

# Postgraduate Certificate

## How to Promote Healthy Habits at School





## Postgraduate Certificate

### How to Promote Healthy Habits at School

- » Modality: online
- » Duration: 12 weeks
- » Certificate: TECH Technological University
- » Accreditation: 11 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/nursing/postgraduate-certificate/how-promote-healthy-habits-school](http://www.techtute.com/us/nursing/postgraduate-certificate/how-promote-healthy-habits-school)

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# 01

# Introduction

A school nurse is an important figure in an educational center. The school emerges as the most appropriate place for nursing interventions aimed at achieving the child's compliance with healthy behaviors. Programs such as this one which are aimed at updating the knowledge of professionals, are key in training nurses who will carry out their work in the school center and to help them develop professionally.





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*The school center is the perfect place to reinforce children's health, because in a practical and contextualized way, healthcare professionals are capable of increasing the effectiveness of their interventions in order to achieve health education and promote health among children”*

The stages of childhood and adolescence are vulnerable, since this is when individuals are in the process of developing habits that will allow them to develop their own concept of themselves as a person and a citizen. School health programs developed by school nurses can help students in this regard through education on healthy lifestyles, actions for the care and protection of children and adolescents, and mechanisms for the construction of a true culture of health.

This course on How to Promote Healthy Habits at School aims to highlight the importance of health education as a preventive and promotional tool in changing behaviors related to the adoption of healthy eating, hygiene and ergonomic habits. It also focuses on how the development of nutritional programs and the joint work of the school nurse with the entire educational community can modify unhealthy behaviors and achieve healthy lifestyles in students. This course facilitates the incorporation of those who are starting out in this type of intervention and support training in health education.

This **Postgraduate Certificate in How to Promote Healthy Habits at School** contains the most complete and up-to-date scientific program on the market. The most important features of the program include:

- ♦ The graphic, schematic and eminently practical contents of the course are designed to provide all the essential specialist information required for professional practice.
- ♦ It contains exercises where the self-assessment process can be carried out to improve learning
- ♦ Latest trends in health education and the educational process in the child.
- ♦ All of this will be complemented by theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments.
- ♦ Content that is accessible from any fixed or portable device with an Internet connection.



*Expand your knowledge through the Postgraduate Certificate in How to Promote Healthy Habits at School, in a practical way and adapted to your needs”*

“

*This Postgraduate Certificate may be the best investment you can make when choosing a refresher program for two reasons: in addition to updating your knowledge in How to Promote Healthy Habits at School, you will obtain a Postgraduate Certificate qualification from TECH Technological University”*

Its teaching staff includes renowned specialists in the field of School Nursing who bring the experience of their work to this training.

The multimedia content developed with the latest educational technology will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive training program to train in real situations.

The design of the program is based on Problem-Based Learning, by means of which the nursing professional must try to solve the different professional practice situations that arise throughout the course. For this reason, you will be assisted by an innovative, interactive video system created by renowned and experienced experts in the field of School Nursing with extensive teaching experience.

*Incorporate the latest trends in school health and learn new strategies to promote healthy habits in children*

*You will be able to complete the course 100% online, adapting it to your needs and allowing you to study while you carry out your full-time healthcare work*



# 02 Objectives

This course is aimed at effectively updating the knowledge of school nurses, in order to develop health education sessions and healthy habits in the school in a way that ensures quality and safety in its implementation and the child's learning.





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*This refresher program will generate a sense of security when practising nursing, which will help you grow both personally and professionally”*



## General Objective

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- ◆ Update the nursing professional's knowledge on strategies to use health education at school as a preventive and promotional tool to change behaviors related to the adoption of healthy eating, hygienic and ergonomic habits in children.



