

Module: Mathematics and Environment

Number of credits: 10

Subjects:

- 1) Mathematics Education and Methodology 1
- 2) Mathematics Education and Methodology 2
- 3) Environmental Education and Methodology
- 4) Health Education

Name of subject: Health Education	Credits: 2
Subject Classification: Compulsory	
Division of course content in theory and practice: 50% theory + 50 % practice	
Types and number of lessons: 5 lectures +5 seminars per semester Language: English Other methods used during the course: <ul style="list-style-type: none">• course online available electronically• sharing the good practices of international partner institutions through online interface• use of online internet resources digital course material provided through electronic learning system	
Method of assessment: term mark Other means of learning evaluation: <ul style="list-style-type: none">• continuous, active participation during lessons• oral assessment of the acquired the linguistic material• preparation of ppt presentations for use in classroom• completion of preschool activity plans	
Place of subject in the curriculum: 2 nd semester	
Prerequisites: none	

Course description:

The health status of Hungarian children. The structure of the human body and healthy living. Using energy. Phases of the child's physical development. Early childhood as a critical period of the life course. The factors affecting early childhood health. Prevention and Early Intervention, The role of nutrition in the holistic development children. Food sensitivity. Food additives. Obesity. Health inequalities and children's nutrition.

Promoting positive attitudes towards food in early years settings. Epidemic and Infectious Diseases. The nursery environment and hygiene.

We review the system of data storage and the use of administration systems through some specific examples.

During the course we touch upon the concept of sustainable development as a principle of system organization: the comprehensive and restorative harmonization of the satisfaction of the needs of present and future generations. We deal with questions like how to synchronize the sustainability of the environment with economic development, with social equality and justice. In addition, we deal with

questions pertaining to environmental, accident, work and consumer protection.

Required and recommended literature:

- Deborah Albon-Penny Mukherj: Food and Health in Early Childhood: Holistic Approach SAGE 2008. ISBN 978-1-4129-4721-3
- Angela Underdown: Young Children's Health and Well-being. Open University Press Maidenhead New York 2007. ISBN-10 0 335 21906 3
- Emma Croghan: Promoting Health in schools. A practical guide for teachers and school nurses working with children aged 3 to 11. SAGA 2007. ISBN 978-1-4129-21374
- Egészségfejlesztés Szerk.: Barabás Katalin Medicina 2006 ISBN 963 226 034 0

Required competencies and competency elements that this subject contributes to and helps to develop

○ **Knowledge**

- Students possess the expert knowledge and teaching methodology which help to develop the health and personality of children aged 3-7 in a harmonious and complex way.
- Know the basic documents of preschool education and show awareness of the general aims and responsibilities of preschool education as well as the content of the different activity forms, and the connections between all these.
- Are aware of the basic principles and practical aspects of health improvement and sustainable development relating to environmental and consumer protection, and work and safety standards in the workplace.

○ **Capabilities**

- Adapt their pedagogical, psychological, sociological and methodological expertise as well as a holistic approach to preschool education with consideration to the characteristics of the child and the child's age group.
- Can support the harmonious personality development of children aged 3-7, and the shaping of their physical, social, and mental skills age-specifically.
- Know and understand the professional, ethical, and legal documents regulating preschool education, and can apply the relevant passages in their everyday work.
- Can apply their theoretical knowledge in the field of environmental and consumer protection, and work and safety standards in the workplace.

○ **Attitude**

- Show commitment to developing strategies, methods and activities promoting the organization and expansion of the experience and knowledge of children aged 3-7, and to creating an environment promoting the success of English language communication in educational activities while inspiring, confirming the development of the child's personality.
- Show commitment to the complete health development of children aged 3-7.
- Takes a responsible and proactive role in the implementation of the theory and practice of health improvement and sustainable development in the interests of their profession and community

d)Autonomy and Responsibility

- Take responsibility for the personality development of children aged 3-7 in a harmonious and complex way, and for all the staff and equipment arrangements necessary to enhance healthy mental and physical development.
- Take responsibility for their decisions and the consequences of their pedagogical activity during the educational process.
- Can take responsibility for their views regarding health improvement and the principles of sustainable development in their special field; can apply their knowledge of environmental and consumer protection, and work and safety standards in the workplace competently and responsibly.

Responsible for course: Both Mária college professor, PhD

Other teacher involved in course: Palkóné dr. Tabi Katalin, PhD, college associate professor