# Hygiene and Health Education

## Prof. Elena Azzolini

***COURSE AIMS AND INTENDED LEARNING OUTCOMES***

The course aims to provide students with the basic knowledge of health risks for individuals and communities of different ages and life situations. Students will acquire new skills in terms of prevention in different situations, in particular with reference to sport activities.

At the end of the course, students will be able to:

* describe the concepts of health and disease
* identify and analyse the factors that impact health
* know the different principles and issues related to prevention and transmission of diseases
* understand issues such as the risk of infection at work
* adopt an epidemiological approach towards health/disease-related issues among the population
* promote and assess primary, secondary, and tertiary preventive measures, with a focus on multifactorial diseases, related to motion, and healthy lifestyles
* evaluate safety conditions of sport facilities, as well as their respect for hygiene requirements.

***COURSE CONTENT***

1. Basic concepts

– Hygiene, public healthcare, health and illness.

– The determinants of health.

– Prevention: definition, interventions and time frames.

– Infectious and multifactorial diseases: definitions and natural history.

2. The element of Risk in healthcare

– Definition of Risk.

– Risk factors and aetiological agents.

– Measures of Frequency and Risk.

– Descriptive, constructive and experimental epidemiology.

– Descriptive, constructive and experimental epidemiological studies.

– Indicators and status of health.

3. Health according to age

*From conception to the neonatal stage*

– Promotion of health in pregnancy.

*The first years of life*

– Psychophysical development.

– Vaccines.

*School-going age*

– Prevention in the school.

– Prevention of infectious diseases.

*At work and within society*

– Lifestyles: tobacco and alcohol addiction, juvenile discomfort.

– Infectious diseases and overseas travel.

– Pollution and its effects on health.

*In sporting activities*

– Accidents: descriptive epidemiology

– Health risks related to specific sports activities and their prevention.

– Sports fitness certification.

– Doping: doping substances and the fight against doping.

*Old-age*

– Conditions of health and prevention.

4. Health education

– The role of health education and its evolution.

– Health education and possible instruments of intervention.

* + Efficient interpersonal communication

5. Hygiene, environmental and safety prerequisites for sports installations and swimming pools

***READING LIST***

G. Brandi-G. Liguori-V. Romano Spica, *Igiene e Sanità Pubblica per Scienze Motorie,* Delfino Publishers, 2009.

W. Ricciardi et alii, *Igiene Medicina Preventiva Sanità Pubblica,* Idelson-Gnocchi Publishers, Naples, 2013.

C. Signorelli, *Igiene e Sanità Pubblica,* SEU, 2017.

Further material will be provided on Blackboard.

***TEACHING METHOD***

Frontal lectures. Some lectures will adopt a more interactive approach by inviting researchers and experts of different fields. Beside traditional academic material, students will also have the possibility to access further documents online on Blackboard.

***ASSESSMENT METHOD AND CRITERIA***

Written exam.

The assessment is based on: completeness of the subject, clarity of expression, relevant communication, basic knowledge of the subject, critical thinking, ability to link general issues to the detailed studies indicated in the reading list.

***NOTES AND PREREQUISITES***

There are no prerequisites for attending the course.

In case the current Covid-19 health emergency does not allow frontal teaching, remote teaching will be carried out following procedures that will be promptly notified to students.

Further information can be found on the lecturer's webpage at http://docenti.unicatt.it/web/searchByName.do?language=ENG, or on the Faculty notice board.