## Specific Objectives

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- ◆ Define the basic principles of School Nursing and its functions in the European Union
- ◆ Understand and analyze different conceptions of Education, Health Education (HPE) and Health Promotion (HP)
- ◆ Recognize various personal and sociocultural factors related to health behaviors
- ◆ Describe work methodologies that favor the achievement of objectives in relation to health depending on the characteristics of the target group
- ◆ Review and update techniques, strategies, programs, multimedia resources and tools related to health education and promotion in schools
- ◆ Acquire the necessary skills and abilities to develop educational and health promotion interventions at school and in the community
- ◆ Review health controls and examinations that allow early detection of diseases and health problems related to poor dietary, hygienic and ergonomic habits
- ◆ Identify those aspects of risk that may affect the health of schoolchildren and draw up action plans
- ◆ Design a training plan according to training needs and detection of previous level of knowledge



- ◆ Explain basic hygiene concepts and devise strategies for action in the entire school community
- ◆ Develop a smooth and effective communication plan with parents as well as with teachers

*Make the most of the opportunity and take the step to get up to date on the latest developments in How to Promote Healthy Habits at School*



03

# Course Management

This course's materials have been designed by a team of renowned professionals in the field of School Nursing. Additionally, other recognized specialists participate in its design and preparation, which means that the program is developed in an interdisciplinary manner.





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*Learn about the latest advances in School Nursing  
from leading professionals”*

Management



**Ortiz Vela, María del Mar**

- Diploma in Nursing
- School Nurse at Virgen de La Luz College, Elche. Alicante, Spain
- Member of the scientific Spanish Society of School Nursing
- Technician - Promotion of Health
- Master's Degree in Nursing Sciences
- Specialist Diploma in Health Education
- Specialist Diploma in Addiction Prevention and Drug Addictions

## Professors

### **Antona Rodríguez, Alfonso**

- ◆ Diploma in Nursing
- ◆ Degree in Social and Cultural Anthropology
- ◆ Master's Degree in Human Sexuality
- ◆ Technical advisor to the General Directorate of Public Health of the Madrid City Council
- ◆ Head of International Projects and Development Cooperation in the Madrid City Council

### **Dr. Barberán Valero, Sebastián**

- ◆ Degree in Medicine and Surgery
- ◆ Pediatrician.
- ◆ Pediatrician at Alzira Health Center Valencia, Spain
- ◆ Coordinator of the Journal of the Spanish Society of Pediatric Emergency Medicine
- ◆ GERCPN Regional Representative
- ◆ Secretary of the IVP

### **Carmona Moreno, Alicia**

- ◆ Diploma in Nursing
- ◆ School Nurse at the Mas Camarena Educational Complex in Bétera (Valencia)
- ◆ Professional Master's Degree in School Nursing from the University of Barcelona
- ◆ Master's Degree in university School Health at the Catholic University of Valencia.
- ◆ Provincial coordinator of the ENSE group in Valencia, Spain
- ◆ Member of the Spanish Society of School Nursing (SCE3)
- ◆ Certificate of Pedagogical Aptitude

### **Cascales, María Luisa**

- ◆ Graduate in Nursing.
- ◆ Specialist in Family and Community Nursing
- ◆ Tutor of Residents of the Family and Community Nursing specialty
- ◆ Teacher of the EIR preparation course
- ◆ Participation in health education programs in primary care

### **Ferrer Calvo, María Aranzazu**

- ◆ Diploma in Nursing
- ◆ School nurse at Highlands El Encinar school in Madrid
- ◆ Primary School Teacher Degree with a major in English at the International University of La Rioja
- ◆ Postgraduate Diploma in School Nursing from San Pablo CEU University and Aula Salud
- ◆ Basic Life Support provider course for health professionals within the SEMES-AHA Cardiovascular Care program
- ◆ "International Trauma Life Support" Advanced Provider course given at the Madrid Medical Association
- ◆ Postgraduate courses given by FUDEN on Nursing in Primary and Specialized Care, in Medical-Surgical Nursing and Maternal-Child Nursing
- ◆ Official Certificate of Advanced English C1 (Cambridge University), FIDESCU Teacher Training Course for Teachers of Spanish as a Foreign Language

