



Study Plan

School: School of Social Sciences

Degree: Master

Course: Erasmus Mundus Master PhoenixEM - Dynamics of Health and Welfare (cód. 102)

1st Year - 1st Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
Group of Options					
Component code	Name	Scientific Area Field	ECTS	Duration	Hours
HIS07693M	Health Economy	Health	3	Semester	82
HIS07694	Epidemiology	Health	4	Semester	75
HIS07695M	Health Strategies: from global to local	Health	6	Semester	161
HIS07696	Health management	Health	3	Semester	75
HIS07690M	History of the cultural movements in Europe (19th-20th	History	6	Semester	156
HIS07691	Qualitative Methods in Social Research and Health	Health	3	Semester	82
HIS07692M	The Portuguese health and welfare system in a historical perspective	History	12	Semester	312

1st Year - 2nd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
Group of Options					
Component code	Name	Scientific Area Field	ECTS	Duration	Hours
HIS07697M	Art and Society (Health and Welfare 19th-20th centuries)	History	6	Semester	156
HIS07698M	Information and knowledge in Health Administration	Health	4	Semester	114
HIS07699M	Health Policies	Health	3	Semester	80
HIS07700M	Principles and Practices of Health Promotion	Health	4	Semester	112
HIS07701M	Religion, poor relief and assistance: the medieval roots of the European Model	History	6	Semester	156
HIS07702M	Religion, State, Health and Welfare (16th-20th centuries)	History	6	Semester	156
HIS07703M	Public health and poor relief in Islamic contexts	History	6	Semester	156

2nd Year - 3rd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
Group of Options					
Component code	Name	Scientific Area Field	ECTS	Duration	Hours
HIS07705M	Statistic	Health	4	Semester	108
HIS07706M	Introduction to Public Health	Health	4	Semester	102
HIS07707	Health Paradigms and Salutogenesis	Health	3	Semester	75



2nd Year - 3rd Semester

Component code	Name	Scientific Area Field	ECTS	Duration	Hours
HIS07704M	Research Seminar	History	12	Semester	312

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Health Economy (HIS07693M)

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Epidemiology (HIS07694)

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Health Strategies: from global to local (HIS07695M)

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History of the cultural movements in Europe (19th-20th (HIS07690M)

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Qualitative Methods in Social Research and Health (HIS07691)

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The Portuguese health and welfare system in a historical perspective (HIS07692M)

The construction of the European model: from the medieval universality to the national specificities at the beginning of the Early Modern Period.

The specificity of the Portuguese model. Poor relief, health and welfare policies and the building of the Early Modern State. Interactions and impositions. The mobilization of the local elites.

The Misericórdias and their vast social action field.

The Public Health as a privileged area of central power intervention and power affirmation.

The role of the Church: intervention fields and aims: sharing the responsibilities between the Throne and the Altar? And the private intervention? The social uses of the system.

What changes in Europe with the Enlightenment and the Liberalism? Hygienists and new models of public health.

The Portuguese delay: resistance to the change or the consequences of a model that quickly died out?

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Art and Society (Health and Welfare 19th-20th centuries) (HIS07697M)

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Information and knowledge in Health Administration (HIS07698M)



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Health Policies (HIS07699M)

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Principles and Practices of Health Promotion (HIS07700M)

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Religion, poor relief and assistance: the medieval roots of the European Model (HIS07701M)

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Religion, State, Health and Welfare (16th-20th centuries) (HIS07702M)

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Public health and poor relief in Islamic contexts (HIS07703M)

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Statistic (HIS07705M)

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Introduction to Public Health (HIS07706M)

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Health Paradigms and Salutogenesis (HIS07707)

Promoting the health of a population is obtained through the development of its health resources. Several theoretical models explore ways to achieve this goal, articulating two paradigms as complementary strands of the same propeller. Here the focus is the salutogenic paradigm and some of its operational concepts (e.g. sense of coherence):

- Paradigms and theoretical frameworks for action

- pathogenic paradigm

- salutogenic paradigm

- salutogenesis and the ubiquity of stressors

- generalized resistance resources

- from entropy to negentropy

- The "Sense of Coherence (SOC)" construct

- characterizing elements

- Definition and components

- operationalization

- The SOC and the socio-demographic influences

- The SOC and the locus of internal / external control and other measures (e.g. social support, lifestyle)

- the biological gradient of SOC: the case of the NKC

- Life cycle and life events

- The SOC: theories of health and its promotion

- the two complementary views of health (pathogenesis and salutogenesis)



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Research Seminar (HIS07704M)

This seminar does not have a static program since it will seek to answer the most relevant problems for the scientific training of each student according to his/her research problem and for the development and accomplishment of his/her master's thesis.

In general terms, it is proposed:

- to guide the thesis building, supporting the development of additional skills, in particular, in methodological terms
- to promote the regular results presentation and discussion
- to encourage bibliographic update