# Hygiene and Health Education

## Prof. Elena Azzolini

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

*Course goals*

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.

*Expected learning outcomes*

*Knowledge and understanding*

At the end of the course, the student will know:

- the concepts of health and disease, and the multiple social, psychological, and biological dimensions of health and disease;

- the environmental, social, cultural, and psychological factors that influence health;

- the principles and issues related to the prevention and direct and indirect transmission of diseases;

- the tools for the epidemiological approach to health problems in the population;

- the primary, secondary, and tertiary prevention measures;

- the concepts of health promotion;

- the safety conditions of sports facilities and their compliance with hygiene requirements.

*Ability to apply knowledge and understanding*

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

- describe the concepts of health and disease and appreciate how these two notions are closely interconnected;

- identify and analyze the factors that impact individual and collective health;

- distinguish and evaluate primary, secondary, and tertiary prevention measures;

- understand the principles and issues related to the prevention and transmission of diseases;

- analyze the different phases of the process of disease transmission and describe the tools and techniques used in disease prevention;

- understand the infectious risk issues in the workplace;

- adopt an epidemiological approach towards health/disease-related issues among the population

- use the acquired knowledge to develop effective interventions aimed at preventing the onset of diseases and promoting health;

- 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;

- apply the concepts of health promotion to promote the adoption of healthy lifestyles and correct behaviors.

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

5. Health education

– The role of health education and its evolution.

– Health education and possible instruments of intervention.

***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***

Lectures in the classroom with the support of slides and guided practical activities: individual and group; in the classroom and online. The lesson may sometimes be carried out in a seminar format with scholars or specialists of the various topics by using interactive teaching methods. The material available to the student will be optimized with the help of the Blackboard platform available on the University’s website.

***ASSESSMENT METHOD AND CRITERIA***

* *Evaluation methods*

The exam will be taken in written form. The student must be able to develop a paper regarding a topic covered during the course.

* *Evaluation criteria*

The elements that will be part of the evaluation of the project will be completeness, clarity, relevance, knowledge of the general lines of the subject, structured and coherent argumentation, appropriate use of specific terminology, critical thinking, ability to connect general issues to topics related to the in-depth analysis indicated in the bibliography, and communicative effectiveness.

***NOTES AND PREREQUISITES***

*Warnings*

The teaching material produced during the course and any material useful for exam preparation will be made available online.

More detailed indications on the recommended texts for the course, additional study material and bibliography will be provided by the teacher during lectures and on the Blackboard platform.

*Prerequisites*

The course is introductory and does not require prerequisites related to the content. However, intellectual interest and curiosity for the topics covered in the course are assumed.

*Reception times and places for students*

Professor Elena Azzolini will receive students at the end of the lessons by appointment to be agreed via email.

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.