

Unit Outline (Higher Education)

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| Institute / School: | Institute of Health and Wellbeing |
| Unit Title: | HEALTH PROMOTION THROUGH SPORT |
| Unit ID: | ISMAN2008 |
| Credit Points: | 15.00 |
| Prerequisite(s): | (ISMAN1004) |
| Co-requisite(s): | Nil |
| Exclusion(s): | Nil |
| ASCED: | 061307 |

Description of the Unit:

Health promotion approaches and outcomes are commonly linked to sport and physical activity participation activities around the world. This unit aims to enable students to study the models and strategies of health promotion and how they apply in an international and national sport context. This unit introduces students to the foundation and principles of health promotion and how these are supported/non supported within global sport communities and agencies. The unit focusses on the development and planning of national health promotion programs within a sporting context. This includes the knowledge and application of health promotion management practices, that include, the identification of priority needs, programme planning and management and evaluation processes.

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 explain global standard practices in the development and delivery of health promotion initiatives.
- K2.** Define and explain the relationship between the delivery of health promotion initiatives and the social determinants of health.
- K3.** Recognise and explain factors that motivate health promotion stakeholders and the practices relating to capacity building required to develop health promotion initiatives.

Skills:

- S1.** Critically analyse information for a health needs assessment in sport communities.
- S2.** Investigate and evaluate appropriate health promotion strategies and methods.

Application of knowledge and skills:

- A1.** Identify and critique the needs of a community and respond appropriately in a health promotion context.
- A2.** Design and develop an appropriate health promotion initiative for a community through a sport context.

Unit Content:

Topics may include:

- Foundations of global health promotion
- Models of health promotion
- International and national sport federations and health promotion agencies
- Needs assessment process
- Planning process for health promotion programmes
- Strategies and methods for health promotion
- Programme evaluation and reporting
- International and national sport federations approaches to health promotion
- Future direction of international and national sport federations in the promotion of health

Learning Task and Assessment:

| Learning Outcomes Assessed | Assessment Tasks | Assessment Type | Weighting |
|----------------------------|---|---------------------|-----------|
| K1, K2, K3, S1, S2, A1 | Case Study Analysis | Case Study Analysis | 25-35% |
| K1, K2, K3, S1, S2, A1 | Video Presentation focusing on a health promotion issue in the context of sport participation | Video Presentation | 30-40% |
| K1, K2, K3, S1, S2, A1, A2 | Written submission of a Health Promotion initiative and funding application | Project Submission | 35-45% |

Adopted Reference Style:

APA

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

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