

1.	Subject	HEALTH PROMOTION, HEALTH AND SEX EDUCATION			
2.	Code	DA – 125			
3.	Study program:	Three-year professional studies for graduate obstetricians			
4.	Conducted by	Department of Social Medicine UCIM Medical faculty – Skopje			
5.	Degree of education (first or second cycle)	First cycle			
6.	Academic year/semester	First/II	7.	Credits	1.5
8.	Professor	Chair of the Department: Prof. Fimka Tozija Responsible professor: Prof. Elena Kjosevska *the classes are held by all the professors from the Department			
9.	Prerequisite	None			
10.	Goals	After attending the classes, the student will enrich the knowledge about health promotion and should be able to: -know the basic health assets -understand the importance of health promotion for changing behaviour, building a healthy lifestyle and for health and sex education -to promote health in front of a particular group on all levels of health protection			
11.	Content summary:	<ul style="list-style-type: none"> - Health definitions, goals and principles, health promotion, health and sex education -Basic methods of health promotion -Health and educational instruments -Work areas during health education -Planning and organizing health education -Health promotion and social determinants of health -Health promotion among vulnerable population -Health promotion and prevention of contagious diseases -Health promotion and prevention of non-contagious diseases -Promotion of sexual and reproductive health -The role of international organizations and state governments in promoting sexual and reproductive health 			
12.	Teaching methods:	Interactive lessons, practical lessons, seminars, paper, group work			
13.	Total classes:	35			
14.	Organization	20 theoretical lessons 15 practical lessons and seminars			
15.	Types of teaching activities	15.1	Lessons: theoretical classes	20	
		15.2	Practical lessons (group work), Seminars, Team work	15	
16.	Other types of activities	16.1	Papers		
		16.2	Self-supporting practice		

		16.3	Learning at home	20
17.	Knowledge assesment	Points		
	17.1	Active participation	Theoretical lessons	3 min. – 5 max.
			Practical lessons	3 min. – 5 max.
	17.2	Mid-term exams		
	17.3	Paper/project (oral and written presentation)	4 min. – 20 max.	
	17.4	Final exam	50 min. – 70 max.	
18.	Grading criterion (points/grades)	Up to 59 points	5 (five) F	
		From 60 to 68 points	6 (six) E	
		From 69 to 76 points	7 (seven) D	
		From 77 to 84 points	8 (eight) C	
		From 85 to 92 points	9 (nine) B	
		From 93 to 100 points	10 (ten) A	
19.	Requirements for obtaining a signature and attending the final examination	<p>To obtain a signature, the student must gain minimum points from attending the theoretical and practical lessons.</p> <p>To attend the final exam, the student must prepare a written paper and power point presentation.</p> <p>The final grade for the subject is formed according to the table for grading, and is based on the sum of the points from all the activities.</p>		
20.	Language	Macedonian		
21.	Method of evaluating the quality of the lessons	Anonymous student evaluation of the subject, the professors and the collaborators who hold the lessons.		
22.	Literature			
	22.1	Mandatory literature		
		1. Donev D., Mircevska L., Velkovski Z., Kjosevska E., Stojanovska V., et al., Promotion of health and health education, UCIM Medical Faculty Skopje, 2014		
		2. Seturaman KR., Communication abilities in clinical practice, Tabernakul, 2010		
		3. Donev D., Spasovski M., Tozija F., Kjosevska E., et al., Social medicine, 2013		
	22.2	Additional literature		
		1.	Donev D., Pavlekov G., Zaletel Kragelj L., Health promotion and disease prevention, Hans Jacobs Publishing Company, 2007	
		2.	Kjostarova Ungovska L., Georgievska Nanevska E., Health as quality of life: social inequalities among young people in RM. Study about the behaviours connected to the health of school children (HBSC) report 2013., Center for psychosocial and crisis action Malinska, 2013	