**Course Syllabus**

**CHS 485**

**School Health Education**

**1434-1435**

**2nd Semester**

**Course Information**

**Course title: School health education**

**Credit hours:** 2

**Contact hours:** 2 + practical

**Level**: 8

**Presentations:** as distributed schedule.

**Exams:**

**1st midterm**  week 4

**2nd** **midterm** week 9

**Final as scheduled by the department**

**Course Description:**

|  |  |  |
| --- | --- | --- |
| Weeks | Topic | Contact hours |
| **1st week** | **-Introduction**  **- Rationale of school Health education**  **- CDC priority areas for school health** | **2 Hs** |
| **2nd week** | **- Activities to protect and promote the health of the students**  **- Role of health educator, school nurse, teacher, and other team members in school health** | **2 Hs** |
| **3rd week** | **Comprehensive school health education** | **2 Hs** |
| **4th week** | **Midterm exam** | **2 Hs** |
| **5th week** | **Safe and positive school environment** | **2 Hs** |
| **6th week** | **School nutrition and food services** | **2 Hs** |
| **7th week** | **School physical education** | **2 Hs** |
| **8th week** | **Mental and Emotional health** | **2 Hs** |
| **9th week** | **Midterm exam** | **2 Hs** |
| **10th week** | **Smoking, Drug abuse in schools** | **2 Hs** |
| **11th week** | **Sexual health and -Sexually transmitted diseases** | **2 Hs** |
| **12th week** | **Intentional injuries and Unintentional injuries** | **2 Hs** |
| **13th week** | **Dealing with chronically ill students: diabetes, asthma** | **2 Hs** |
| **14th week** | **Revision session** |  |

**Textbook Required**

**Telljohann SK, Symons CW, Miller DF. Health Education . Elementary and Middle school Applications. McGraw Hill 1996.**

### Course Objectives:

**This course helps students to:**

* + - * **Be introduced to the school system in KSA, priority areas in school health, rationale, components of comprehensive school health program.**
      * **Recognize different health problems that concerns students through their school years in all levels**
      * **Identify health policies in the Kingdom schools as regard prevention and control health and behavioural problems**
      * **Discuss characters of authentic learning**
      * **Define quality standards of school health education program**
      * **Define roles of school health educator, school nurse, teachers, school personnel, families and community in promoting school health .**
      * **Define services provided by school health services.**
      * **Recognize aspects of healthy school environment, nutritional services, physical education, psycho-social services.**
* **Plan a school health education intervention related to a prevalent health issue, develop the curriculum, and recommend steps for evaluation and follow-up.** 
  + - * **Recognize both ethical responsibilities and conduct of school health education and promotion.**
      * **Utilize computing essential, information technology, and contemporary resources ( e.g. internet, web, ) necessary for research, educational resources, and educational aids preparation.**

**Course requirements:**

* The first midterm will cover the first four lectures while the second midterm will examine the students on the following four lectures.
* Each student will be assigned a topic to be presented, and will be given guidance and the necessary resources.
* Each student will prepare an individual school plan addressing a significant school health problem. The best plan will be implemented in a chosen school by all students.

**Faculty Information:**

Ms. Samah Alageel

**Office hours:** Sundays from 8-10.

Mondays from 12-2

Wednesdays from 10-12

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**Grading Information:**

The grades will be weighted as follows:

|  |  |  |
| --- | --- | --- |
| 1 | **Midterm (1)** | **20%** |
| 2 | **Midterm (2)** | **20%** |
| 4 | **Final Exam** | **40%** |
| 5 | **Topic preparation and Presentation** | **10%** |
| 6 | **Visit+ Plan** | **10 %** |