

Specialisation: Health and Life Skills in Schools

"Health is created and lived by people in their everyday environment, ..." (Ottawa Charter, 1982)

In the module Health and Life Skills, you will develop various resources for maintaining and strengthening physical, mental and social health. You will develop being a contact person in schools who recognise requirements for the well-being of the individual as well as the school community and meet these professionally.

Graduates of this specialisation are the experts for schools who can

- ✓ experience and internalise a holistic understanding of health and build supportive attitudes,
- ✓ Contribute knowledge, skills, decision-making, development and action competences related to health and life skills,
- ✓ Identify and develop health-promoting frameworks for equity of opportunity between genders and socio-economic groups, regardless of origin, for all age groups,
- ✓ Stimulate and implement health as a holistic concept in schools, take initiative and become ambassadors to best shape and support healthy growing up for all children.

In the context of this focus, health is not understood as a state or goal of life, but as a resource for quality of life (WHO, 1998).

Modules 5th semester	Modules 6th semester
✓ Health and self-awareness	✓ In-depth developmental psychology ✓ Intercultural communication and peer mediation ✓ Teaching and learning culture
Modules 7th semester	Modules Semester 8
✓ Conflict and violence prevention ✓ People in motion ✓ Scientific and didactic approaches	✓ Counselling and accompaniment ✓ Nutrition and interculturality ✓ Active learning ✓ School reality

Topics:

Life skills programmes, resilience, rituals, festivals, movement, drama education, communication, creativity, counselling, guidance, nutrition, school culture, parental work, crisis intervention, children with (chronic) illnesses, mental hygiene, ...

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