

# Unit Outline (Higher Education)

<b>Institute / School:</b>	Institute of Health and Wellbeing
<b>Unit Title:</b>	HEALTH AND PHYSICAL ACTIVITY PROMOTION
<b>Unit ID:</b>	HEALT1706
<b>Credit Points:</b>	15.00
<b>Prerequisite(s):</b>	Nil
<b>Co-requisite(s):</b>	Nil
<b>Exclusion(s):</b>	Nil
<b>ASCED:</b>	69999

## Description of the Unit:

This unit enables students to better understand the health status of Australians through examining various National health issues, including physical activity participation, and health indicators. Students will look at past and present health promotion and physical activity programs that have been implemented to address local, state and national health and wellbeing concerns. They will also learn about the process of promoting health and physical activity, including the basics of a needs analysis, program planning, implementation and evaluation. A major focus throughout this unit is the examination of health and physical activity promotion from multiple perspectives. Not only will students need to understand basic information but also be able to critically analyse issues through a socio-critical lens using a determinants approach.

**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	■	■	✓	■	■	■
Intermediate	■	■	■	■	■	■
Advanced	■	■	■	■	■	■

### Learning Outcomes:

#### Knowledge:

- K1.** Identify and describe the biological, lifestyle/behavioural and social determinants that influence health; including primary, secondary, tertiary, modifiable and non-modifiable aspects.
- K2.** Describe the epidemiological evidence supporting the role of exercise and physical activity participation in the prevention of lifestyle related diseases; as well as the effects that exercise and physical activity have on these diseases and the dose-response relationship.
- K3.** Describe the indicators for health (e.g. blood lipids; blood pressure; blood glucose; and body composition levels) and explain the relationship between body composition, and risk factors for diseases such as cancer, cardiovascular disease, diabetes and hypertension.
- K4.** Evaluate the evidence related to exercise and the mental wellbeing of individuals and groups.
- K5.** Discuss the research literature on the economic impact of participation in physical activity and the cost effectiveness of community and corporate health and fitness programs, including needs and objectives of private and commercial programs.
- K6.** Describe the process of planning, marketing, organising, promoting and evaluating population and community-level interventions to increase physical activity levels and reduce sedentary behaviour.
- K7.** Explain the need to adapt the style and mode of delivery of written, oral and nonverbal communication to the needs of the specific audience.

#### Skills:

- S1.** Communicate effectively in written, oral and nonverbal forms.
- S2.** Examine and reflect critically on the range of factors that influence health and physical activity participation.
- S3.** Critically analyse current strategies aimed at improving health and physical activity participation of individuals and communities.

#### Application of knowledge and skills:

- A1.** Plan, market, promote and evaluate population or community level interventions for improving health and physical activity levels.
- A2.** Apply bestpractice principles to recommend appropriate levels of physical activity for populations and sub-groups.
- A3.** Investigate population and individual needs for health & physical activity within a broader social context; taking into consideration the social determinants of health and the health system.

#### Unit Content:

- Australias health and Australias health care system;
- Definition and indicators of health;
- Determinants of health;
- Risk factors for lifestyle related diseases incl. primary, secondary, tertiary, modifiable, non-modifiable;
- The relationship between physical activity and health; and best practice principles for physical activity;

- Analysing health and physical activity needs for specific groups;
- Planning, delivering and evaluating health and physical activity efforts;
- Marketing health and physical activity promotion.

### Learning Task and Assessment:

Students enrolled in an accredited program must meet all accreditation requirements, including achieving 90% attendance and active engagement in all scheduled classes for assessment task 1. Please review the unit description for full details.

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K4-5; S1, S3; A1-3.	Active engagement with all unit content to complete formative assessments.	Engagement (and where required attendance) required to satisfy ongoing formative assessments.	Satisfactory/Unsatisfactory
K1-2; K4-7; S1, S3; A3.	Research and critically analyse a current health or physical activity promotion program.	Written report	10-30%
K1-7; S1-3; A1-3.	Development of a health or physical activity marketing or promotional campaign.	Project	30-50%
K1-7; S1-3; A2-3.	Self-directed study of unit knowledge, skills and application of content.	Theory Exam or Test	30-50%

### Adopted Reference Style:

APA

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

Fed Cite - [referencing tool](#)