



Study Programs

Bachelor's Programmes:

Health Education with a Focus on Teaching (HE)

Follow-up Master's Programmes:

Teaching professional courses for nursing schools (TPCNS)

Teaching health education for lower secondary schools (THE)

Health Education with a Focus on Teaching

Health education with a focus on teaching (HE) reflects the current state of science and knowledge, and is based on many disciplines such as medicine including its sub-disciplines (preventive medicine, sexology, paediatrics, hygiene and epidemiology, etc.), psychology, sociology, anthropology, addictology, demographics, etc. Health education is a multidisciplinary field of study and is based on the disciplines mentioned above. The graduates will typically work in the area of health promotion and healthy lifestyle. The graduates from the follow-up Master's study Teaching health education for lower secondary schools will become qualified educators. In general, the study is designed as a double degree programme; the students select the other teaching qualification course from the study programme Specialization in education or Special education. The study also includes a common module entitled the Pedagogical propaedeutic module.

After successful completion of the study the graduates will be able to:

- Analyse relevant resources in order to obtain the required theoretical basis in the area of health promotion and health education;
- Interpret, evaluate and explain the required theoretical knowledge of disciplines crucial to the implementation of health promotion and health education;
- Define the basic theories and models of health and disease, theories of health risk and protective factors, and lifestyle determinants;



- Describe the relationships between health and adopted lifestyle principles, approaches to and responsibility for own health and health of others;
- Show theoretical knowledge in the area of health promotion and health education with an emphasis on the specific requirements of various population groups (from childhood to senior age);
- Support an adequate approach of various population groups to active health promotion by using proper nutrition habits, physical activity, and mental health;
- Assess the impacts of risk behaviour on the bio-psycho-social components of health (in the area of substance abuse, addictive behaviour, risky sexual behaviour, eating disorders, etc.);
- Apply the principles of primary prevention (general prevention), as well as secondary and tertiary prevention (or selective and indicated prevention) with respect to various population groups (especially school-aged children);
- Analyse the school environment in relation to health promotion and health education;
- Provide first aid in case of sudden health disorders including both injury and non-injury, take adequate steps in situations identified as 'emergencies', define and apply the principles of traffic education;
- Interpret crucial programmes and projects in the area of health promotion and healthy lifestyle;
- Continue in the follow-up Master's study of Teaching health education for lower secondary schools at the Faculty of Education, Palacký University Olomouc or at a different faculty of education.

Teaching professional courses for nursing schools

The **Teaching professional courses for nursing schools (TPCNS)** course corresponds with the National qualification framework of tertiary education, according to which future teachers are educated with specialization in somatology, nursing, health prevention, and in the Teacher qualification module. The students achieve their teaching specialization – didactics of nursing, didactics of somatology and didactics of health promotion – during these courses as well as continuous teacher training sessions (teacher training 1 and 2) and a special teacher training session, which takes place in a healthcare establishment, including subjects in which the teaching sessions are reflected or supervised. The educational-psychological specialization is achieved by means of educational and psychological courses. In terms of content and extent, the study plan is designed for the students to meet the requirements for 'educational competence'. By achieving this competence, the students are not qualified to teach educational and psychological courses, but have the knowledge and skills that



make them competent to teach, as is the case in other teacher training courses (which are also based on educational competence).

Graduate profile: The profile of a TPCNS graduate is used to define the objectives of the field of study; the knowledge, skills and abilities that the students should learn. Finally, the structure and content of relevant study disciplines are formulated. The students will deepen their knowledge gained in preclinical and clinical courses, and nursing and psychological disciplines taken during the Bachelor's degree. By completing the TPCNS course including the educational competence module, the students will be qualified to teach professional courses in nursing schools in the following educational areas: Nursing and nursing care, Fundamentals of nursing care, and Education for health, i.e. qualification to teach nursing courses, somatology and health prevention. Courses focused on physical and developmental anthropology, including phylogenetic and ontogenetic human development, with an emphasis on advanced research of physiological, biochemical, genetic and environmental factors help the students understand the morphology, physiology and variability of the human body in health and disease. The students will also gain the knowledge and skills in the area of social anthropology and will understand cultural diversity and the phenomenon of ethnocentrism, they will be able to advocate cultural relativism and will have practical abilities to accept cultural pluralism. As a result, they will be familiar with the current multicultural health and educational environment. The courses that focus on specialized psychology and education and that the students take throughout their study are, as has already been mentioned, included in the educational competence module. The students will also have the following competences: psychodidactic, diagnostic, communicative, self-reflective, and managerial.

