be 15 – 20 minutes.

Students will be graded on presentation content, and appearance, and overall presentation (eye contact, vocal rate, etc.).

* A topic may only be chosen once. *

Visual Health

Mental Health

Hearing health

Digestive system health

Renal /kidney/health

Oral health

Cardiac Health