

**COURSE DATA****Data Subject**

Code	33695
Name	Infancy, health and foodstuffs
Cycle	Grade
ECTS Credits	4.5
Academic year	2021 - 2022

Study (s)

Degree	Center	Acad. year	Period
1304 - Degree in Preschool Education	Faculty of Teacher Training	1	First term
1324 - Degree in Preschool Education (Ontinyent)	Faculty of Teacher Training	1	First term

Subject-matter

Degree	Subject-matter	Character
1304 - Degree in Preschool Education	6 - Infancy, health and diet	Basic Training
1324 - Degree in Preschool Education (Ontinyent)	6 - INFANCY, HEALTH AND DIET	Basic Training

Coordination

Name	Department
MARTINEZ COSTA, CECILIA	290 - Pediatrics, Obstetrics and Gynaecology
NUÑEZ GOMEZ, FRANCISCO	290 - Pediatrics, Obstetrics and Gynaecology

SUMMARY

This subject has as main objectives:

-To acquire basic knowledge about the biology of the child to distinguish the different pediatric age (infant, preschool, school children and adolescents).

-Know the habits of healthy living for children with special attention to nutrition and promoting physical exercise to prevent chronic nutritional diseases.



-Know the major childhood diseases, ways of prevention and care in schools.

PREVIOUS KNOWLEDGE

Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

Other requirements

Without any specific requirements.

OUTCOMES

1324 - Degree in Preschool Education (Ontinyent)

- Analyse, create and use educational materials and resources related to health and food.
- Create healthy environments at school that facilitate the adoption of health-promoting behaviours.
- Work with families to achieve harmonious child development and healthy behavioural patterns.
- Detect affective, hygienic, nutritional and welfare deficiencies that disrupt the proper physical and psychological development of students.
- Collaborate with specialists to treat health problems.
- Identify risk factors for the health of school children and seek solutions.
- Know the basic principles of healthy development and behaviour.
- Identify disorders in sleep, eating, psychomotor development, attention, and auditory and visual perception.

LEARNING OUTCOMES

The results of learning will be the consequence to get the goals exposed in the last item.

DESCRIPTION OF CONTENTS

1. Biologic development 0-6 years. Division of childhood. Development and conduct disorders.

It explains the child somatic growth and development of different pediatric age. Explains the criteria for establishing the pediatric age. It explains the major milestones of sensory and psychomotor development of children. Methods of early detection of sensory disturbances and behavior, especially at school.



2. Feeding and food security. Healthy dietary recommendations in infants, scholars and adolescents.

Include the role of nutrition in children and differences with the adult. It specifies the components of energy expenditure and daily caloric needs. Establishing healthy dietary recommendations at different ages.

3. The school canteen

Explains things to consider in developing a school menu, environmental conditions, hygiene, composition, etc. Specific calculations are performed.

4. Physical exercise and sport.

Explains the benefits of sport for children's health, the mechanisms of adaptation to exercise and nutritional needs and recommendations for water.

5. Prevention of the toxic habits

It covers the main toxic habits (alcohol, snuff and other drugs) during the school and adolescent clinical and social consequences and means of prevention.

6. Most common childhood diseases. Vaccination to prevent infectious diseases. Hygiene and home security.

They include:

Infections: Clinical manifestations and forms of presentation. Recognition of signs of severity and activity in schools. Hygiene and vaccination to prevent infectious diseases.

Accidents: Signs of serious illness and first aid in schools. Security tasks.

Poison bites and stings: Signs of serious illness and first aid in schools.

Diabetes. Asthma and other lung diseases. Celiac disease. Heart. Intestinal parasites. Epilepsy. Hematological and oncological diseases. Metabolic diseases phenylketonuria and other defects.

7. The nutritional disorders in childhood. School methodology to health promotion practice.

They include:

Obesity and comorbidities (hypertension, hypercholesterolemia, and liver disorders, orthopedic and psychological). Prevention.

Eating disorders. Prevention.

Malnutrition and specific nutritional deficiencies. Prevention of tooth decay. Prevention of osteoporosis.

