



# Postgraduate Certificate

How to Promote Healthy Habits at School

» Modality: online

» Duration: 12 weeks

» Certificate: TECH Global University

» Accreditation: 11 ECTS

» Schedule: at your own pace

» Exams: online

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# tech 06 | Introduction

Childhood and adolescence are vulnerable stages, as individuals are in the process of forming habits that will help shape their identity as people and citizens. School health programs developed within educational institutions can support students in this regard by providing education on healthy lifestyles, actions for the care and protection of children and adolescents, and mechanisms for building a true culture of health.

This Postgraduate Certificate 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 collaborative work of psychologists with the entire educational community can modify unhealthy behaviors and promote healthy lifestyles among students, facilitating their entry into the workforce for those starting in this type of intervention and supporting training in health education.

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

- The graphic, schematic and practical contents of the course are designed to provide all the essential 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 children
- 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



Enhance your professional skills with the Postgraduate Certificate in How to Promote Healthy Habits at School"



This Postgraduate Certificate could be the best investment you make when selecting a professional development program for two reasons: in addition to updating your knowledge on how to promote healthy habits in schools, you will earn a university certificate from the world's leading online educational institution, TECH Global University"

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

The faculty includes recognized specialists in health education, who bring their professional experience to this training.

Thanks to its multimedia content, developed with the latest educational technology, the course provides a situated and contextual learning environment. This means an immersive, simulated environment that offers training for real-life situations.

This program is designed around Problem-Based Learning, where the psychologist will be tasked with solving various practical situations 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.







# tech 10 | Objectives



### **General Objective**

• Update professionals on strategies for using health education in schools as a preventive and promotional tool to change behaviors related to the adoption of healthy eating, hygiene, and ergonomic habits in children

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.





### **Specific Objectives**

- Understand and analyze various conceptions of Education, Health Education (HE), and Health Promotion (HP)
- Identify the various personal and sociocultural factors related to health behaviors
- Describe methodologies that facilitate achieving health-related objectives depending on the characteristics of the target group
- Review and update techniques, strategies, programs, multimedia resources, and instruments related to health education and promotion in schools
- Provide the necessary skills and competencies to develop educational and health promotion interventions in schools and communities
- Review health controls and examinations that allow early detection of diseases and health problems related to poor dietary, hygienic and ergonomic habits
- Identify risk factors that may affect students' health and develop action plans
- Design a training plan based on the needs for capacity building and the assessment of prior knowledge
- Develop intervention strategies for the entire school community
- Create an effective communication plan with parents and teachers







# tech 14 | Structure and Content

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

- 1.1. Nutrition and Its Impact on School Health
- 1.2. Nutrition for the Prevention of Health Issues
- 1.3. The School Cafeteria
- 1.4. Food Allergies and Intolerances
- 1.5. Eating Disorders

#### Module 2. School Hygiene and Ergonomics in the Educational Setting

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









A unique, essential and decisive learning experience to boost your professional development"





#### The student: the priority of all TECH programs

In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.







### Study Methodology | 19 tech

#### The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.



TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want"

# tech 20 | Study Methodology

#### Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



#### Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

Relearning 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.



# tech 22 | Study Methodology

#### A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule"

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

- 1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
- 2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
- 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 course.

### Study Methodology | 23 tech

#### The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.

You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.

# tech 24 | Study Methodology

As such, the best educational materials, thoroughly prepared, will be available in this program:



#### **Study Material**

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly 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.



#### **Practicing Skills and Abilities**

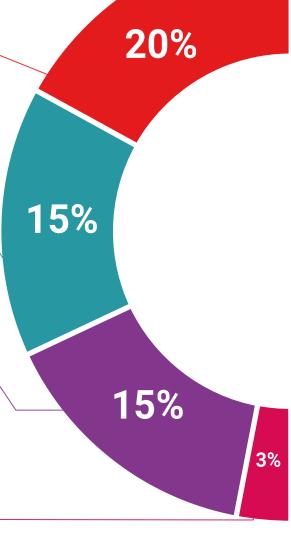
You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



#### **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 exclusive educational system for presenting multimedia content 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 education.

#### **Case Studies**

Students will complete a selection of the best case studies in the field. Cases that are presented, analyzed, and supervised by the best specialists in the world.



#### **Testing & Retesting**

We periodically assess and re-assess your knowledge throughout the program. We do this on 3 of the 4 levels of Miller's Pyramid.



#### Classes

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

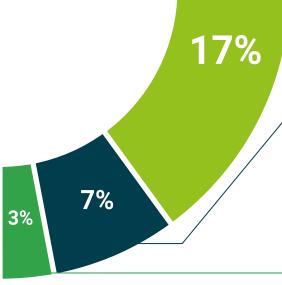


Learning from an expert strengthens knowledge and memory, and generates confidence for future difficult decisions.

#### **Quick Action Guides**

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical and effective way to help students progress in their learning.









# tech 28 | Diploma

This private qualification will allow you to obtain a diploma for the **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



Mr./Ms. \_\_\_\_\_, with identification document \_\_\_\_\_\_ has successfully passed and obtained the title of:

#### Postgraduate Certificate in How to Promote Healthy Habits at School

This is a private qualification of 330 hours of duration equivalent to 11 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024





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