### **Juárez Granados, Federico**

- ◆ Diploma in Nursing
- ◆ Master's Degree in Nursing Sciences, University of Alicante, Spain
- ◆ Diploma of Advanced Studies Doctorate Program "Practice and Education". University of Alicante
- ◆ Postgraduate Diploma in Education and Promotion of Health
- ◆ Specialist Diploma in Drug Addiction Prevention
- ◆ Postgraduate Diploma in Implementation of E-learning Projects
- ◆ Specialist Diploma in Nursing Services Management
- ◆ Author of the book "Educating in the classroom" Health Education Notebooks. Eneida Editions ISBN: 84-95427- 43- 5
- ◆ Co-author of the book "Educación para la Salud a través del juego y del juguete." ("Health Education Through Games and Toys") Crecer Jugando Foundation ISBN: 84-607- 1796- 8
- ◆ Director of the Health Education manuals collection. Association of Health and Education Nursing ISBN Collection 84-932613-0-0
- ◆ Author of the educational game "The Health Pyramid" (1997), which gave rise to the "Health Olympics of Elche (Alicante)" (1999-2000, 2000-2001).
- ◆ Lecturer in more than 200 postgraduate courses related to School Nursing and Health Education organized by different universities in Spain, by Professional Nursing Associations and by the Valencian School of Health Studies

### **Dr. Manrique Martínez, Ignacio**

- ◆ Degree in Medicine and Surgery
- ◆ Pediatrician.
- ◆ Director of the Valencian Paediatrics Institute (IVP)
- ◆ President of the Spanish Group of Pediatric and Neonatal CPR (GERCPPN).
- ◆ Director of the Advanced Pediatric Life Support (APLS) Course, by the American Academy of Pediatrics and the American College of Emergency Physicians
- ◆ Pediatric and neonatal CPR instructor by the Spanish Group of Pediatric and Neonatal CPR
- ◆ Director of Advanced Pediatric and Neonatal Cardiopulmonary Resuscitation Courses for the Spanish Group of Pediatric and Neonatal CPR

### **Marcos, Ángela**

- ◆ Diploma in Nursing
- ◆ School Nurse at Virgen de La Luz College, Elche. Alicante, Spain
- ◆ Master's Degree in School Nursing
- ◆ Higher Technician in Dietetics and Nutrition
- ◆ Volunteer at APSA ("Asociación Pro Discapacitados Psíquicos de Alicante")

### **Martín Peñalver, Ricardo**

- ◆ Diploma in Nursing
- ◆ Master's Degree in School Nursing
- ◆ Professor at CEU Cardenal Herrera University of Elche
- ◆ Secretary of the Valencian Association of Diabetes Educators
- ◆ Member of the College of Nursing of Alicante

### **Martínez González, María del Carmen**

- ◆ Degree in Psychology
- ◆ Master's Degree in Human Resources Management
- ◆ Professor and Coordinator of the Nursing Degree at CEU Cardenal Herrera University
- ◆ Associate Professor at University Miguel Hernández
- ◆ Training Consultant for the Valencian Health Agency
- ◆ Human Resources Consultant
- ◆ Gender-based Violence Prevention Program Coordinator
- ◆ Research related to the study of the influence of psychosocial variables on the health of individuals



#### **Mora Rivero, Jorge**

- ◆ Diploma in Nursing
- ◆ Master's Degree in Nursing Sciences, University of Alicante, Spain.
- ◆ Emergency Department Nurse in Elche University General Hospital Alicante, Spain
- ◆ University tutor for clinical training
- ◆ Professional teaching experience in University Masters and Postgraduate Courses
- ◆ Postgraduate Diploma in Primary Care Emergencies
- ◆ Degree in Emergency Medical Transportation (SAMU)

#### **Mascarell Torres, Natalia**

- ◆ Diploma in Nursing
- ◆ Nurse in Intellectually Handicapped Residence
- ◆ Master's Degree in Nursing Sciences, University of Alicante, Spain
- ◆ Master's Degree in School Nursing from the University of Barcelona.
- ◆ Communication Training Expert
- ◆ School Nurse in Primary Education Centers
- ◆ Participation in health education projects in Primary, Secondary and Special Education Centers
- ◆ Member of the Alicante ENSE Working Group,
- ◆ Tutor-Collaborator in practical teaching of students of the Diploma in Nursing

#### **Navarro Martínez, Olga**

- ◆ Diploma in Nursing
- ◆ Master's Degree in School Nursing from the University of Barcelona
- ◆ Master's Degree in university School Health at the Catholic University of Valencia.
- ◆ E-learning project management in AulaSalud
- ◆ Postgraduate degree in innovation and creative use of ICTs
- ◆ UOC Open Minds Social Learning Award 2012