**8. CP especially children with disabilities. Special forms of nutrition.**

Explains the main infantile encephalopathy (particularly cerebral palsy) and the nutritional risk. Care arise in the school of nutrition and psychomotor order.

9. Assistance in emergencies

It explains the basics of CPR and first aid, trauma and injuries, attention to seizure assistance to hypoglycemia in a diabetic child.

WORKLOAD

ACTIVITY	Hours	% To be attended
Theoretical and practical classes	45,00	100
Preparing lectures	67,00	0
TOTAL	112,00	

TEACHING METHODOLOGY

Lectures

Tutorials

Incorporating theoretical content updated in the virtual classroom (<http://aulavirtual.uv.es/>).

EVALUATION

The assessment will depend up to 90% of the exam and up to 10% of group work (this result only will be add when pass the exam)

a) Making written TEST, to ensure knowledge and understanding of the theoretical minimum content established for the subject. The exam will consist of 50 multiple choice questions, of which only 1 is valid. Wrong not discounted. 30 correct answers (equivalent to 5 points) will be required to pass the exam. This test accounts for 90% of the overall assessment. The 2nd call exam will consist of 10 short questions (approved = 5 points).



b) Preparation to work in groups, in relation to the contents of the syllabus of the course. It will mean 10% of the overall evaluation. This punctuation mark will be added exclusively when the test will be passed.

FINAL RESULT: EXAM CORRECTED BY 0.9 (ONLY WHEN PASS THE EXAM) + RESULT OF SEMINAR (MAXIMUM 1 point)

REFERENCES

Basic

- Cruz M. Manual de Pediatría. 3ª Ed. Barcelona: Ediciones Ergón, 2013. ISBN: 978-84-15351-57-3.

Additional

- 1. Ministerio:

<http://www.aesan.msssi.gob.es>

<http://aesan.msssi.gob.es/AESAN/web/nutricion/nutricion.shtml>

http://aesan.msssi.gob.es/AESAN/web/sobre_aesan/sobre_aecosan.shtml

<http://www.naos.aesan.msps.es/csym/piramide/>

- 2. Conselleria de Sanitat

http://biblioteca.sp.san.gva.es/biblioteca/publicaciones/MATERIAL/PUBLICACIONES/INFAN_MUJER/INFANTIL

<http://www.sp.san.gva.es/DgspPortal/docs/ComeSanoComeSeguro.html>

Comedores escolares:

http://www.perseo.aesan.msps.es/es/profesorado/secciones/comedores_escolares.shtml

ADDENDUM COVID-19

This addendum will only be activated if the health situation requires so and with the prior agreement of the Governing Council

English version is not available

- 1. Contenidos

No hay variación.

- 2. Volumen de trabajo y planificación temporal de la docencia

La presencialidad se limita al 50%



3. Metodología docente

Clases teóricas combinadas con metodología de aula inversa para evaluación continua y refuerzo de contenidos.

4. Evaluación

La evaluación dependerá hasta el 70% del examen, hasta el 20% de la evaluación continua y hasta el 10% de los trabajos de grupo.

a) El examen consistirá en una prueba de tipo test realizada a través del aula virtual. Constará de 50 preguntas de respuesta múltiple, de la que solo 1 es válida. Las erróneas no descuentan. El aprobado del examen se sitúa en 30 preguntas que corresponde a una puntuación de 5. En la segunda convocatoria, el examen constará de 30 preguntas tipos test. Se superará el examen con 18 preguntas acertadas que corresponden a 5 puntos.

b) La evaluación continua consistirá en 3 cuestionarios de preguntas de elección múltiple, sobre contenidos del tema que se explicará a continuación y sobre el cual los alumnos habrán recibido previamente la documentación necesaria para su preparación. Estos cuestionarios serán realizados de forma aleatoria a lo largo del curso académico.

c) Elaboración de trabajos en grupo en relación con los contenidos del temario de la asignatura.

NOTA FINAL: NOTA DEL EXAMEN CORREGIDA POR 0,7 (MÁXIMO 7 PUNTOS) + NOTA DE LA EVALUACIÓN CONTINUA (MÁXIMO 2 PUNTOS) + NOTA DEL TRABAJO (MÁXIMO 1)

Contenidos

No hay variación