

# PUBH 2002 APPROACHES TO HEALTH PROMOTION (WSTC)

**Credit Points** 10

**Legacy Code** 700065

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**Description** Health promotion is a process that seeks to enable individuals, carers, communities and populations to increase control over their health. It does so by addressing the determinants of health and equity issues, leading to improved health outcomes. Theoretical underpinnings of the various approaches to health promotion are explored in this unit. In addition, factors that enhance and limit health promotion are analysed in conjunction with bigger picture approaches of working with policy. The best evidence-based practice for health promotion is outlined together with the need to move beyond education.

**School** Health Sciences

**Student Contribution Band** HECS Band 2 10cp

Check your HECS Band contribution amount via the Fees ([https://www.westernsydney.edu.au/currentstudents/current\\_students/fees/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**Level** Undergraduate Level 2 subject

**Equivalent Subjects** PUBH 2001 - Approaches to Health Promotion

**Restrictions** Students must be enrolled at Western Sydney University, The College. Students enrolled in Extended Diploma programs must have passed 40 credit points of preparatory subjects.

## Learning Outcomes

On successful completion of this subject, students should be able to:

1. Apply the principles of the Ottawa and Bangkok Charters and the Jakarta Declaration to different health promotion scenarios.
2. Identify and apply different theoretical positions to influence beliefs and health behaviours.
3. Identify the determinants of health and critically assess barriers to and factors enhancing health promotion action.
4. Critically analyse ways of working effectively with individuals, carers, groups, communities and populations.
5. Apply health promotion competencies to conduct a stakeholder analysis and assess community needs and resources.
6. Plan and evaluate health promotion strategies for a relevant health issue.

## Subject Content

1. Health promotion theory and models
2. Health promotion charters and declarations
3. Health promotion professional competencies and skills
4. Evidence-based practice in health promotion
5. National strategies for promoting health in Australia
6. Promoting health in Aboriginal and Torres Strait Islander communities

## Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are

regularly updated, where there is a difference your Learning Guide takes precedence.

| Item                          | Length               | Percent | Threshold | Individual/Group Task |
|-------------------------------|----------------------|---------|-----------|-----------------------|
| Behavioural Change Initiative | 500 words            | 15      | N         | Individual            |
| Quizzes                       | Online ( 20 minutes) | 25      | N         | Individual            |
| Critical Analysis             | In class             | 30      | N         | Individual            |
| Personal Health Report        | 1,000 words          | 30      | N         | Individual            |

Prescribed Texts

- Gottwald, M., & Goodman-Brown, J. (2012). A Guide to Practical Health Promotion. Maidenhead: McGraw.

Teaching Periods