



UNIVERSITI TEKNOLOGI MARA

SED552: HEALTH EDUCATION

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| Course Name (English) | HEALTH EDUCATION APPROVED |
| Course Code | SED552 |
| MQF Credit | 3 |
| Course Description | This course is designed to introduce the students to the fundamentals of health education in school. The subject will provide information and knowledge on the various health issues focusing on the school environment. Students will be able to explain topics such as HIV AIDS, stress management, drug abuse, diseases and other relevant topic. |
| Transferable Skills | None |
| Teaching Methodologies | Lectures, Case Study, Presentation |
| CLO | CLO1 Define the elements of health education in school CLO2 Analyze the health education application pertaining to human health issues CLO3 Propose and explain health education program for specific age group |
| Pre-Requisite Courses | No course recommendations |
| Topics | |
| 1. Overview of Health Education 1.1) Health Education on Global Perspective 1.2) The importance of health education | |
| 2. Health Education - Malaysia 2.1) Health Education Curriculum 2.2) Health Education implementation and strategies 2.3) Health Education in Secondary School | |
| 3. HIV AIDS 3.1) Definition and issues in HIV AIDS 3.2) HIV AIDS effect and factors influence 3.3) Preventing drug abuse through education | |
| 4. Drug Abuse 4.1) Definition and issues in drug abuse 4.2) Drug abuse effect and factors influence 4.3) Preventing drug abuse through education | |
| 5. Reproduction and Social (PEERS) 5.1) Sexual Relationship 5.2) Sexual Crime 5.3) Preventing Approach | |
| 6. Health and Reproduction 6.1) Definition of health and reproduction 6.2) Sexually infection 6.3) Safe sex | |
| 7. Mental Health 7.1) Definition of mental health 7.2) Factors influence mental health 7.3) Issues in mental health | |
| 8. Stress Management 8.1) What is stress management 8.2) Factors influence stress 8.3) Protect stress | |

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| 9. Family and Relationship 9.1) Definition of family and relationship 9.2) The importance of family and relationship 9.3) Improving family and relationship 9.4) Issues on family and relationship |
| 10. Nutrition 10.1) What is nutrition 10.2) Type of nutrition 10.3) Obesity and overweight 10.4) Maintain healthy through nutrition education 10.5) Factors influence bad food intake |
| 11. Safety 11.1) Individual, family, and community 11.2) Road safety 11.3) The importance of safety 11.4) Issues in safety |
| 12. Disease 12.1) Communicable diseases 12.2) Non-communicable diseases 12.3) Protection |
| 13. Challenge in Health Education 13.1) Global and Malaysia perspective 13.2) Overcome the challenges |
| 14. Presentations 14.1) N/A |

| Assessment Breakdown | | % | |
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| Continuous Assessment | | 100.00% | |

| Details of Continuous Assessment | Assessment Type | Assessment Description | % of Total Mark | CLO |
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| | Assignment | Two types of assignments [Group & Individual] Group - Presentation based on the selected topic Individual - Research Article Analysis | 20% | CLO3 |
| | Final Test | Final Test Open-Ended Questions based on Health Promotion Project and students' presentation | 30% | CLO2 |
| | Presentation | Health Promotion Project Event [Group] | 30% | CLO3 |
| | Test | Mid Semester Test Open-Ended Questions consists of topics from Week 1 - Week 6 | 20% | CLO1 |

| Reading List | Recommended Text | <ul style="list-style-type: none"> Hashim, M.J., Yasin, Z.A., & Nor, M.F 2017, <i>Pendidikan Jasmani Dan Kesehatan Tingkatan 2</i>, Telaga Biru Sdn Bhd |
|--------------------|---|---|
| | Reference Book Resources | <ul style="list-style-type: none"> Whitney. E 2011, <i>Nutrition for health and health care</i>, 4 Ed., Wadsworth Cengage Learning Berardi, J., & Andrews, R 2015, <i>The essentials of sport and exercise nutrition</i>, Dell Publishing New York Null, G 2000, <i>The complete guide and nutrition : a sourcebook for healthier life</i>, Dell Publishing New York Williams, M 2009, <i>Nutrition for health, fitness and sport</i>, 9 Ed., Mc. Graw-Hill Hoeger, W.W.K. & Hoeger, S.A 2007, <i>Fitness and wellness</i>, 7 Ed., Mc-Graw Hill Butler, J.T 2001, <i>Principles of health education & health promotion</i>, Wadsworth |
| Article/Paper List | This Course does not have any article/paper resources | |
| Other References | This Course does not have any other resources | |