

Note:

The following curriculum is a consolidated version. It is legally non-binding and for informational purposes only.

The legally binding versions are found in the University of Innsbruck Bulletins (in German).

Original version published in the University of Innsbruck Bulletin of 30 November 2023, Issue 11, No. 224

Curriculum for the Continuing Education
Offer: **University Course**
GetFit4MentalHealth
at the Faculty for Teacher Education at the University of Innsbruck

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§ 1 Qualification profile

- (1) The University Course (UK) is organised by the University of Innsbruck (UIBK) in cooperation with the Medical University of Innsbruck (MUI) and the Department of Child and Adolescent Psychiatry, Psychotherapy and Psychosomatics of the Tirol Kliniken as part of a project funded by the Province of the Tyrol.
- (2) The UK provides basic knowledge about mental health and possible disorders in children and adolescents.
- (3) The UK provides information about the psychosocial care landscape and initiates critical reflections on the stigmatisation of mental illness.
- (4) The UK teaches methods for working with pupils on the topic of mental health.

§ 2 Scope and duration

The UK has a duration of one semester and covers 2 semester hours and 5 ECTS-Credits. One ECTS-Credit corresponds to a workload of 25 hours.

§ 3 Admission and admission procedure

- (1) Teachers with a valid employment contract are admitted. Admission to the UK requires a relevant Bachelor's degree or a comparable course of study at a recognised post-secondary educational institution or equivalent training at a recognised domestic or foreign post-secondary educational institution.
- (2) In any case, the Bachelor's Teacher Training Programme for Secondary Schools, the Bachelor's Teacher Training for Secondary Schools (Hauptschule or Mittelschule resp.) and the Diploma Teacher Training, are relevant study programmes.
- (3) The Director of the UK decides on the admission of candidates, in particular on the basis of subject-related aptitude and the balanced composition of the group (balanced representation of different school types and subjects). The maximum number of students permitted can be found in the information provided by the Rectorate.

§ 4 Types of courses

Courses with continuous performance evaluation:

Lectures with practical elements (VU) focus on the practical treatment of concrete scientific tasks that are discussed during the lecture parts of the course. No maximum number of students per course.

§ 5 Compulsory module

The following compulsory module covering 5 ECTS-Credits is to be passed:

	GetFit4Mental Health	h	ECTS-Credits	Instructors of
	VU GetFit4MentalHealth	2	5	UIBK/MUI/Tirol Kliniken
	Total	2	5	
	Learning Outcomes: With the basic knowledge they have acquired about the mental health of children and adolescents, students can address relevant topics in the classroom and use their knowledge of the epidemiology of various disorders, stress and risk factors as well as protective factors and prevention options to plan and implement teaching units appropriate to the target group. They know about the different psychosocial support services for children and young people and can evaluate the individual needs of those affected against the background of the specific responsibilities and approaches of the support organisations. They are familiar with the method of digital storytelling and are able to reflect on their own attitude in a group setting. They are familiar with the START programme and can then carry out its modules independently with pupils. They will be able to assess the mental health of pupils in a group setting, reflect on their personal attitude and action strategies for looking after their own mental health, and recognise their own (excessive) demands using specific examples from everyday school life.			
	Prerequisites: none			

§ 6 Examination regulations

- (1) The performance of the courses of the module is evaluated by course examinations. Course examinations serve to proof the knowledge and skills acquired by an individual course, whereby in courses with continuous performance evaluation, the evaluation is based on at least two written, oral and/or practical contributions of the students.
- (2) The course instructor has to define the examination method (written and/or oral, exam paper) and the evaluation criteria before the start of the University Course.

§ 7 Certificate

After successful completion, the graduates of the University Course will get a certificate.

§ 8 Coming into force

The curriculum comes into force on the first day of the month following its announcement in the University of Innsbruck Bulletin.

For the Curriculum Committee:

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