



Project THID

August 2023, Issue 2

TeachHealthtoID

Developing a Higher Education Curriculum in SET Teaching or the Health Protection and Promotion of Intellectually Disabled Individuals

Coordinator, Düzce University

Project No: 2022-1-TR01-KA220-HED-000085572

Transnational Meetings P. 1

Completed and Continuing Tasks P. 2

Dissemination P. 3

Remember...

The general aim of the project is to develop the knowledge and skills of Special Education Teacher candidates regarding the protection and promotion of the health of individuals with intellectual disabilities. Project duration is 16 months between December 2022-April 2024. The main outputs are higher education curriculum and e-learning materials.

TN in Brno

Third transnational meeting was held in Brno, Czech Republic, hosted by Masaryk University, on 29-30 May 2023, with the participation of all partners. During this productive meeting completed works were reviewed, ongoing tasks were discussed, and views were exchanged on plans for the next TN meeting and further collaborations. Fruitful discussions and detailed planning were existed in historical hall of the Faculty of Education. The main agenda was on the course resources, dissemination activities, and pilot course practice.



Next meeting in Guarda

Fourth of the transnational meetings will be at 25-26 September 2023, in Guarda, Portugal. It will be before the pilot practices of the curriculum, that is very important stage of the project. The last discussions and arrangements on the e-learning materials will be main content of this meeting.



Kick of TN Meeting

- ❖ Türkiye
- ❖ Düzce
- ❖ 21-22 January 2023



Second TN Meeting

- ❖ Slovenia
- ❖ Izola
- ❖ 30-31 March 2023



Third TN Meeting

- ❖ Czech Republic
- ❖ Brno
- ❖ 29-30 May 2023



Fourth TN Meeting

- ❖ Portugal
- ❖ Guarda
- ❖ 25-26 September 2023



Fifth TN Meeting

- ❖ Türkiye
- ❖ Sakarya
- ❖ 5-6 February 2024



Completed and Continuing Tasks

Co-funded by the Erasmus+ Programme of the European Union

DEVELOPING A HIGHER EDUCATION CURRICULUM IN SET TEACHING FOR THE HEALTH PROTECTION AND PROMOTION OF INTELLECTUALLY DISABLED INDIVIDUALS

2022-1-TR01-KA220-HED-000085572

HEALTH REQUIREMENTS OF INDIVIDUALS WITH INTELLECTUAL DEVELOPMENT NEED ASSESSMENT REPORT

CURRICULUM FOR THE HEALTH PROTECTION AND PROMOTION OF INTELLECTUALLY DISABLED WITH INDIVIDUALS

2022-1-TR01-KA220-HED-000085572

HEALTH PROTECTION AND PROMOTION OF INTELLECTUALLY DISABLED INDIVIDUALS COURSE BOOK

DEVELOPING A HIGHER EDUCATION CURRICULUM IN SET TEACHING FOR THE HEALTH PROTECTION AND PROMOTION OF INTELLECTUALLY DISABLED INDIVIDUALS

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LESSON PLANS

TIME	DESCRIPTION
08:30-09:15	ICE-BREAKER-WARMUP ACTIVITY • Make a simple gesture and say your name. • For example, praising and saying his name Osman.
09:30-10:15 (15 minute coffee break)	• Each individual says his/her name together with hand, arm, head etc. movements. This activity allows individuals to get to know and introduce each other in a fun way. • Now it's your turn.
	PHYSICAL ACTIVITY Physical activity is defined as body movements produced by the skeleton and muscles by expending energy (Logan et al., 2015). Physical activities include activities that we often perform in daily life. Examples of physical activity are movements produced by the muscle and skeleton such as walking, playing games, leisure activities, sports and exercises, shopping, daily housework, climbing and descending stairs.
	ACTIVITIES ACTIVITY 1 TITLE: What Is Physical Activity? AIM OF THE ACTIVITY: You will define physical activity. MATERIALS: https://www.youtube.com/watch?v=5ZzCFun_bI IMPLEMENTATION STEPS: • The video is watched. • The video is paused (0:21 sec) and asked about the difference between physical activity and exercise. • The video is paused and samples are requested from the group (0:30sec) • Let's follow the exercise examples. (1:30-5:13sec) • Now it's your turn to do the exercises. DISCUSSION TIME (REVIEW) • Give examples of physical activities in your daily life. • Emphasize the difference between physical activity and exercise. ACTIVITY 2 TITLE: Benefits of Physical Activity AIM OF THE ACTIVITY: You can define physical activity. MATERIALS: https://www.youtube.com/watch?v=wV7DKscA8 IMPLEMENTATION STEPS: • The video is watched. • The video is paused and examples of physical activities are asked. • The question is asked "What are the benefits of doing physical?"

