

EVENING

EDUCATION 399-3

Special Topic: Health Promotion and Health Education

SUMMER SEMESTER 1995

S. Crawford

PREREQUISITES: 60 hours of credit.

COURSE DESCRIPTION:

This course provides an introduction to the basic concepts of health education and health promotion. Students will explore the development of contemporary understandings of health, health education and health promotion; the determinants of health; and some of the theories of health behaviour. Examples of how health education and health promotion can be practiced on an individual and community level, in a variety of settings such as schools, and the workplace will be examined. This will include an overview of planning, implementing and evaluating health education curricula and health promotion programs. Course tutorials and assignments will be designed to offer students the opportunity to focus on populations or settings (such as school-age children, workplace, low-income, etc.) and health themes of interest (for example: exercise, smoking, stress, etc.).

PURPOSE:

On completion of the course, students should have gained an understanding of the principles of health promotion and health education, and the theoretical models of health behaviour. They will have an appreciation of contemporary health promotion philosophies and strategies including a knowledge of:

- the determinants of health;
- health education design;
- planning, implementing, and evaluating health education and promotion programs;
- resources and emerging trends in health and fitness promotion in the school, community, and employment sector.

EVALUATION:

Grades are based on the following components; values and midterm are open for discussion:

1. Investigation of a non-profit agency (class presentation and report) 20%
2. Group presentation of health education activity 30%
3. Midterm 20%
4. Final exam 30%

REQUIRED TEXT: TBA