

# Lead City University, Ibadan

Faculty of Arts and Education  
Department of Kinesiology Sport  
Science and Health Education  
2017/2018 Session Courseware

## Course Particulars

Course Title: Health Problems and Health of the School Age  
Course Code: HEE 112

Status: Compulsory

## Lecturer Details:

Lecturer: Dr. T. A. Ola

Qualification: NCE (Home Economics, B.Ed, Human Kinetics & Health Education, M. Ed. Health Education, Ph.D Health Ed.

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Areas of Specification: Health Education

## SECTION A – INTRODUCTION

The course HEE 112 presents a detailed study of the health problems of school age population with emphasis on nutritional problems, communicable and non-communicable diseases, dental problems, skin problems, postural problems etc. Common health risky behavior of this group will also be treated.

## COURSE OBJECTIVES

At the end of this course, students should be able to:

- 1) Identify the age group of individuals that are being considered as the school age population
- 2) Identify health problems that are peculiar to the school age population
- 3) Discuss health problems/diseases of sense organs common among children such as:
  - (a) Problems of the ear which include: (i) Otitis media (ii) running ear (iii) Chronic otitis media (iv) mastoiditis (v) deafness
  - (b) Problems
    - i. Refractive errors such as: myopia, hypermyopia, presbyopia, astigmatism, strabismns and ambylopia
    - ii. Hereditary problems such as colour blindness
    - iii. Inflectional such as blephritis, sty; conjuctivity. Trachoma and glaucoma
  - (c) Skin problems such as baceteria infections like bod carbuncle, impetigo contigiosey, virus infections caused by parasites e.g. sand flea

Allergies of the skin such as eczema

Communicable diseases of the skin such as chicken pox, yaws, leprosy etc.

- 4) Students should be able to explain the causes, signs and symptoms, prevention and care of all the listed healthy problems above.
- 5) They should be able to explain the general care of each of the sense organs, explain reasons why skin problems (especially that are communicable) are common among the school age.
  - (d) Dental Problems/Oral health of the school age
  - (e) Common respiratory problems among the school age
- 6) Students should be able to explain routine and general care of the teeth/mouth
  - (f) Common nutritional problems among the school age children e.g. Kwashiorkor, marasmal, anaemia, obesity, tooth decay.
  - (g) Postural problems common among the school age e.g. Kyphosis, scohosis and Lordosis
  - (h) Health risky behavior among the school age such as drinking, smoking, indiscriminate sexual behavior.
- 7) Students should be able to explain the above mentioned risky behavior among the school age and give suggestion on how to prevent/stop such problems among the school age population.

## **COURSE DESCRIPTION**

This course provides information for health, and education for healthy living and improvement of quality of life of the school age population. Emphasis will be placed on nutrition, communicable and non communicable diseases, postural problems, diseases of sense organs as well as risky health behaviour common among the school age.

## **TEACHING PLAN**

Week	Topic
Week 1	General Introduction, definition of concept and course objectives, factors that determine the health status of man.
Week 2	Discovering derivation from normal child's health status in school, needs of school children
Week 3 - 5	Diseases of sense organs:- problems/diseases of the ear such as problems of the eye, skin problems, respiratory problems, oral health/dental problems.
Week 6 – 7	Common nutritional problems among the school age children.
Week 8	Postural problems among the school children
Week 9 – 10	risky health behavior coming on among school children e.g. drinking, smoking etc.
Week 11	Revision/Tests
Week 12	Examination

## Reading List

1. Targena I. 2013 – Introduction to Health Educaation, SAP Publishing House, Markurdi
2. [Httpwww.//cezarskitchen.com.nu](http://www.cezarskitchen.com.nu)
3. Unpublished Lecture Handout, University of Ibadan, 2015

## Course Requirements/Assessment

Class Attendance	- 5%
Test/Assignment/Term paper	- 25%
Examination	- 70%
Total	- 100%

