

# **General health diploma course description summary**

## **Human Nutrition \_ 111 ‘PUH-3**

The course includes the study of terms related to nutrition, the study of nutrients, their sections, sources and their importance to the human body, digestion, absorption and metabolism of nutrients, malnutrition diseases, balanced diets, international nutritional recommendations, meal planning, food groups, food pyramids, food alternatives, Health methods to cook food, types of diets in hospitals.

## **Public Health \_ 112 PUH-3**

The course deals with the study of concepts related to public health, the components of public health programs, the roles and responsibilities of public health inspectors, identifying the health situation, monitoring and verification, mobilizing community partnerships to promote community health, enforcing laws and regulations, evaluating the effectiveness of health services and their accessibility to beneficiaries, how to conduct research and benefit from new visions and innovative solutions. for health problems.

## **Epidemiology \_ 113 PUH-3**

The course deals with the study of concepts related to epidemiology, the roles and responsibilities of public health inspectors, identifying the health situation, monitoring and verification, mobilizing community partnerships to promote community health, enforcing laws and regulations, evaluating the effectiveness of health services and how to control epidemic diseases.

## **Professional Ethics\_003 PUH-3**

Introducing the student to the concept of work ethics and the management profession and the most important ethical specifications that should characterize the worker and the professional in administrative work, as well as what he should avoid from negative ethics, and shed light on the most important theories that explain ethics in general and work ethics, as well as identifying work ethics In Islam.

## **Environmental Health \_ 112 ‘PUH-3**

The environmental health course is based on teaching students the knowledge and skills necessary to participate effectively in solving environmental problems that affect public health and knowing the relationship between diseases and environmental changes and how studies were developed to assess environmental impacts on human health.

### **Field training \_ 116 PUH-5**

Health requirements are applied to establishments related to food health and safety, and they explain the proper disposal of garbage and waste in homes, slaughterhouses, restaurants, markets and streets. Examine drinking water for its compliance with international health standards. Distinguish between valid and spoiled food products offered in the markets. Perform the duties and behaviors of dealing with others in the training area. You are able to write a brief practical and professional report based on field training. You have good communication skills with the personnel of the training body

### **International Health \_ 214 PUH**

This course deals with international health from the perspective of emerging diseases and global pandemics and knowledge of prevention and control methods. It also deals with the International Health Regulations to regulate international health procedures and the movement of travelers.

### **Disaster Management\_211 PUHs**

The course includes various disaster management concepts, definition of disaster science and management terminology, the negative effects they cause, preparedness and anticipation for them, and their risks. As well as the use of early warning in disaster management

The relationship between disaster prevention and public policy, the phase of mitigating the effects of disasters, the phase of rehabilitation and reconstruction of what was destroyed by disasters.

### **Food health and safety\_114 PUH-3**

The course deals with the study of terms related to food health and safety, food labels, microbiology, food spoilage, food preservation, food poisoning, food-borne diseases, food additives, standards and metrology bodies and regulatory authorities,

HACCP system and identification of critical control points. , Food inspection, food sampling, health monitor bag.

### **Communication Skills\_004 PUH-3**

That the student be able to understand the basic processes in human communication, motivate his abilities, express himself well, and benefit from them in the areas of public health in relation to solving health problems.

- That the student acquires decision-making skills, problem-solving methods, and working with people of different cultures.

- That the student knows the nature of mass communication and benefit from it. Providing health education and public awareness programs.

### **Health Institutions Administration\_ 212 PUH 2**

Health administration is considered one of the most important branches of public health sciences, and no specialization in it is complete without studying the principles of the cause of health administration. The health management course includes a definition of the principles of health management, scientific methods of management, how to make decisions, planning and management functions.

### **Biostatistics\_216 PUH-2**

Introduce the student to the general principles of vital statistics. Introduce the student to the relationship of different statistical methods to different medical research. Applying descriptive and analytical statistical methods and evaluating them.

### **Vector Control\_130 PUH-3**

.The course includes an introduction to insects and their relationship to various diseases in addition to their types, divisions, distribution, biological characteristics, and methods of combating them.

### **Health Information System \_ 213 PUH**

The course aims to introduce students to the concept of health information systems and its basic components. The course also aims to identify the foundations of

establishing information systems in health facilities and the extent of their uses in the medical records department.

## **Field training \_217 PUH**

The course aims to provide students with knowledge of the health information system in health institutions, knowledge of requirements related to travelers coming to the Kingdom of Saudi Arabia, knowledge of terms related to international health and travelers' health, differentiation between the different management style in health institutions, differentiation between administrative structures of health institutions, analysis of health data using methods and tools Various statistics, using different and integrated methods to control disease vectors, working as a team to analyze health data and using it in making health decisions, participating in setting disease control programs.