

Teaching Guide of the subject

Year 2026-2027

HEALTH EDUCATION

Code: 106109

ECTS credits: 3

Qualification	Types	Course	Semester
2500891 Nursing	OB	2	Annual

Contact	Use of languages
Responsible: Soriano Colomé, Marta msorianodocencia@gmail.com Teaching staff: Soriano Colomé, Marta msorianodocencia@gmail.com Santesmases Masana, Rosalía rsantesmases@santpau.cat	Group 1 : Catalan

Prerequisites

There are no official prerequisites, but it is recommended to have achieved the knowledge of the subject of Public Health.

Contextualisation and objectives

This subject is part of the Nursing Sciences training module, subject Basics of Nursing. The main purpose of this subject is to enable students to promote health and enhance self-care through a health education project, at an individual, group or community level.

Learning objectives of the subject

1. To identify the concept and objectives of Health Education as a tool for Health Promotion and Prevention.
2. Differentiate the different fields of action of the nurse as a health educator.
3. Integrate the concept of health literacy and its constituent dimensions.
4. Apply strategies to improve health literacy through oral communication techniques and writing.
5. Recognize the main characteristics of group education.
6. Design health education projects by selecting the relevant methodology according to each situation/problem that arises and the effectiveness demonstrated.

- Integrate citizen participation and community action strategies into health education programmes to promote the empowerment and active involvement of the population.

Learning outcomes

Learning Outcomes of the DEGREE (RAT)	LEARNING OUTCOMES OF THE SUBJECT (RAM)
CT07. Use health promotion and education strategies in health and social care settings that foster self-care and preventive and therapeutic behaviours, promoting community well-being and minimising suffering, risks, and disabilities.	CM09. Use community participation strategies to promote the health of individuals, families, or the community (CT07). CM10. Carry out health promotion and education activities with individuals, families, and the community (CT07).

Contents

MODULE 1. FUNDAMENTALS OF HEALTH EDUCATION

- Concept and objectives of Health Education.
- Educational dimension of the nursing professional. Fields of action.
- Health literacy: functional, critical and communicative dimension.
- Oral and written communication techniques in health education.
- Characteristics of group education.

MODULE 2. DEVELOPMENT OF HEALTH EDUCATION PROJECTS

- Analysis of educational needs: analysis of the group and analysis of the context.
- Definition of learning objectives.
- Design of the project. Organisation of contents.
- Selection of educational strategies and methods: Direct and indirect methods.
- Project evaluation: Process and result indicators.

Methodology

A student-centered methodology is applied that is active in their learning process.

The teaching staff will propose different teaching-learning activities, considering the combination of various methodologies: theoretical, tutorials and individual activities.

Directed activity:

The subject has a single theory group. All sessions include different types of activities to promote dynamism.

The subject includes:

1. Activities aimed at achieving key theoretical concepts and foundations: lectures and reading of articles of interest.
2. Activities aimed at critical reflection: critical readings of articles and searches for information.
3. Activities aimed at the integration and practical application of concepts: group dynamics, presentations and various exercises.
4. Elaboration of a final integrative project.

Teaching is face-to-face and class attendance is not compulsory. It is advisable to participate and attend the sessions regularly, as well as to be constant in the monitoring of the continuous assessment system in order to achieve the learning outcomes of the subject.

Supervised activity:

Students must carry out various activities between sessions aimed at developing autonomous learning strategies.

Tutored group work is carried out in small groups of 5-7 students. A tutored follow-up of the working group of the final integrative project is carried out.

Training activities¹

Activity	Hours	ECTS	Learning Outcomes
Type: Directed			
. Theory (TE):	23	0,92	CM09 CM10
Type: Supervised			
. Tutorials:	1	0,04	CM09 CM10
Type: Autonomous			
. Reading articles/reports of interest. . Personal study. . Bibliographic queries and documents. . Preparation of works.	45	1,8	CM09 CM10

Evaluation

¹ The teaching staff will allocate approximately 15 minutes once the subject is finished to allow their students to answer the assessment surveys on teaching performance and subject.