## SECTION B

### Tutorial questions

- 1a. Highlight 5 problems common among the school age population
- b. (i) Briefly explain the concept of health  
(ii) State 5 ways by which deviation from a normal child's health status could be Detected in the school
- 2a. Discuss the following refractive errors of the eye  
i) Myopia (ii) Presbiopia (iii) Strabismus
- 3a. Discuss 5 care and management of children with ear problems.
- b. Highlight 5 ways by which deviation from a teacher can detect a child with impaired hearing in the classroom
- 4a. Classify problems of the skin based on their causative agent or organism
- b. Mention and explain briefly 2 examples in each class
- 5a. Discuss 3 reasons why skin problem/infection is common among the school age children
- 6a. Highlight 5 nutritional problems of the school age child
- b. Discuss any two of such problems
- 7a. State any 3 health risky behaviour common among the school age
- b. Suggest 5 ways by which drug problems can be kept out of our schools.
- 8a. Give 5 reasons why drug problem is common among the school age population
- b. Differentiate between drug abuse and drug misuse
9. Discuss four postural problems common among the school age
- 10a. State 2 reasons why sleep is essential for the general wellbeing of the school/age child.
- b. Identify 10 signs and symptoms that is noticeable in a child suffering from respiratory track problem.
- c. State 5 ways by which the teeth can be cared for.

## MARKING GUIDE

1. (a) 5 Problems common among the school age population 5mks  
(b) (i) Explanation of the concept of health 10mks  
(ii) 5 ways by which derivation from a normal child's health status could be detected in the school 5mks
2. Discussion of reflective errors (i) myopia (ii) presbyopia (iii) strabismus 20mks
3. (a) 5 care and management of children with ear problems 10mks  
(b) 5 ways by which a teacher can detect a child with impaired hearing in the classroom 10mks
4. (a) Classes of problems of the skin based on the causative agents or organisms 10mks  
(b) Explanation of 2 problems of the skin 10mks
5. (a) 3 reasons why skin problem is common among the school age 10mks  
(b)
6. (a) 5 nutritional problems of the school age child 10mks  
(b) Discussion of any 2 of such problems 10mks
7. (a) 3 health risky behaviour common among the school age 5mks  
(b) 5 ways by which drug problem can be eradicated from our schools 15mks
8. (a) 5 reasons why drug problem is common among the school age population 15mks  
(b) Differentiate between drug abuse and drug misuse 5mks
9. (a) 4 postural problems common among the school age population 20mks
10. (a) 2 reasons why sleep is essential for the general well being of the school age child 6mks
11. (b) 10 signs and symptoms noticeable in a child 10mks  
suffering from respiratory tract problem 10mks  
(c) 4 ways by which the teeth can be cared for 4mks

# Lead City University, Ibadan

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Department of Kinesiology Sport  
Science and Health Education  
2017/2018 Session Courseware

## Course Particulars

Course Title: Organization and Administration of School Health Programme  
Course Code: HEE 111

No. of units: 2  
Status: Compulsory

## Lecturer Details:

Lecturer: Dr. T. A. Ola  
Qualification: NCE (Home Economics, B.Ed, Human Kinetics & Health Education, M. Ed. Health Education, Ph.D Health Ed.

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Areas of Specification: Health Education

## SECTION A – INTRODUCTION

Organization and administration of school health education programme, patterns of health, education administration and programme will be treated. Knowledge of first and services will be use of first and boxes will also be treated.

## COURSE OBJECTIVES

At the end of this course, students should be able to:

- i. Explain what school health programme is all about
- ii. Explain the components of school health programme
- iii. Explain all that school health instruction/health education entails e.g. meaning, categories principles of health education.
- iv. Explain briefly methods of teaching health in schools
- v. Explain what school health services entails and the services provided in this arm of school health program.
- vi. Explain all that healthful school environment entails e.g. safe physical environmental, healthful school day etc.
- vii. Explain the components of a first aid box
- viii. Describe first aid management of fractures, drowning and convulsion
- ix. Describe how to carryout cardio-pulmonary resuscitation (CPR).