**Dr. Neipp López, María del Carmen**

- ◆ Degree in Psychology
- ◆ European Doctorate in Psychology from the Miguel Hernández University of Elche
- ◆ PhD Professor in the area of Social Psychology, Department of Health Psychology, Miguel Hernández University of Elche.
- ◆ Alicante, Spain
- ◆ Research mainly related to the field of health, focusing on the study of psychosocial variables (control beliefs, coping strategies, etc.) and their influence on the well-being of individuals
- ◆ Director of the Communication and Health research group at the Miguel Hernández
- ◆ University of Elche
- ◆ Publications in numerous journals in both the national and international field

**Pérez Losa, Rosa**

- ◆ Diploma in Nursing
- ◆ Degree in Anthropology.
- ◆ Master's Degree in Health Education
- ◆ Editor and creator of Health Education audiovisual content at <http://www.elblogderosa.es>

**Sáez Cárdenas, Salvador**

- ◆ Diploma in Nursing
- ◆ Degree in Pedagogy
- ◆ Master's Degree in Promotion and Education of Health
- ◆ Master in Group Management
- ◆ Associate Professor in the Nursing Department at the University of Lleida



**Dr. Sendra Más, Juan Amaro**

- ◆ Degree in Medicine and Surgery
- ◆ Doctor specializing in Family and Community Medicine
- ◆ Doctor in the Emergency Medical Care Services (SAMU)
- ◆ Accredited Professor for the Spanish Society of Emergencies

**Trescastro López, Silvia**

- ◆ Diploma in Nursing
- ◆ Emergency Nurse at the General University Hospital of Alicante,
- ◆ Member of Alicante ENSE Working Group Member of the Spanish Society of School Nursing (SCE3)
- ◆ Master's Degree in School Nursing from the University of Barcelona
- ◆ Master's Degree in School Health at the Catholic University of Valencia.
- ◆ University Specialist in Health Education
- ◆ Certificate of pedagogical aptitude to teach
- ◆ Experience in School Nursing projects in Primary and Secondary Schools

**Vicente Ortiz, Anna**

- ◆ Diploma in Nursing.
- ◆ Master's Degree in School Nursing from the University of Barcelona
- ◆ Master's Degree in School Health at the Catholic University of Valencia.
- ◆ School nurse at the Miguel de Cervantes Special Education School in Elda.  
Communications in scientific journals on School Nursing.

04

# Structure and Content

The structure of the curriculum has been designed by a team of professionals knowledgeable about the implications of School Nursing training in professional practice within an educational center, aware of the current relevance of specialisation and committed to quality teaching through new educational technologies.





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*This Postgraduate Certificate in How to Promote Healthy Habits at School contains the most complete and up-to-date scientific program on the market”*

### Module 1. How to Promote Healthy Eating at School

- 1.1. Eating and Its Repercussion in School Health
- 1.2. Eating to Prevent Health Problems
- 1.3. The School Dinner Hall
- 1.4. Food Allergies and Intolerances
- 1.5. Eating Disorders

### Module 2. Hygiene and Ergonomics in the School Environment

- 2.1. Body Hygiene
- 2.2. Ergonomics Applied in the Classroom





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*A unique, key, and decisive training experience to boost your professional development”*



05

# Methodology

This training provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

This teaching system is used in the most prestigious medical schools in the world, and major publications such as the ***New England Journal of Medicine*** have considered it to be one of the most effective.



