

Health Education Resources Centre:

**Health Education Resource Centre (HER Centre) at Lam Tai Fai College:
With (i) Training and Interactive Learning Centre, (ii) Health Care &
Self-assessment Centre, (iii) Resource Corner.**

Objectives:

1. To arouse students' health awareness;
2. To develop students' self-reflective health habit;
3. To consolidate students' understanding of health indicators (one of the areas of studies that students should build up in HMSC curriculum) ;
4. To enhance their skills & ability in practicing health assessment exercises;
5. To facilitate the implementation of health portfolio/profile;
6. To foster a health promoting culture in school;
7. To serve as the base for dissemination, sharing and partnership programme;
8. To link with academics and students of Health Education or HMSC in the territory, in the Mainland or overseas through visits or video-conferencing;
9. To serve as studio for the production of HMSC teaching materials or health-related programmes;
10. To serve as a resource centre to collect and distribute health-related materials, information as well as a centre of support to all interested schools;
11. To promote self-evaluative culture among teachers, students as well as parents;
and
12. To cultivate among students self-assessment culture.

The assessment tools, equipment and illustrative models can be divided into the following categories:

A) Assessment for Physical Health & Assessment Tools for Psychosocial Health

Purposes:

1. A health care centre for practicum in HMSC (experiential learning)
2. Skill-based training in monitoring family health (skill-based learning)
3. Skill-based training in self-assessment on health condition (skill-based learning)
4. A centre to develop students' health profile all along the 6-year development throughout their secondary school life (reflective learning)

- a) A health profile should form part of the student development profile and inspire them of the need of formulating and working on a plan for personal growth (behavioral learning)
 - b) The health profile should be a e-based assessment system that stores data for self-evaluation and self-reflection
 - c) The health profile should be a e-based data bank that can facilitate medical research and education research (cognitive learning)
5. A centre to promote community and family health, that, this centre will be open to parents for parent education & parental activities
 6. A centre to promote health awareness in the school, that, teachers and staff will receive training in the centre, and, it will be open for health assessment on self-access basis

B) Self-directed learning corner → Health Education Resource Centre

Purposes:

1. The HER Centre as a resource centre to provide most up-dated information about major topics of and current issues in HMSC with a special emphasis of linking knowledge (cognitive learning) with real life situation to inform students of what health-related choices that they may have (reflective learning), as well as linking the learning of HMSC with Liberal Studies and other related disciplines (cognitive learning – consolidation and synthesis).
2. The HER Centre as a training centre for Health Ambassadors or students preparing for health-related services/promotion activities(experiential learning), where information and data are provided for planning and problem-solving activities (skill-based learning). – Training facilities like white-board and smart-board will be installed.
3. The HER Centre as a self-access learning centre to develop students' self-learning behavior and instill with students the habits to access regular updates of health information (behavioral learning). A wide range of magazines will be ordered and provided.
4. The HER Centre as an interactive learning centre where seminars about health promotion and health education will be held. -- Meeting facilities like LCD projector and visualizer, sound system, computer access internet and campus TV, capture point for campus TV transmission are therefore installed. To facilitate greater sharing and wider dissemination, video conferencing will also be provided.

5. The HER Centre as a resource centre to properly store and display school/teacher collections for knowledge management, lesson preparation as well as curriculum development.
6. The HER Centre as a teaching centre to offer a resource-rich environment for the teaching of HMSC. More advanced teaching facilities will be put in place for training, meeting, sharing, exchanging or even doing research or studies.
7. The HER Centre as a virtual library that collects and organizes web-based information, and produce web-based resources to facilities learning, teaching and professional activities as mentioned in point 1-6 above.
8. The HER Centre can be used for inter-school sharing, training and workshops. At the same time, with the provision of modules for promoting family health, it can be used by for **organizing parent workshop and parent education programme.**

The Setting of the Health Education Resource Centre

1. Good designs to demonstrate a health-friendly in-door environment with health sustaining and health promotion concepts.
2. Plants to add lives to the centre.
3. Color and furniture well matched to reflect the elements of innovative technology and interactive learning. A green and environmentally friendly environment is to be created.
4. Expressive external design to demonstrate the purpose and function of the resource centre, and to make it an inviting place to explore health related issues.
5. Air-conditioned and black-out facility available.

Setting up of the Health Education Resource Centre

Assessment tools, equipment and illustrative models in the Health Care & Self-Assessment Corner

A. 儀器及教材
電子血壓計
耳穴溫度計
電子口探溫度計
尼古丁與心跳
吸煙的蘇絲
消化系統大運行
人體骨頭模型
TORSO
如何提重物
飲食金字塔
脂肪磅
吊磅
最高呼氣流速計
手握力計
色盲測試圖書
檢目表
食物脂肪大搜查

Assessment tools for psychosocial health

B. 儀器及教材
多元智能量表
行為與情緒評量量表
注意力缺陷/過動障礙測驗
Gordon Personal Profile-Inventory
情緒障礙評量表
托尼非語文智力測驗(台灣中文版)
貝克憂鬱量表(台灣中文版)
Torrance Test of Creative Thinking
Symptom Checklist -90- record
Attention deficit / Hyperactivity Disorder Test

Scales for Assessing Emotional Disturbance
Behavioural & Emotional Rating Scale
貝克絕望感量長 (RHS)
(WAIS -III) 成人版

C. 儀器及教材
人體模型 shaping a good figure and the relationship between a good figure and sustainable health condition
急救手冊+急救影碟
人體的結構 For example, eyes, ears, heart, brain, respiratory system and other systems
不同健康主題的 VCD please refer to the remarks at the right hand side
書籍 please refer to the remarks at the right hand side

