

### Course Syllabus

<b>Health education program vision</b>	Leadership and excellence in health education and promotion
<b>Health education program mission</b>	To contribute to promote community health and secure better quality of life through qualifying globally competitive cadres specialized in health education and promotion; who are characterized by creative thinking, innovation and self-confidence, armed with values and ethics needed to practice the profession within a multidisciplinary team, and competent in planning, implementation and evaluation of health education programs and campaigns, mobilizing community participation, and conducting distinguished scientific research”.
<b>Health education program objectives</b>	<ol style="list-style-type: none"> <li>1. To prepare pioneers in the fields of health education and promotion, including patients/ families education, school health education, community-based health education, occupational and environmental education.</li> <li>2. To encourage the practice of health education within the framework of global standards and professional ethics</li> <li>3. To improve students’ research skills in various areas of health education and encourage them to keep up to date with developments in their academic or professional field</li> <li>4. To advocate and create awareness of health issues and to ins health values among the community with collaboration with the relevant sectors in this concern.</li> <li>5. To meet the increasing need in the labor market and the requirements of society from the specialties of health education &amp; promotion.</li> </ol>

<b>Course title and code:</b>	Health Education in schools (CHS485)
<b>Department :</b>	Community Health Sciences (CHS)
<b>Program in which the course is offered:</b>	Health Education
<b>Credit hours:</b>	2hours
<b>Total contact hours per semester</b>	30 hours
<b>Level at which this course is offered:</b>	8 <sup>th</sup> level
<b>Course prerequisites:</b>	Chs 282, chs385
<b>Time and Location</b>	Thursday 11am- 1 pm 11F12
<b>College member responsible for the course</b>	Basma kattan
<b>Contact information:</b>	
<b>Office Number:</b>	218
<b>Phone :</b>	+966 11 8052181
<b>Email:</b>	bkattan@ksu.edu.sa
<b>Website:</b>	<a href="http://fac.ksu.edu.sa/bkattan/home">http://fac.ksu.edu.sa/bkattan/home</a>
<b>Office hours:</b>	Monday 9-11 Wednesday 9-10 Thursday 10-11
<b>Course Description</b>	KSA school health system. Priority areas in school health, rationale, components of comprehensive school health program, school health services, sequential developmentally appropriate health education, curriculum development, promoting healthy school environment. Nutrition and exercise program, mental health program, integration between family- community and school, presenting some health problems of school age and school policies and measure for control: intentional &unintentional injuries, smoking, drug abuse, sexually transmitted disease
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>• Describe the components of a comprehensive school health program, health issues most prevalent in school settings.</li> <li>• Recall the elements of a safe school environment, school health services.</li> <li>• Define the roles of the health educator, teacher and parents in school health programs.</li> <li>• Demonstrate the ability to plan a health intervention in schools.</li> <li>• Use the ability to find a study question, prepare assignments and work successfully as a part of a team</li> </ul>

	<ul style="list-style-type: none"> <li>Search, gather, and interpret information about a selected topic related to the study through the use of the most appropriate information technology, communication and computer skills and present it in a form of PowerPoint presentation</li> </ul>
<b>Teaching strategies</b>	The course will be conducted in a form of lectures, class discussions, seminars and student presentations.
<b>Learning Resources</b>	
<b><u>Required Text (s)</u></b>	
<ul style="list-style-type: none"> <li><b><u>Essential References</u></b></li> </ul>	<ul style="list-style-type: none"> <li><b>Telljohann, Susan Kay, Cynthia Wolford Symons, and Beth Pateman.</b> (2001) Health education: Elementary and middle school applications. New York: McGraw-Hill.</li> <li><b>Linda Meeks, Philip Heit, and Randy Page.</b> (2012) Comprehensive School Health Education\</li> </ul>
<ul style="list-style-type: none"> <li><b><u>Recommended Journals</u></b></li> </ul>	<b>Journal of School Health.</b> Available at: <a href="http://onlinelibrary.wiley.com/journal/10.1111/%28ISSN%291746-1561">http://onlinelibrary.wiley.com/journal/10.1111/%28ISSN%291746-1561</a>
<ul style="list-style-type: none"> <li><b><u>Electronic Materials and Web Sites</u></b></li> </ul>	<ul style="list-style-type: none"> <li><b>The World Health Organization,</b> school health and youth health promotion. Available online. URL: <a href="http://www.who.int/school_youth_health/en/">http://www.who.int/school_youth_health/en/</a></li> <li><b>The American Public Health Association,</b> school health education and services. Available online. URL: <a href="http://www.apha.org/membergroups/sections/aphasections/schoolhealth/">http://www.apha.org/membergroups/sections/aphasections/schoolhealth/</a></li> <li><b>The Centre of Disease Control,</b> adolescent and school health. Available online. URL: <a href="http://www.cdc.gov/healthyyouth/">http://www.cdc.gov/healthyyouth/</a></li> </ul>

#### Topics to be Covered

List of Topics	No of Weeks	Contact hours
• Introduction and overview	1	2
• Components of a Coordinated school health program	2	4
• School Health Services	1	2
• Comprehensive school health education	2	4
• Safe and positive school environment	2	4
• School nutrition and food services	1	2
• School physical education	1	2
• Mental and Emotional health	1	2
• Smoking, Drug abuse in schools	1	2
• Sexual health and -Sexually transmitted diseases	1	2
• Intentional injuries and Unintentional injuries	1	2
• Dealing with chronically ill students	1	2

### **Schedule of Assessment Tasks for Students During the Semester**

<b>Assessment task</b>	<b>Week due</b>	<b>Proportion of Final Assessment</b>
Midterm I	5 <sup>th</sup> week Thursday during class time	20 %
Midterm II	10 <sup>th</sup> week Thursday during class time	20 %
Class discussion and participation	3 <sup>rd</sup> -14 <sup>th</sup> week	5%
Assignments and Presentation	4 <sup>th</sup> to 14 <sup>th</sup> week	15%
End Semester Exam	16 <sup>th</sup> -18 <sup>th</sup> week	40 %

#### **Required Assignments:**

To be discussed during classes

#### **Criteria for evaluation :**

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.
- **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 classmates as well.