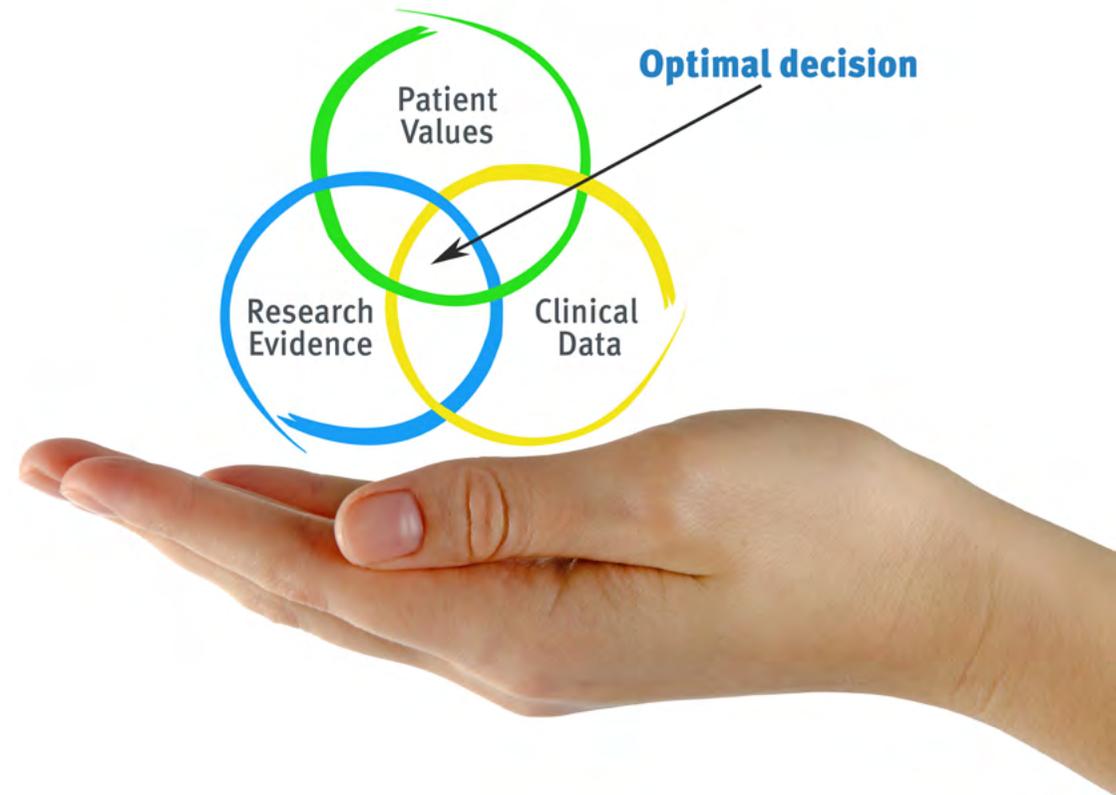
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*Discover Re-learning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH Nursing School we use the Case Method

In a given clinical situation, what would you do? Throughout the program, you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, resolve the situation. There is abundant scientific evidence on the effectiveness of the method. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology that is shaking the foundations of traditional universities around the world*



According to Dr. Gervas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, in an attempt to recreate the real conditions in professional nursing practice.

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*Did you know that this method was developed in 1912 at Harvard for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Nurses who follow this method not only grasp concepts, but also develop their mental capacity by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the university program.



## Re-Learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

Our University is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which represent a real revolution with respect to simply studying and analyzing cases.



*The nurse will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning*

At the forefront of world teaching, the Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have trained more than 175,000 nurses with unprecedented success, in all specialties regardless of from the workload. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Re-learning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success*

In our program, learning is not a linear process, but rather a spiral (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



In this program you will have access to the best educational material, prepared with you in mind:



### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is really specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current nursing procedures and techniques. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



### Interactive Summaries

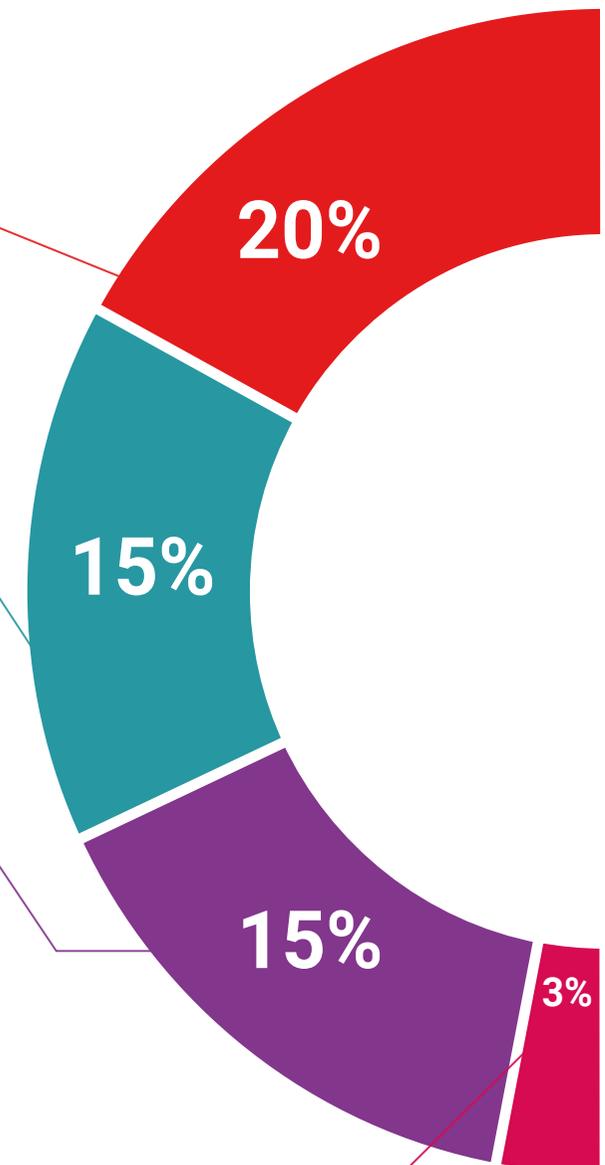
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