To pass the subject, students have only one call per academic year.
 Academic progression and passing the subject is assessed by:

Continuous assessment

The final grade of the subject is obtained from the arithmetic average of the grades obtained in the sum of the following sections:

- **Objective multiple-choice written test (global at the end of the subject) (50%).**
- **Group written work at the end of the subject (40%).**
- **Oral defense of group work in the classroom (10%).**

To be able to make an average, a grade equal to or greater than 5 out of 10 must be obtained in each of the tests (test, work and defense).

Feedback on the results of the evaluation tests will be made through the classroom and tutorials if necessary.

The evaluation rubric of the group work is available in the virtual classroom.

Qualification

- 0 to 4.9: Suspense
- 5.0 to 6.9: Passed
- 7,0 a 8,9: Notable
- 9.0 to 10: Excellent (in the event that the student has obtained a grade equal to or higher than 9, he/she may opt, at the discretion of the teacher, for an honors degree).

Single assessment

1. In this subject there is no task programmed to be done in a group
2. The date of the single test will coincide with the date of the last continuous assessment test that appears in the daily programme and in the calendar of training and assessment activities.
3. The single assessment will consist of:
 - Test 1 which will consist of **an overall written test** at the end and weights 60%.
 - Test 2 which will consist of **Delivery of a group work** at the end of the subject and weights 30%.
 - Test 3 which will consist of **Oral defense** in the classroom and weights 10 %.

To be able to make an average, a grade equal to or greater than 5 out of 10 must be obtained in each of the tests (test, work and defense).

Recovery activity

1. A single date is determined for the recovery activity for all students, whether or not they are subject to

single assessment.

2. A recovery activity is proposed to students who have been previously evaluated by a set of activities whose minimum weight is equivalent to 2/3 of the total grade of the subject and who have obtained a final grade of less than 5 and greater than 3.5.
3. This test will consist of an evaluation activity of the test(s) not passed.
4. The recovery tests will be determined by the teaching staff.
5. The teacher may exclude from the recovery process those activities that, due to their nature, he/she considers that they are not recoverable.
6. In the event that the student passes the retake test corresponding to the failed part, the maximum grade of this will be a 5.
7. The retake grade will replace the grade originally obtained and the final weighted grade will be recalculated.
8. Once the subject has been passed, it cannot be subject to a new evaluation.

No evaluable

It is considered that the subject will not be assessable when one of these circumstances is met:

1. Not having delivered any of the continuous assessment activities provided for in the teaching guide.
2. Not having attended any of the practical or compulsory sessions, when these are necessary to assess learning outcomes and as indicated in the teaching guide.
3. Not having taken the final test (exam, written or oral test, work defense, etc.), if This represents an essential percentage of the grade.
4. Not having completed the minimum required participation in training activities (for example, seminars, presentations, forums, etc.), when these are part of the evaluation.
5. Not having submitted the final project or compulsory project, if this constitutes a central evidence of learning of the subject.

Exam Review

Once the final grade has been published, the student can request the revision of the exam within the period determined by the "exam review". Review requests will not be accepted on dates outside the established limit.

Procedure in case of copying / plagiarism

1. Copying **or plagiarism** in any type of evaluation activity constitutes a crime, and will be penalized with a 0 as a grade for the subject, losing the possibility of recovering it, whether it is an individual or group work (in this case, all members of the group will have a 0).
2. If, during the completion of an individual assignment in class, the teacher considers that a student is

trying to copy or is discovered some type of document or device not authorized by the teacher, the same will be graded with a 0, without the option of recovery, and therefore, the subject will be suspended.

3. A work, activity or exam will be considered to be "copied" when it reproduces all or a significant part of the work of oneself, another classmate.
4. A work or activity will be considered "plagiarized" when a part of a text by an author is presented as one's own without citing the sources, regardless of whether the original sources are in paper or digital format.

