



Unit Outline (Higher Education)

Institute / School: Institute of Innovation, Science & Sustainability

Unit Title: Health Promotion

Unit ID: SCBFN3001

Credit Points: 15.00

Prerequisite(s): (HEALT1705 or HEALT2006 or SCBFN1003)

Co-requisite(s): Nil

Exclusion(s): (HEALT3006)

ASCED: 061307

Description of the Unit:

In this unit students will 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	■	■	■	■	■	■
Intermediate	■	■	■	■	■	■

Level of Unit in Course	AQF Level of Course					
	5	6	7	8	9	10
Advanced	■	■	✓	■	■	■

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.** Identify the factors that motivate people to engage in health-related behaviours, and ways to influence individuals and organisations to promote health.

Skills:

- S1.** Efficiently and accurately gather and analyse information for a health needs assessment and identify a priority health need.
- S2.** Investigate and develop appropriate health promotion strategies and methods
- S3.** Distinguish the advantages and disadvantages of individual and group strategies; high risk population and whole population strategies in health promotion
- S4.** Obtain and evaluate written, audio-visual and other quality resources appropriate for health promotion activities.

Application of knowledge and skills:

- A1.** Apply the characteristics of health promotion to a range of health centred fields.
- A2.** Apply appropriate health promotion strategies to plan a health promotion program for a specified target audience.

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

FEDTASKS

Federation University Federation recognises that students require key transferable employability skills to prepare them for their future workplace and society. FEDTASKS (**T**ransferable **A**tttributes **S**kills and **K**nowledge) provide a targeted focus on five key transferable Attributes, Skills, and Knowledge that are embedded within curriculum, developed gradually towards successful measures and interlinked with cross-discipline and Co-operative Learning opportunities. *One or more FEDTASK, transferable Attributes, Skills or Knowledge must be evident in the specified learning outcomes and assessment for each FedUni Unit, and all must be directly assessed in each Course.*

FEDTASK attribute and descriptor		Development and acquisition of FEDTASKS in the Unit	
		Learning Outcomes (KSA)	Assessment task (AT#)
FEDTASK 1 Interpersonal	<p>Students will demonstrate the ability to effectively communicate, inter-act and work with others both individually and in groups. Students will be required to display skills in-person and/or online in:</p> <ul style="list-style-type: none"> • Using effective verbal and non-verbal communication • Listening for meaning and influencing via active listening • Showing empathy for others • Negotiating and demonstrating conflict resolution skills • Working respectfully in cross-cultural and diverse teams. 	S4	AT1
FEDTASK 2 Leadership	<p>Students will demonstrate the ability to apply professional skills and behaviours in leading others. Students will be required to display skills in:</p> <ul style="list-style-type: none"> • Creating a collegial environment • Showing self-awareness and the ability to self-reflect • Inspiring and convincing others • Making informed decisions • Displaying initiative 	N/A	N/A
FEDTASK 3 Critical Thinking and Creativity	<p>Students will demonstrate an ability to work in complexity and ambiguity using the imagination to create new ideas. Students will be required to display skills in:</p> <ul style="list-style-type: none"> • Reflecting critically • Evaluating ideas, concepts and information • Considering alternative perspectives to refine ideas • Challenging conventional thinking to clarify concepts • Forming creative solutions in problem solving. 	K4, S3	AT3
FEDTASK 4 Digital Literacy	<p>Students will demonstrate the ability to work fluently across a range of tools, platforms and applications to achieve a range of tasks. Students will be required to display skills in:</p> <ul style="list-style-type: none"> • Finding, evaluating, managing, curating, organising and sharing digital information • Collating, managing, accessing and using digital data securely • Receiving and responding to messages in a range of digital media • Contributing actively to digital teams and working groups • Participating in and benefiting from digital learning opportunities. 	S4	AT1

FEDTASK attribute and descriptor		Development and acquisition of FEDTASKS in the Unit	
		Learning Outcomes (KSA)	Assessment task (AT#)
FEDTASK 5 Sustainable and Ethical Mindset	Students will demonstrate the ability to consider and assess the consequences and impact of ideas and actions in enacting ethical and sustainable decisions. Students will be required to display skills in: <ul style="list-style-type: none"> • Making informed judgments that consider the impact of devising solutions in global economic environmental and societal contexts • Committing to social responsibility as a professional and a citizen • Evaluating ethical, socially responsible and/or sustainable challenges and generating and articulating responses • Embracing lifelong, life-wide and life-deep learning to be open to diverse others • Implementing required actions to foster sustainability in their professional and personal life. 	S2, S3	AT3

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K2, K3, S2, S3, S4	Presentation outlining a Health Promotion topic and program	Health Promotion presentation	30-40%
K1-K4, A1	Self-directed study of unit content and readings	Quiz	10-20%
K2-K4, S1-S4, A1, A2	Written submission of Health Promotion Major Project	Health Promotion Major Project	40-50%

Adopted Reference Style:

APA

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

 Fed Cite - [referencing tool](#)