

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Vzgoja za zdravje
Course title	Education for Health

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Vzgoja in menedžment v zdravstvu/2. stopnja	Ni smeri študija	I. letnik	I.
<i>Education and Management in Health Care / 2nd Cycle</i>	No study field	I st year	I st

Vrsta predmeta/Course type

obvezni/obligatory

Univerzitetna koda predmeta/University course code

VMZ I UN 4

Predavanja Lectures	Seminar Seminar	Sem. vaje Tutorial	Lab. vaje Laboratory work	Teren. vaje Field work	Samost. delo Individ. work	ECTS
15		30			165	7

Nosilec predmeta/Lecturer:

prof. dr. (Republika Finska)
Danica Železnik

Jeziki/
Languages:

Predavanja/Lectures:

slovenski/Slovenian

Vaje/Tutorial:

slovenski/Slovenian

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:

Prerequisites:

Vpis v prvi letnik študijskega programa.

The prerequisite for inclusion is enrolment in the first year of study.

Vsebina:

Content (Syllabus outline):

- Definicija zdravja (telesna, duševna in duhovna dimenzija).
- Zdravje kot vrednota.
- Dinamika v odnosu zdravje – bolezen.
- Osebna odgovornost pri skrbi za zdravje.
- Zdrav način življenja in dejavniki tveganja.

- The definition of health (physical, mental and spiritual dimension).
- Health as a value.
- Dynamics in the relationship health-illness.
- Personal responsibility in taking care of health.
- Healthy lifestyle and risk factors.

<ul style="list-style-type: none"> • Vzgoja za družino – dinamika odnosov znotraj družine. • Duševni in socialni vplivi na zdravje. • Promocija zdravja v vrtcih in šolah. • Stopnje osebne razvoja in rasti. • Duševne motnje sodobnega časa. • Oblike in metode svetovalnih tehnik in psihoterapij. 	<ul style="list-style-type: none"> • Education for the family – dynamics of the relationships within the family. • Mental and social influences on health. • Health promotion in kindergartens and schools. • Levels of personal development and growth. • Mental disorders of the modern era. • Forms and methods of counselling techniques and psychotherapies.
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Temeljna literatura in viri/Readings:

Temeljna literatura

- Musek, J., Tušak, M., Zalokar Divjak, Z. (1999). Osebnost in zdravje. Ljubljana. Educy.
- Hoyer, S. (2005). Pristopi in metode kv zdravstveni vzgoji. Ljubljana: Visoka šola za zdravstvo.
- Edelman, Cl., Mandle, Cl. (2006). Health promotion through the life span. St. Louis: Mosby Elsevier.
- (V KNJIŽNICI ŠE):
- HEALTH promotion : planning and strategies / Jackie Green ... [et al.]. - 3rd ed. - Los Angeles [etc.] : SAGE, 2015. - 612 str.
- FUNDAMENTALS of health promotion for nurses / edited by Jane Wills. - 2nd ed. - Chichester (West Sussex, UK) : Wiley Blackwell, 2014. - XXI, [7], 346 str.
- MAVILLE, Janice A., Huerta, Carolina G. Health promotion in nursing. - 3rd ed., international ed. - Australia [etc.] : Delmar, Cengage Learning, 2013. - XIX, 506 str.
- SHARMA, Manoj, Romas, John A. Theoretical foundations of health education and health promotion - 2nd ed. - Sudbury (MA) : Jones & Bartlett Learning, cop. 2012. - XIII, 302 str.
- Lamovec, T. (2008). Priročnik za psihologijo motivacije in emocij. Ljubljana: Univerza v Ljubljani, Filozofska fakulteta.
- Payne, S., Walker, J. (2002). Psihologija v zdravstveni negi. Ljubljana: Educy.
- Ule, M. (2003). Spregledana razmerja. Maribor: Aristej.