The use of Artificial Intelligence (AI) technologies

The use of Artificial Intelligence (AI) technologies is regulated according to the type of work to be carried out:

1. In the event that the work aims at personal reflection and meaningful learning by the student, **the use of AI technologies is prohibited** in any of its phases of completion.
Any work that includes AI-generated fragments (e.g. abstracts, translations, text writing or image creation) will be considered a lack of academic honesty and may lead to a partial or total penalty in the grade of the activity, as well as greater penalties in cases of seriousness.
2. In other works, **the restricted use of AI technologies is allowed** exclusively in those support tasks, such as bibliographic or information searches, proofreading, translations, and other specific situations that are indicated. In these cases, the student will have to clearly identify which parts have been generated with this technology, specify the tools used and include a critical reflection on how they have influenced the process and the final result of the activity. The non-transparency of the use of AI in this assessable activity will be considered a lack of academic honesty and may lead to a partial or total penalty in the grade of the activity, as well as greater sanctions in cases of severity.

In any case, in the description of each assignment, the teacher in charge will clearly indicate **whether the prohibited or restricted use of AI applies**.

Aspects of evaluation related to values and attitudes

1. The teacher may reduce the grade of the subject by between 1 and 2 points when the student repeatedly does not respect the indications of behavior in the classroom and/or disturbs the normal functioning of the same.
2. "No lack of respect for classmates or teachers will be tolerated. Homophobic, sexist or racist attitudes will also not be tolerated. Any student in whom any of the attitudes described above are detected will be classified as having failed the subject."

Formal aspects of written work

In all activities (individual and group) linguistic correction, writing and formal presentation aspects will be taken into account. It is recommended that before submitting evidence of learning, it is necessary to check that the sources, textual citations and bibliographic references have been written correctly following the regulations of Presentation of works, text recommended by EUI-Sant Pau.

Other considerations

1. All the evaluation tests will be published in the daily program and in the calendar of training and evaluation activities.
2. The date of the single test will coincide with the date of the last continuous assessment test.
3. Students who repeat the subject may request at the beginning of the course to carry out only one final synthesis assessment (article 117, page 46 of the Academic Regulations of the Universitat Autònoma de Barcelona (Approved by agreement of the Governing Council of 7 July 2022, and modified by agreement of the Governing Council of 1 February 2023).

Students in second or more enrolment who have taken all the assessment tests in the previous year may opt to be assessed with a single synthesis assessment activity. This activity will consist of an exam at the end of the subject coinciding with the written exam of the subject. Students in second or more enrolment who wish to opt for the final exam must notify the teaching staff responsible for the subject in writing two weeks before the published date.

Evaluation activities

Activity	Weight	Hours	ECTS	Learning Outcomes
Objective written test type test	50%	1,5	0,06	CM09 CM10
Work: - Group written work at the end of the subject. - Oral defense of group work in the classroom.	40% 10%	4	0,16	CM09 CM10

Bibliography

Books:

HEALTH EDUCATION METHODS

Author: Loreto Maciá Soler, Ana María Palmar Santos

Edition: 2nd Edition Elsevier 2023

ISBN: 978-84-9022-449-6

HEALTH EDUCATION: TECHNIQUES FOR WORKING WITH SMALL GROUPS (3rd Ed.).

Author: Sáez S, Marqués F

Edition: 3rd Edition. Millennium 2015

ISBN: 9788497431774

Webgraphy:

- Actions and programmes that promote healthy habits, emotional well-being and the socialisation and prevention of risky behaviours in children and young people. Department of Education. Government of Catalonia: <https://educacio.gencat.cat/ca/arees-actuacio/centres-serveis-educatius/centres/salut-escola/index.html>
- School and Community Health Plan. XTEC - Educational Telematic Network of Catalonia. Generalitat de Catalunya: <https://xtec.gencat.cat/ca/comunitat/salutescola/psec/>
- XTEC Health and School Program - Educational Telematic Network of Catalonia. Government of Catalonia: <https://xtec.gencat.cat/ca/comunitat/salutescola/programasalutescola/>
- Virtual nurse. Official College of Nurses of Barcelona. <https://www.infermeravirtual.com/esp>
- Network of Health Schools. Ministry of Health. Government of Spain <https://www.redescuelassalud.es/ca/>

To the program

- Moodle