

Teaching guide

IDENTIFICATION DETAILS

Degree:	Child Education		
Field of Knowledge:	Social and Legal Science		
Faculty/School:	Education and Psychology		
Course:	PERSONAL AUTONOMY AND HEALTH		
Type:	Basic Training	ECTS credits:	6
Year:	1	Code:	7314
Teaching period:	First semester		
Area:	Childhood, Health and Diet (Education)		
Module:	Basic Training		
Teaching type:	Classroom-based		
Language:	Spanish		
Total number of student study hours:	150		

SUBJECT DESCRIPTION

The main objective of this course is to offer students teaching practice in line with current legislation, adapted to new media and knowledge, and the urgent need to monitor, care for and encourage healthy habits in the child's initial stage of education.

SKILLS

Basic Skills

Students must have demonstrated knowledge and understanding in an area of study that is founded on general

secondary education. Moreover, the area of study is typically at a level that includes certain aspects implying knowledge at the forefront of its field of study, albeit supported by advanced textbooks

Students must be able to apply their knowledge to their work or vocation in a professional manner and possess skills that can typically be demonstrated by coming up with and sustaining arguments and solving problems within their field of study

Students must have the ability to gather and interpret relevant data (usually within their field of study) in order to make judgments that include reflections on pertinent social, scientific or ethical issues

Students must be able to convey information, ideas, problems and solutions to both an expert and non-expert audience

Students must have developed the learning skills needed to undertake further study with a high degree of independence

General Skills

To be familiar with the foundations of child dietetics and hygiene. To learn the basics of early childcare and the foundations and developments making it possible to understand the psychological, learning and personality construction processes during early childhood.

Specific skills

To be familiar with the basic principles of healthy development and behaviour.

To be able to identify disorders linked to sleep, food, psychomotor development, attention and auditory and visual perception.

To identify emotional, nutritional and welfare needs affecting the physical and psychological development of children.

DISTRIBUTION OF WORK TIME

CLASSROOM-BASED ACTIVITY	INDEPENDENT STUDY/OUT-OF-CLASSROOM ACTIVITY
60 hours	90 hours