

Unit Outline (Higher Education)

Institute / School: Institute of Health and Wellbeing

Unit Title: HEALTH PROMOTION

Unit ID: HEALT3006

Credit Points: 15.00

Prerequisite(s): (HEALT1705 or HEALT2006)

Co-requisite(s): Nil

Exclusion(s): Nil

ASCED: 061307

Description of the Unit:

This unit aims to enable students to study the models and strategies of health promotion and develop the necessary professional skills and competencies by applying them in a health promotion project. The focus will be on: assessing needs of an identified target group; planning and developing a program to meet the identified priority need; implementing and managing the program in a selected setting; evaluating and reporting the outcomes of the program.

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"/>	<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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Learning Outcomes:

Knowledge:

- K1.** Describe the historical origin of health promotion and the main organisations concerned with health promotion in Australia and internationally.
- K2.** Describe and compare different models of health promotion programming.
- K3.** Describe the steps involved in effective management of health promotion programs.
- K4.** Understand the advantages and disadvantages of individual and group strategies; high risk population and whole population strategies in health promotion.
- K5.** Identify the factors that motivate people to engage in health-related behaviours.
- K6.** Identify ways to influence individuals and organisations to promote health.

Skills:

- S1.** Efficiently and accurately gather and analyse information for a health needs assessment.
- S2.** Identify a priority health need from relevant data.
- S3.** Investigate and develop appropriate health promotion strategies and methods.
- S4.** Plan a health promotion program for a specific target group.
- S5.** Obtain and evaluate written, audio-visual and other resources to enhance health promotion activities.
- S6.** Compare the characteristics of health promotion activities in various settings.
- S7.** Work effectively in a team to undertake the health promotion processes.

Application of knowledge and skills:

- A1.** Identify and develop the skills and competencies needed by health promotion professionals in a range of related Exercise and Sport Science fields.

Unit Content:

Topics may include:

- Health promotion in Australia
- Physical activity in Australia
- Needs Assessment
- Planning health promotion programs
- Strategies and methods for health promotion
- Program evaluation

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1-K6, S1-S7, A1	Completion of questions and participation in tutorial/lecture discussions	At least 90% attendance	S / U

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K2, K3, K5, K6, S2, S3, S5-S7	Presentation outlining a Health Promotion topic and program including a peer workshop activity	Health Promotion presentation and tutorial activity	10% - 20%
K3-K6, S1-S4, S7, A1	Written submission of Health Promotion Major Project	Health Promotion Major Project	40-50%
K1-K6, A1	Lecture attendance, self-directed study of class content and weekly reading task	Exam	40 - 50%

Adopted Reference Style:

APA

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

Fed Cite - [referencing tool](#)