Course Specifications
Valid as from the academic year 2015-2016

The School Child: Growing up Healthy (D001238)

Course

Credits 6.0
Study time 170 h
Contact hrs 75.0 h

Course offerings and teaching methods in academic year 2019-2020

A (year) Dutch lecture 10.0 h

Lecturers in academic year 2019-2020

De Schepper, Jean GE35 lecturer-in-charge
Celie, Bert GE37 co-lecturer
Cools, Martine GE35 co-lecturer
De Henauw, Stefaan GE39 co-lecturer
Martens, Luc GE36 co-lecturer
Van Winckel, Myriam GE35 co-lecturer

Offered in the following programmes in 2019-2020

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<th>Credits</th>
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Teaching languages

Dutch

Keywords

the schoolchild, healthy nutrition, growth, physical activity and sport

Position of the course

This course deals with the most relevant themes on health, growth and development of the age group 3-12. The course aims at gaining scientific knowledge on these subjects, as well as getting knowledge about and being able to apply detection methods, analysis and counselling.

Contents

The following subjects are dealt with in this thematic training programme:
- healthy food for schoolchildren
- obesity prevention for young children
- mouth examination and common deviations in schoolchildren
- deviations in growth
- statistical deviation and physical condition and physical activity in relation to the health and psycho-social development of the schoolchild
- screening of behaviour and emotional problems
- clinical and neurological examination and neuromotor examination of the schoolchild
- deviations in the schooler’s psychomotor development
- developmental coordination disorder
- comorbidity with neuromotor and psychomotor disorders.

This programme provides, according to the age group and the treated themes, the following specific skill training in separate practical sessions.
- Overweight and obesity detection in children and treatment
- Vision and hearing examination for schoolchildren

The skill training is an integral part of the educational course of age related training units. The specific needed skills are defined according to the age group and themes. Separate seminars provide in the practical skill training.

Initial competences

The end terms of the course ‘From Healthcare to Youth healthcare’ are the begin terms for this course

Final competences

(Approved)
1 At the end of this training module the student has knowledge of and insight into the most relevant themes concerning health, growth and development of the age group 3-12.
2 The objective is to gain scientific knowledge on these subjects, as well as to get acquainted with the methods for detection, analysis and counselling and being able to apply them.

Conditions for credit contract
Access to this course unit via a credit contract is determined after successful competences assessment

Conditions for exam contract
This course unit cannot be taken via an exam contract

Teaching methods
Lecture

Extra information on the teaching methods
The learning activities consist of:
• independent processing of scientific information provided via reading tasks (self-reliant study)
• participation in interactive classes which deepen the scientific knowledge – complementary to the independent study
• contribution from personal practice experience in group discussions (intervision and group discussion);
• practice of skills (sessions)

Learning materials and price
A syllabus with course texts, scientific articles and a printed version of the PowerPoint presentations is available. Most of the documents are also available in a digital version. The syllabus with course texts, scientific articles and a printed version of the PowerPoint presentations of the thematic training of this programme is considered to be learning material that prepare for the skill training in which further learning material will be provided.

References

Course content-related study coaching

Evaluation methods
end-of-term evaluation

Examination methods in case of periodic evaluation during the first examination period
Written examination with open questions, open book examination

Examination methods in case of periodic evaluation during the second examination period
Written examination with open questions, open book examination

Examination methods in case of permanent evaluation

Possibilities of retake in case of permanent evaluation
not applicable

Extra information on the examination methods
The assessment is based upon the written answers to open questions stating different cases and/or issues related to the discussed themes. The student can use the learning material during the examination.

Calculation of the examination mark

(Approved) 2