**COURSE DESCRIPTION:** The course consists of all aspects of the school health programme that contribute to the understanding, maintenance and improvement of the health of the school population i.e. school children and staff. The contribution of

procedures and activities designed to protect and promote the wellbeing of the school population will be discussed.

## TEACHING PLAN

Week	Topic
Week 1	Explanation of school health programme and its components
Week 2 – 3	Discussion of school health education or instruction, principles and types of health instruction
Week 4	Brief discussion on methods of teaching health education
Week 5 – 6	Discussion of school health services e.g. Health appraisal follow up services, communicable and non-communicable diseases control and prevention
Week 7 – 8	Emergency care for injuries and sudden illnesses
Week 9 – 10	First aid management of infrastructures
Week 11	Revision and Test
Week 12	Examination

### Reading List

1. O. A. Moronkola (2003) School Health Programme. Royal People (Nigeria) Ltd. Ibadan
2. O. A. Moronkola (2017). School Health Programme in Nigeria. A Jewel in Search of true love. An Inaugural Lecture 2016/2017, Ibadan University Press Publishing House, University of Ibadan, Ibadan, Nigeria.
3. Ogundele, B. O. 2002. School Health Education in Health Education and Health Promotion in Z. A. Ademuwgun, J. A. Ajala, E. A. Oke, O. A. Moronkola, A. S. Jegede (eds). Royal People Nigeria Limited pp. 165 – 176.

## **Course Requirements**

Class Attendance:	5%
Test/Assignments (term papers)	25%
Examination	70%
Total	100%

## **Tutorial Questions**

- Highlight aims 5 and objectives of school health programme
  - Briefly explain the traditional subdivision of school health programme.
- Differentiate between health instruction and health education
  - Justify the need for schools to teach health to students
- As a health education teacher, list 5 health education principles that will serve as a guide to you in carrying out your responsibilities and duties.
  - Write briefly on (i) health counselling (ii) health observation
- Discuss the main categories of health instruction
- Explain the concepts of school health services and discuss 5 of its objectives.
- Briefly discuss 4 communicable diseases that can occur among school children in a school.
- What constitute the school environment and why should a school be concerned about its environment
- Define first aid
  - Why is first aid important?
  - Explain briefly 2 values of emergency care
- Why should all members of the school community be involved in school health programme?
  - Write briefly on the expected duties of: (a) Health teacher (b) school nurse
- Explain the potential contributions of school health care in a community.
  - Highlight 5 reasons why the school health programme should be evaluated.

## MARKING GUIDE

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|---|---------------|
| 1. (a) 5 aims and objectives of school health programme   | 5mks          |
| (b) Sub divisions of school health programme  | 15mks         |
| 2. (a) Difference between health instruction and health education   | 5mks          |
| (b) Need for schools to teach health to students  | 15mks         |
| 3. (a) 5 health education principles that will serve as a guide to carrying out that will serve as a responsibility | 5mks          |
| (b) Brief writing on (1) Health counselling (2) Health Observation  | 15mks         |
| 4. Discussion on 4 communicable diseases among school children  | 20marks       |
| 5. Concept of school health services, and 5 objectives  | 20mks         |
| 6. Discussion on 4 communicable diseases among school children  | 20mrks        |
| 7. Components of the school environment and why a school should be concerned about its environment                  | 20mks<br>5mks |
| 8. (a) Definition of first aid  | 10mks         |
| b. Reasons why first aid is important   | 5mks          |
| c. 2 values of emergency care   | 5mks          |
| 9a. Reasons why all members of a school community be involved in school health programme                            | 10mks         |
| b. Duties of: (i) Health teacher (ii) School Nurse  | 10mks         |
| 10a. Contributions of school health programme should be evaluated.  | 10mks         |