

Unit Outline (Higher Education)

Institute / School: Institute of Health and Wellbeing

Unit Title: HEALTH AND LIFESTYLE

Unit ID: HEALT1104

Credit Points: 15.00

Prerequisite(s): Nil

Co-requisite(s): Nil

Exclusion(s): (HEALT1101)

ASCED: 069999

Description of the Unit:

This unit is designed as an introduction to basic health. A major underlying theme or focus throughout this unit is in examining health from multiple perspectives. Students will be given basic information on the epidemiology, definitions, risk factors and preventive measures for specific health content areas, particularly those from the national health priority areas. Health will be examined through different perspectives including an individual behaviourist perspective through to broader structural perspectives, with the social model of health being a key concept

Grade Scheme: Graded (HD, D, C, P, MF, F, XF)

Work Experience:

No work experience: Student is not undertaking work experience in industry.

Placement Component: No

Supplementary Assessment: Yes

Where supplementary assessment is available a student must have failed overall in the Unit but gained a final mark of 45 per cent or above, has completed all major assessment tasks (including all sub-components where a task has multiple parts) as specified in the Unit Description and is not eligible for any other form of supplementary assessment

Course Level:

Level of Unit in Course	AQF Level of Course					
	5	6	7	8	9	10
Introductory	<input type="checkbox"/>	<input type="checkbox"/>	✓	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intermediate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Advanced	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Learning Outcomes:

Knowledge:

- K1.** Identify the multiple factors, including genetic, environmental and lifestyle determinants, that influence health
- K2.** Describe and apply models for understanding health, health related behaviour, and behaviour change
- K3.** Explain social, political, cultural and economic issues related to the health of individuals and communities
- K4.** Identify the historical development of health promotion and health education locally and globally
- K5.** Discuss how an individual's lifestyle choices are constrained or promoted by their physical and social environment
- K6.** Develop the knowledge necessary to understand the principles of adopting and sustaining healthy lifestyle practices
- K7.** Gain a better understanding of a number of health issues including the magnitude of issues, the impact of these issues on personal and population health and current trends and practices in these areas

Skills:

- S1.** Examine and reflect critically on the range of factors which influence health
- S2.** Analyse, implement and evaluate strategies aimed at modifying health
- S3.** Research and analyse personal health behaviour

Application of knowledge and skills:

- A1.** Evaluate personal health related behaviour and identify an area in need of change
- A2.** Critically analyse one area of personal health related behaviour
- A3.** Develop a behaviour change plan, implement the plan and monitor the progress
- A4.** Evaluate both the health behaviour and the process and be able to relate this to health behaviour theories

Unit Content:

Topics may include:

- An introduction to health including definitions of & an historical perspective
- Health behaviour change theories and models
- Australia's health and an international comparison
- Determinants of health and the social model of health

- Communication, stress, mental health and suicide
- Intimacy, relationships and sexuality
- Major health issues in Australia including diabetes; nutrition & obesity; drugs in society; asthma; physical activity and health; cardiovascular disease; cancer; immunity & infection; and environmental health
- Consumer health- goods, services and genetic engineering
- Ageing, death and euthanasia
- The Australian health care system

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1-K7 S1	Weekly forum discussions questions	Online forum responses	10-30%
K1-K7	Self-directed study of unit content	Online quizzes	30-50%
S1-S3 K1-K3 K5-K7 A1-A4	Development, maintenance and evaluation of a behaviour modification program	Individual written report	30-50%

Adopted Reference Style:

APA

Refer to the [library website](#) for more information

Fed Cite - [referencing tool](#)