

NAME	HEALTH AWARENESS IN DIFFERENT LIFE STAGES
Course volume ECVET	5
Assessment form	Non-distinctive
Methods of learning	independent work, group work, case analysis, oral presentation, lecture, film, Internet search
Approximate amount of contact lessons	
Lecturer	
Pre-requirements	basic education
Course aims (Learning outcomes of the course)	
Topics and subtopics	<p>1. Mental health and life cycle</p> <p>1.1 Health as state of wellbeing</p> <p>1.2 Relation between physical, mental, emotional and social health</p> <p>1.3 Mental health through different life stages: children and the youth, working population (men and women), the elderly</p> <p>1.4 Different sources on mental health</p> <p>2. Psychological defence and coping with stress</p> <p>2.1 Stress, distress and eustress</p> <p>2.2 Conflicts, emotions and coping strategies in different life stages</p> <p>2.3 Burn-out and occupational mental health</p> <p>2.4 Personality traits</p> <p>3. Nature of addictive behaviour</p> <p>3.1 Factors of addictive behaviour and their joint effect in the development of addiction, considering the life stages.</p> <p>3.2 Different national sources on addiction and possibilities for treatment and rehabilitation.</p> <p>4. Physical activity through life</p> <p>4.1 Exercise physiology in different life stages: posture, physical shape and how to assess it</p> <p>4.2. Testing different exercise options (walking, jogging, ball games, group sessions etc.) and selecting a suitable activity</p> <p>5. Composing a healthy menu</p> <p>5.1 Human metabolism and its specifics in different life stages</p> <p>5.2. Estonian recommendations on food and nutrition and other reliable sources</p> <p>5.3 Basics of composing family menu</p>
Learning outcomes	<p>1. Analyses the mental health factors in different stages of the life cycle, based on the mental health strategy.</p> <p>2. Understands the nature of stress in different life stages and the coping mechanisms.</p> <p>3. Understands the factors in different life stages that can lead to an addiction.</p> <p>4. Has the skills to be independently physically active and values active lifestyle through different stages of the life cycle.</p> <p>5. Analyses menus from the point of view of healthy nutrition and independently prepares a menu based on provided recommendations and restrictions.</p>
Assessment criteria	<p>1.1 Understands the nature of mental health in different stages of the life cycles.</p> <p>1.2 Finds where to get help, using different reliable info sources.</p> <p>2.1 Describes the nature, signs and consequences of stress in different life stages.</p> <p>2.2. Explains ways of coping with stress through self-analysis.</p> <p>3.1 Explains the differences between biological, psychological, social and spiritual factors.</p> <p>3.2 Describes the factors of addictive behaviour and their joint effect in the development of addiction, considering the life stages, and knows the main characteristics of addiction.</p> <p>4.1 Monitors their own physical shape, based on exercise physiology through life stages.</p>

	<p>4.2. Chooses a feasible and pleasant form of physical activity for themselves.</p> <p>5.1 Understands Estonian food and nutrition recommendations for different stages of the life cycle and independently compiles a menu for oneself/family member (3-day menu).</p>
Independent work	<p>Group assignments: 1. Mapping the risks to mental health in different stages of the life cycle. 2. Recognizing the factors of addictive behaviour through case analysis. Independent assignments: 1. Self-analysis in order to understand the nature of stress. 2. Keeping a 7-day activity journal, either personal or for a family member, the analysis of the journal and presentation of results. Selecting a type of exercise to one's liking, testing it for 10 times and presenting it to others. 3. Preparing a menu for oneself and one family member, using the NutriData programme.</p>
Assessment methods and criteria	<p>Module is assessed non-distinctively (passed/not passed). Requirements for passing: handing in the written independent assignment on time and presenting the practical assignment on threshold level.</p>
Study literature and materials	<p>1. Eesti vaimse tervise ja heaolu koalitsioon (VATEK) Vaimse tervise strateegia 2016-2025 http://vatek.ee/wp-content/uploads/2016/04/Vaimse_tervise_heaolu_strateegia_2016-2025_2016.pdf</p> <p>2. Harro, J. (2006). Uimastite ajastu. Tartu Ülikooli kirjastus</p> <p>3. Eesti Arstide Liidu kirjastus Medicina (2010). Alkoholisõltuvus. Toimetajad: K.Seppä, H.Alho, K.Kiianmaa Kustannus Oy Duodecim. http://raulpage.org/koolitus/alkoholisoltuvus.pdf</p> <p>4. Tervise Arengu Instituut. Eesti toitumis- ja liikumissoovitused, 2015. www.terviseinfo.ee</p> <p>5. Tervise Arengu Instituut. Eesti toitumis- ja liikumissoovitused 2015. Tallinn, 2017. www.terviseinfo.ee/et/toitumissoovitused</p>