



إنشاء أساليب حياة صحية ونشطة للأطفال: دليل لتحسين الصحة واللياقة

Duration: 5 Days

Language: ar

Course Code: IND15 - 118

Objective

:Upon completion of this course, participants will be able to

- Understand the factors contributing to childhood obesity and inactivity.
- Learn strategies for promoting physical activity and healthy eating among children.
 - Develop skills to design and implement community-based health programs.
 - Explore effective communication techniques for engaging children and families.
 - Enhance their ability to advocate for policies supporting child health and activity.

Audience

:This course is intended for

- Pediatricians and healthcare professionals
 - Educators and school administrators
 - Community health workers
 - Public health professionals
 - Fitness and nutrition experts
- Graduate students in health and education fields

Training Methodology

The course employs a blend of instructional methods, including

- Interactive lectures
- Practical workshops and activities
- Group discussions and case studies
- Expert-led Q&A sessions
- Comprehensive course materials and resources

Summary

This comprehensive course focuses on promoting healthy and active lifestyles among children. Participants will explore strategies for addressing childhood obesity, encouraging physical activity, and fostering healthy eating habits. The course combines evidence-based practices with practical applications, equipping healthcare professionals, educators, and community leaders with the tools to create supportive environments for children's health and well-being.

Course Content & Outline

Section 1: Understanding Childhood Health

- Overview of childhood obesity and its health impacts
 - Epidemiology and risk factors for unhealthy weight
- Psychological and social aspects of childhood health

Section 2: Promoting Physical Activity

- Benefits of physical activity for children

- Designing age-appropriate exercise programs
- Strategies for increasing physical activity in schools and communities

Section 3: Encouraging Healthy Eating

- Nutritional needs of children
- Developing healthy eating habits from a young age
- Addressing barriers to healthy eating in different environments

Section 4: Community and School-Based Interventions

- Designing effective health promotion programs
- Implementing school-based health initiatives
- Engaging community stakeholders in child health projects

Section 5: Practical Applications and Case Studies

- Hands-on activities for promoting active lifestyles
- Creating personalised health plans for children
- Case studies and collaborative problem-solving
- Course review and expert Q&A

Certificate Description

Holistique Training. عند إتمام هذه الدورة التدريبية بنجاح، سيحصل المشاركون على شهادة إتمام التدريب من (e-Certificate) وبالنسبة للذين يحضرون ويكملون الدورة التدريبية عبر الإنترنت، سيتم تزويدهم بشهادة إلكترونية من Holistique Training.

وخدمة اعتماد التطوير المهني (BAC) معتمدة من المجلس البريطاني للتقييم Holistique Training شهادات ISO 29993، ISO 21001 أو ISO 9001 كما أنها معتمدة وفق معايير (CPD) المستمر.

لهذه الدورة من خلال شهادتنا، وستظهر هذه النقاط على شهادة إتمام (CPD) يتم منح نقاط التطوير المهني المستمر واحدة عن كل ساعة CPD يتم منح نقطة CPD، ووفقاً لمعايير خدمة اعتماد Holistique Training. التدريب من لأي دورة واحدة نقدمها حالياً CPD حضور في الدورة. ويمكن المطالبة بحد أقصى قدره 50 نقطة

الترفيه والضيافة والرياضة, الصحة والسلامة والبيئة, الرعاية الصحية والصيدلانية

Related Articles



Health Education for Children: Building a Strong Foundation for a Healthy Future

Health education equips children with essential knowledge about nutrition, hygiene, mental health, and safety, shaping lifelong healthy habits. A well-structured curriculum, engaging teaching methods, and educator training are crucial for success. This post examines the importance of health education, its key components, and effective strategies for implementation.