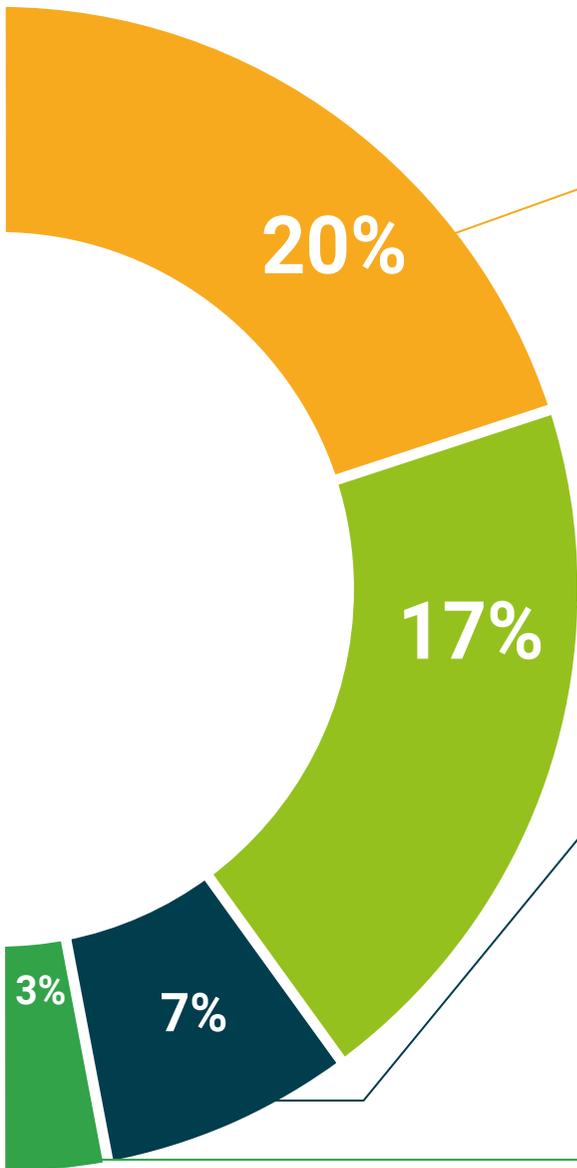
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



### Additional Reading

Recent articles, consensus documents, international guides. in our virtual library you will have access to everything you need to complete your training.





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Re-Testing**

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your goals.



**Classes**

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an expert strengthens knowledge and memory and generates confidence in our future difficult decisions.



**Quick Action Guides**

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



06

# Certificate

The **Postgraduate Certificate in How to Promote Healthy Habits at School** guarantees you, in addition to the most rigorous and updated specialization, access to a Postgraduate Certificate issued by **TECH Technological University**.





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*Successfully complete this training and receive your diploma without the hassle of travel or paperwork”*

This private qualification will allow you to obtain a **Postgraduate Certificate in How to Promote Healthy Habits at School** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in How to Promote Healthy Habits at School**

Modality: **online**

Duration: **12 weeks**

Accreditation: **11 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
classroom



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## How to Promote Healthy Habits at School