Objectives of the study: The main objective of the TPCNS course is to achieve the qualification for teaching professional courses in secondary and higher vocational nursing schools, in training institutes for health service workers, etc. The graduates can also work as teachers of health science courses in secondary and higher vocational schools with social-health orientation.

After completion of the study the students will be able to:

- Show extensive knowledge of the following areas: somatology, nursing, and health prevention;
- Transform, integrate and implement the knowledge gained in the qualification courses in the educational process;



- Identify, define and explain the basic features of the current state of scientific knowledge in the field of nursing, holistic-based human science, and health prevention; the students will be able to analyse and implement this knowledge in theory and practice;
- Integrate interdisciplinary knowledge and develop interdisciplinary links in the context of the students' qualification;
- Use the knowledge of anthropological disciplines in health and educational practice;
- Plan lessons with respect to educational objectives and the learners' individual capabilities;
- Select adequate teaching methods, organizational forms and didactic resources;
- Apply appropriate didactic methods with regard to the specifics of the lessons, particularly activating methods and experiential methods;
- Communicate with the learners, fellow teachers, parents, partners of the school and the public in an effective way;
- Apply appropriate diagnostic methods to assess students' performance;
- Develop projects based on institutional cooperation including international projects;
- Support the development of individual learners' qualities;
- Develop a positive learning climate;
- Use self-reflection techniques.

Teaching health education for lower secondary schools

The concept of **Teaching health education for lower secondary schools (THE)** is based on the system of education in the Czech Republic and prepares future elementary school teachers of Health education, which is part of the educational framework Man and health as defined by the Framework educational programme for elementary education.

The follow-up Master's degree in Teaching health education builds on the Bachelor's degree in Health education with a focus on teaching in the study programme B 7507 Specialization in education.

Throughout the period of the study, the students are prepared for the profession of elementary school teachers, specifically for teaching Health education in lower secondary schools. After completion of the study, graduates of Teaching health education for lower secondary schools will



have the required knowledge in the area of health, health promotion, active approach to health (in multidisciplinary areas of health education, which are based on medicine, psychology, sociology, anthropology, addictology, demographics, etc.), and particularly in terms of their ability relating to the didactic transfer in elementary schools using modern teaching approaches based on experiential education.

The graduate profile is closely linked with the content of the study programme. After completion of the study, the graduates will be able to:

- Show extensive knowledge in the area of health promotion, health education, and healthy lifestyle. Show extensive knowledge in the area of risky behaviour, protection of health against infectious diseases, non-communicable epidemics, injuries and other types of health impairment. Show extensive knowledge in the area of lifestyle determinants such as nutrition, physical activity, mental health, prevention of substance abuse including alcohol and smoking, prevention of addictive behaviour, prevention of risky sexual behaviour, and protection of sexually reproductive health;
- Explain the principles governing the transfer of contemporary scientific knowledge related to health education and health promotion;
- Advocate the need and implementation of health promotion projects on a global, continental, national and regional level. Actively participate in the preparation, submission, implementation and evaluation of health promotion projects;
- Actively search for new domestic and international research studies on health education. Use the results of the research studies in the educational process;
- Design, implement, evaluate and analyse research in the area of health education and health promotion, and compare the results with relevant studies. Reflect the results in the teaching process;
- Analyse applicable curricular documents with an emphasis on the area of health education. Work with horizontal and transversal overlaps in various educational fields and frameworks including cross-curricular subjects;
- Apply the theoretical knowledge in the educational process in elementary school adequately to the age, cognitive, psycho-social and other capabilities of the learners;
- Use modern teaching methods to achieve the cognitive, affective and psychomotor objectives of education in the area of health education;
- Proceed in accordance with the applicable version of the Framework educational programme for elementary education in order to achieve the expected outcomes and educational standards of Health education in lower secondary schools;



- Continue in postgraduate study, including doctoral degree programmes, lifelong learning, or specialization courses.

In addition to health education teachers in lower secondary schools, the graduates may become primary prevention methodologists or educational counsellors. They can also work in leisure time centres for children and youth, low-threshold establishments, centres for seniors, etc. They can also find jobs in areas relating to human health, active approach to health, promotion of health and healthy lifestyle, primary prevention centres, healthy lifestyle counselling centres, etc.