

Health Education Tutorial

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Instructions for students

Before coming to Class

- In coordination with the class leader, the class should **divide into 4 groups**. There are four topics: Physical inactivity, Pre-diabetes, smoking, and obesity. Groups will then **choose a topic**. Each topic should be chosen by one group.
- The class leader will give the teams the tutorial exercise for each topic.
- Please come to class prepared. **Answer all of the 7 objectives** for your topic **in writing, print** it out, and decide on your presentation with your group leader. You will submit **one paper for each group** in class.

In Class

- [5minutes] brief overview of lecture content by instructor
- Student presentations:
 - o Group A: physical inactivity
 - o Group B: pre-diabetes
 - o Group C: obesity
 - o Group D: smoking
- For groups who have **objective one** part of their **presentation**, please only give it one slide and make it **very brief**.
- Each group will have **5 minutes to present**. Please prepare accordingly. We will use a timer to keep track of time. **2 minutes to switch between groups**.
- Keep your presentations brief, concise, and to the point. Rehearsing your presentation beforehand and adhering to the time frame will gain you good marks.

Date:.....

Topic**1**- (physical inactivity)

Team leader..

Team members:

Scenario: You have been requested to deliver a health education session in a primary care setting for patients suffering from physical inactivity.

Objectives

1. Provide a statement of the problem related to physical inactivity in Saudi Arabia
2. Analyze the problem by specifying the behavior and non-behavioral factors
3. State the objectives of the education session falling in the cognitive, affective and psychomotor domain of learning
4. Identify the health messages in line with the objectives
5. Select the appropriate method(s) of health education to communicate health message suitable for the group and the problem addressed
6. Select the appropriate health education aids to facilitate the communication of the health message suitable to the group and the problem addressed
7. State the predisposing, enabling and reinforcing factors to adopt the intended behavior

Date:.....

Topic **2**-(**pre-diabetes**)

Team leader..

Team members:

Scenario: You have been asked to deliver a group health education session for 10 university educated prediabetic men in the primary care clinic, to help prevent them from becoming diabetics.

Objectives

1. Provide a statement of the problem related to exclusive pre-diabetes in Saudi Arabia
2. Analyze the problem by specifying the behavior and non-behavioral factors
3. State the objectives of the education session falling in the cognitive, affective and psychomotor domain of learning
4. Identify the health messages in line with the objectives
5. Select the appropriate method(s) of health education to communicate health message suitable for the group and the problem addressed
6. Select the appropriate health education aids to facilitate the communication of the health message suitable to the group and the problem addressed
7. State the predisposing, enabling and reinforcing factors to adopt the intended behavior

Date:.....

Topic **3**- (**obesity**)

Team leader..

Team members:

Scenario: You are asked by the neighborhood school to provide a health education program for third grade school children about obesity, as they noticed that the students have high rates of obesity.

Objectives

1. Provide a statement of the problem related to obesity in Saudi Arabia
2. Analyze the problem by specifying the behavior and non-behavioral factors
3. State the objectives of the education session falling in the cognitive, affective and psychomotor domain of learning
4. Identify the health messages in line with the objectives
5. Select the appropriate method(s) of health education to communicate health message suitable for the group and the problem addressed
6. Select the appropriate health education aids to facilitate the communication of the health message suitable to the group and the problem addressed
7. State the predisposing, enabling and reinforcing factors to adopt the intended behavior

Date:.....

Topic **4**- (**tobacco use**)

Team leader..

Team members:

Scenario: You noticed that your high-school aged brother has started smoking. You want to raise his consciousness about the harmful effects of smoking and the possibility of addicting it.

Objectives

1. Provide a statement of the problem related to tobacco use in Saudi Arabia
2. Analyze the problem by specifying the behavior and non-behavioral factors
3. State the objectives of the education session falling in the cognitive, affective and psychomotor domain of learning
4. Identify the health messages in line with the objectives
5. Select the appropriate method(s) of health education to communicate health message suitable for the group and the problem addressed
6. Select the appropriate health education aids to facilitate the communication of the health message suitable to the group and the problem addressed
7. State the predisposing, enabling and reinforcing factors to adopt the intended behavior