



UNIVERSITI TEKNOLOGI MARA

SED410: SCHOOL HEALTH PROGRAM

Course Name (English)	SCHOOL HEALTH PROGRAM APPROVED
Course Code	SED410
MQF Credit	3
Course Description	This course discusses on the overall concepts of health and focuses on school health program planning. The course also emphasizes on the ability to analyze the health programs from the aspect of planning, organizing, implementation, guidance, coordination and assessment.
Transferable Skills	Ability to analyze the health programs from the aspect of planning, organizing, implementation, guidance, coordination and assessment.
Teaching Methodologies	Lectures, Blended Learning, Discussion, Presentation
CLO	<p>CLO1 Understand the concepts of health, health education and health program</p> <p>CLO2 Support health programs and services for different stages of life</p> <p>CLO3 The ability to analyze and organize health programs in the aspect of implementation and assessment</p> <p>CLO4 The ability to guide and coordinate health programs</p>
Pre-Requisite Courses	No course recommendations
Topics	
1. INTRODUCTION 1.1) Health Related in Human, Environment and Health, Environment Risk, Factors for Disease, Relationship between Health Education and Environment, How to Promote Health Education	
2. DEFINITION 2.1) Healthy Food, Environment Health, Epidemiology Disease	
3. HEALTHY FOOD 3.1) Food and Health 3.2) Why Do We Need Eat Food 3.3) Food borne Illness and Their Causes 3.4) Food Poisoning 3.5) Care Food Preservation and Handling 3.6) Components of an Effective Sanitation Program	
4. HEALTHY ENVIRONMENT 4.1) Why Healthy Environment is Important 4.2) What Can We Do to Create a Clean and Healthy Environment 4.3) Measures to Create and Sustain a Clean and Healthy Environment 4.4) Clean Air Should be Free From Cigarette Smoke 4.5) Who are Frequently Exposed to Passive Cigarette Smoke and What are the Consequences	
5. HEALTHY PEOPLE 5.1) n/a	
6. HEALTH EDUCATION 6.1) The concept of health 6.2) Meaning of health 6.3) Scope of health education 6.4) Objectives of health education 6.5) The programme of health education 6.6) Principle of health education 6.7) Importance of health education for teachers 6.8) Responsibilities of the school	

7. HEALTH EDUCATION IN SCHOOLS

- 7.1) What is school health education
- 7.2) Scope of school health education
- 7.3) Health instruction at different stages

8. PROGRAM DEVELOPMENT

- 8.1) Establishing a program
- 8.2) Element in program planning
- 8.3) Steps in program development

9. HEALTH PROMOTION MODELS

- 9.1) PRECEDE/PROCEED model
- 9.2) Program evaluation

10. SCHOOL HEALTH SERVICES

- 10.1) Provider of school health services
- 10.2) Healthful and safe school environment
- 10.3) Physical conditions that facilitate optimal learning and development
- 10.4) A safe school environment
- 10.5) Safety measures in schools
- 10.6) Liability

Assessment Breakdown	%
Continuous Assessment	60.00%
Final Assessment	40.00%

Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Assignment	n/a	20%	CLO1 , CLO2 , CLO3
	Group Project	n/a	20%	CLO4
	Individual Project	n/a	20%	CLO1 , CLO2 , CLO3

Reading List	Recommended Text
	<ul style="list-style-type: none"> • Bucher, A.C., & Krolee 2002, <i>Management of Physical Education and Sport. Illinois, Champaign</i>, McGraw-Hill Co. Inc. • Dash, M., & Dash, N 2008, <i>Health Education</i>, Atlantic Publisher and Distributors. New Delhi, India • Fleming , M. L., & Parker, E 2007, <i>Health Promotion . Prnciples and Practice in the Australian Context</i> • McKenzie, J., Neiger, L.B., & Thackeray, R. 2009, <i>Health Promotion Program.</i>, Pearson Benjamin Cummings San Francisco • Meeks, L., Heit, P., & Page, R 2011, <i>Comprehensive School Health Education</i>, 7 Ed., McGraw-Hill. New york, America • Mohd Hizam Hanafiah., & Zafir Mohd Makhbul. 2003, <i>Pengurusan Organisasi</i>, Mcgraw Hill Kuala Lumpur
Article/Paper List	This Course does not have any article/paper resources
Other References	This Course does not have any other resources