Study programme: Programme for educating pre-school teachers in pre-school institutions

Type and level of studies: undergraduate vocational studies | Year I, Semester I

Course Title: PHYSICAL DEVELOPMENTAND HEALTH EDUCATION

Instructor: prof. Srđan Denčić, PhD

Course Status: mandatory

ECTS: 3

Requirements:

Course objectives

Introducing students to the basic knowledge of orderly growth and development of children; enabling students to apply knowledge of health in specific everyday practice through various aspects of nurture, protection, upbringing and education of children; enabling students to recognise various risk factors regarding children´s health and, accordingly, to early discover health disorders; emphasising basic postulates in working with children: responsibility, health care, nurture, healthy life styles with the aim of permanent preservation and improvement of children´s health.

Course outcomes

Students shall possess the necessary knowledge and reproduce the acquired content. They shall independently draw conclusions and use reference literature. They shall develop critical attitudes.

Course contents

Theory

The course content is designed to enable students to acquire the necessary knowledge of psycho-physical growth of children, beginning with conceptions and further through all phases of childhood categorisation. At the same time, we shall deal with all growth and development disorders at particular levels and with the possibilities of their prevention. Indicators of normal growth and development, methods and control scope. Environmental factors which influence health: climate, water, soil and measure of environmental protection. The most common infectious diseases: causes, means of spreading, prevention measures in pre-school institutions. Non-infectious diseases and harmful effects on health (alcoholism, drug addiction, smoking). Neuroses in children, recognition, timely reaction in applying adequate rehabilitating measures. Proper nutrition (starting from breastfeeding) and disorders relating to improper diet. Injuries, bleeding, fractures, poisoning, special symptoms and conditions: diarrhoea, vomiting, coma, shock, collapse and first aid in particular situations. Health education as an especially important segment in the process of learning about healthy behaviour and acquiring healthy habits in early childhood as a guarantor of healthy life. Introducing students to different methods of health education in a group, especially implementation of creative workshops-learning through play. Establishment of special interpersonal co-operation between pre-school teachers and children, children among themselves and pre-school teachers and parents and the importance of constant improvement of these relations for the purposes of joint care for children´s health. Physiology of antenatal development. Disorders of foetal development. Physiology of postnatal development (childhood categorisation). Inborn disorders. Consequences of inappropriate antenatal protection. Preparing conditions for the accommodation of a newborn baby and care. Period of an infant (growth, development, anatomical characteristics). Growth factors of an infant and care about it. Psychomotor and physical development and care for a child in the first year, from years 1 to 5, and from years 3 to 7. Methods and the scope of control of growth and development at a pre-school age. Disorders at a pre-school age. Climate factors. Soil. Water (sources, disinfection). The role of water in an organism. Personal hygiene. Nutrition hygiene. Hygiene of clothing. The role of pre-school teachers in forming hygienic habits in children. Eating disorders (inappropriate diet). Infectious diseases of intestines. Infectious skin diseases. Parasitic diseases. Sexually transmitted diseases. Birth control – methods. Allergies. Rest, sleep, play. Non-infectious diseases: alcoholism, drug addiction, smoking and prevention. Hygiene of pre-school facilities (minimum conditions for building pre-school facilities). Social supervision of children in nurseries and kindergartens. The most common injuries in childhood; first aid performed by pre-school teachers. Practical demonstration of first aid. Bone injuries (immobilisation). Spine injuries, burns, frostbite, animal bite, etc. Consciousness disorders: coma, shock, collapse and first aid. Chest pains (a pneumothorax, injuries). Abdominal pain, first aid. Vomiting and diarrhoea. Health enlightenment-definition, goals and tasks. Work methods. Health education tools. Co-ordination with health services in the course of organising health education activities.

Practice: tutorials, other forms of instruction, study research

Reading list:

Antonijević, Ž. (2001). *Physical development of children and health education*. Belgrade: Institute of teacher training colleges.

Marković, A.M. (1996). *Physical development and health education*. Šabac: Teacher Training College.

Đurić, V. (1983*).Practical Pediatrics*. Belgrade: Healthcare Editorial Board.

Classes per Week				Other classes:
Lectures:2	Tutorials:1	Other forms of instruction:	Study research:	

Methods of Teaching: Lectures, discussions, workshops

Assessment (maximum number of points 100)

Pre-exam obligations	**Points**	**Exam**	**Points**
Activity during lectures	20	Written exam	
Practical instruction	20	Oral exam	10
Revision test	20	Practice exam	30
Seminar paper			