

## Health and Lifestyle, SSZB13-145, Tímea Berkes

### The Aim of the Subject

#### The Aim of the Subject:

The aim of the practical is to make students acquainted with health promotion approach and its basic terms; to let them gain insight into the major issues of healthy way of life. The broader, social determinants of health are discussed, also the main elements of healthy lifestyle, some issues of prevention, and the health-related issues of work and home.

#### Acquired Competencies:

Knowledge:

- Students will know the current health indicators in Hungary and in the world.
- They know what prevention is, from both a theoretical and a practical point of view.
- They know the elements of lifestyle; they will have exact knowledge about the features of healthy lifestyle regarding certain health behaviours.
- They know about the main difficulties of lifestyle change.

Attitude:

- They find prevention important; they act for prevention in their own work too.
- They understand the difficulties of lifestyle change and find it important to be able to help if needed.

Abilities:

- Students will be able to distinguish between reliable, scientifically based and not reliable sources about lifestyle.
- They will be able to help in questions of lifestyle change.
- During the project, they will be able to work in a team, to harmonise tasks and to take the responsibility for the result of the project both individually and as a team.

### The Content of the Course

#### Major Topics

Basic terms of health promotion. Health definitions.

Social determinants of health.

The most important chronic diseases and their risk factors. (Cardiovascular diseases; cancers; obesity)

Health protective and health impairing behaviours. (Physical exercise, relaxation; smoking, alcohol consumption, drug abuse)

Other addictions (work addiction, internet addiction)

Stress, stress management

Work and home

Psychological health (burnout, flow, some terms of positive psychology)

#### Planned Teaching Methods

Work in small groups (project work); individual work, discussion, explanation.

### Evaluation

#### Requirements and Evaluation:

Requirements:

Requirements may differ in some terms, but usually the requirements are the following:

- oral presentation of an article
- project work (in groups of 3 or 4)
- end-term test

Evaluation: five-point scale.

Aspects of Evaluation:

- the content of the presentation
- presentation skills
- originality and content of the project work
- the correctness of the answers of the test

## **Literature**

### **Compulsory Literature:**

Literature assigned to the different topics. It may be different in different terms.