Cilji in kompetence:

Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc:

- sposobnost izobraževati, vzgajati za ohranjanje zdravja ter dobrega počutja zdrave in bolne populacije, družbene skupnosti, skupin in posameznikov,
- prevzemanje odgovornosti za profesionalni razvoj in uporaba evalvacije kot načina za refleksijo in izpopolnjevanje lastnega dela ter povečanje uslug na delovnem mestu,

Objectives and competences:

The learning unit mainly contributes to the development of the following general and specific competences:

- the ability to educate for the preservation of health and welfare of healthy and ill population, social community, groups and individuals,
- taking responsibility for professional development and the use of evaluation as a means of reflection on and improvement of one's own work as well as for increasing workplace skills,

<ul style="list-style-type: none"> • usposobljenost aktivno promovirati zdravje, oceniti tveganje in skrbeti za varnost vseh ljudi v delovnem okolju, • sposobnost vsestranskega in sistematičnega prilagajanja obravnave pacienta glede na relevantne fizikalne, psihične, socialne, kulturne, duhovne in družbene dejavnike, • sposobnost za uporabo komunikacijskih in svetovalnih tehnik, • sposobnost informirati, izobraževati, vzgajati in nadzorovati paciente in njihove družine. 	<ul style="list-style-type: none"> • being qualified to actively promote health, to assess risks and to provide for the safety of all people in the work environment, • the ability of a comprehensive and systematic treatment of the patient in relation to the relevant physical, psychological, social, cultural, spiritual and societal factors, • the ability to use communication and counselling techniques, • the ability to inform, educate and supervise the patients and their families.
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Predvideni študijski rezultati:

Študent/študentka:

- usvoji temeljno znanje in njegov pomen za preventivo in ohranjanje zdravja,
- se usposobi za aktivno promocijo zdravja v ožjem in širšem okolju,
- se usposobi za pomoč družinam in posameznikom pri vzpodbujanju in ohranitvi njihovega zdravega načina življenja,
- usvoji znanje za kontinuirano izobraževanje, ki je predpogoj osebne zrelosti,
- usvoji temeljno znanje in metode o medosebnih odnosih,
- reflektira lastne izkušnje in jih povezuje s teoretičnimi koncepti,
- kritično analizira in ovrednoti opazovano dogajanje,
- usvoji znanje, ki pripelje do sprememb v stališčih ter vedenju posameznika in skupin.

Intended learning outcomes:

Knowledge and understanding:

Students:

- acquire fundamental knowledge and its significance for prevention and maintaining health,
- are qualified for the active health promotion in the local and broader environment,
- are qualified to help families and individuals in encouraging and maintaining their healthy lifestyle,
- acquire knowledge for continuous education, which is a prerequisite of the personal maturity,
- acquire fundamental knowledge and methods of interpersonal relations,
- reflect their own experiences and link them with the theoretical concepts,
- critically analyse and evaluate the observed events,
- acquire the knowledge leading to changes in the attitudes and behaviour of individuals and groups.

Metode poučevanja in učenja:

- *predavanja* z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov),
- *vaje*: priprava, predstavitev in uspešen zagovor projektne/raziskovalne naloge (reševanje problemov, študije primera, kritično presojanje, diskusija, refleksija)

Learning and teaching methods:

- *lectures* with active student participation (explanation, discussion, questions, examples, problem solving);
- *tutorial*: preparation, presentation and a successful defence of a project paper (problem solving, case studies with discussion, methods of critical thinking,

izkušenj, vrednotenje, projektno delo, timsko delo), • konzultacije, • izpit.	reflection of experience, evaluating, project work, team work). • consultations, • exam.
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Načini ocenjevanja:	Delež (v %) Weight (in %)	Assessment:
Način: • izpit • izdelava, predstavitev in zagovor projektne/raziskovalne naloge Ocenjevalna lestvica: ECTS.	60 % 40 %	Types: • exam • preparation, presentation and defence of the project/research paper Grading scheme: ECTS.