Need Analysis Report

The joint need analysis report based on the partners' country reports was completed. This report is the basis for the course content and resources. This report showed that the need to the health education for individuals with intellectual disabilities. It also showed that the specific course for the special education teacher candidates.

Course Resources

Curriculum, course book, lesson plans, assessment tools

were developed within the scope of the course for the special education teacher candidates. Curriculum and other resources will be the main guide for pilot practices of the course. All of the resources comprise one semester consist of 14 weeks.

The course book include 7 chapter based on the joint need analysis report. Every chapter include the basics and effective strategies for the health related theme. Every chapter will be planned for two weeks/four lesson hours.

Chapters were planned usefull for teacher candidates. Thus, it include less theoretical language, more visual elemements, informative texts, and assessment questions. Lesson plans are including introduction, warm up and ice breaker activities, sample videos and other supportive resources.

The Themes

1. Personal Hygiene
2. Physical Activities
3. Feeding & Sleeping
4. Sexual Health
5. First Aid & Emergency
6. Covid-19 & Contagious Diseases
7. Tech Innovation to Promote Health

Pilot Implementation Preparations

Within the pilot implementation preparations the new course was added on the Special Education Teacher Training Program at Sakarya University. Course elements including content based on the joint needs analysis report.

Detailed course information available at <https://ebs.sakarya.edu.tr/Yonetim/Ders/Akis/613191>

Week	Topics
1	Physical Activities & Strategies
2	Physical Activities & Strategies
3	Feeding and Sleeping Problems & Strategies
4	Feeding and Sleeping Problems & Strategies
5	Sexual Health & Strategies
6	Sexual Health & Strategies
7	Covid-19 (Contagious Diseases) Measures & Strategies
8	Covid-19 (Contagious Diseases) Measures & Strategies

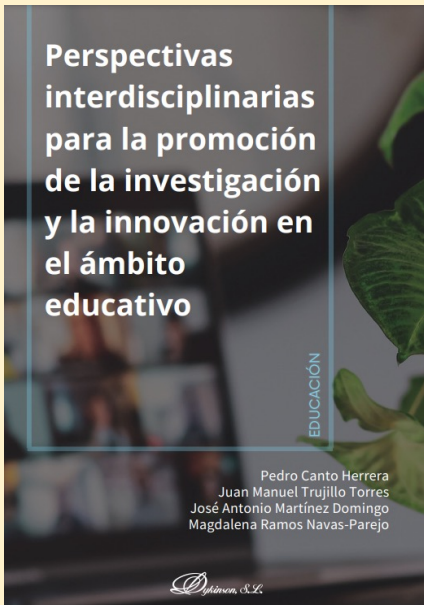
E-learning Materials

The content and format of the lesson videos and support elements for e-learning practice are planning. They will be 4 videos include 2 weeks for every chapter. Informative texts, subtitles, assessment tools, and supportive resources etc. will be in the e-learning resources.

Dissemination

Conference Presentation

The needs assessment results of participant countries were presented virtually in the symposium titled «Brief Analysis Regarding The Health Needs of Persons with ID» in XVI. International Congress on Education and Innovation.



Book Chapter

In addition to the presentation, needs assessment results were published as book chapter. Both international congress and publisher are one of the prestigious in the field of education and have large audience.



Within the scope of the dissemination, the project web page was in all partners language prepared. Also, YouTube, Facebook, and Instagram contents and sharings were reached to the followers. About 500 followers/subscribers and minimum 3000 visits were reached at all dissemination channels.

www.projecthid.com

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Researchers share the e-newspapers on their personal social media accounts, inform their students and colleagues in their organizations, and online news on regional newspapers. Minimum 30000 audience were aware of the project THID thanks to all dissemination activities. We intend to enhance this number until the end of the project.

