

# PUBH 1010 HEALTH PROMOTION THEORY AND APPROACHES

Credit Points 10

Legacy Code 401392

**Coordinator** Justin Guagliano ([https://directory.westernsydney.edu.au/search/name/Justin Guagliano/](https://directory.westernsydney.edu.au/search/name/Justin%20Guagliano/))

**Description** Health promotion is a process that seeks to enable individuals, communities and populations to increase control over their health. It does so by addressing the determinants of health and equity issues, in addition to providing individuals and communities with the skills and knowledge to make healthy lifestyle choices and to improve 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 evidence-based practice for health promotion is outlined together with the need to move beyond education. Approaches to health promotion at the individual, community and population level are explored, including particular considerations for working with Indigenous people.

**School** Health Sciences

**Discipline** Health Promotion

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

Check your fees 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 1 subject

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

## 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 frameworks to influence beliefs and health behaviours;
3. Identify the determinants of health;
4. Critically assess barriers to and factors enhancing health promotion action;
5. Apply health promotion competencies to assess an individual's health needs and resources;
6. Plan and evaluate health promotion strategies at an individual level 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, with focus on individual, community and population approaches
5. Evaluating health promotion strategies
6. Environment and sustainability approaches in health promotion in line with sustainable development goals
7. National Strategies for Promoting Health in Australia

## 8. Promoting Health in Indigenous Communities

## Special Requirements

Legislative pre-requisites

### Special Requirements - NSW Health Legislative Prerequisites Pre-requisites

#### Student Compliance Information for all Health-Related Placements

Prior to enrolling in this subject, students must have submitted a **Student Undertaking Form** and undertake to apply for a **National Police Check**, which is required to be submitted before placement, and a **Working with Children Check Student Declaration**. Use the link to the **Special Requirements webpage** below for more information.

To be eligible to enrol in this subject and complete any required health-related placements or experiences, students must meet Western Sydney University program requirements as well as any special, legislated, or policy-mandated requirements.

### Western Program Requirements

Visit the Special Requirements webpage for details about your program.

Special Requirements ([https://www.westernsydney.edu.au/currentstudents/current\\_students/enrolment/special\\_requirements/](https://www.westernsydney.edu.au/currentstudents/current_students/enrolment/special_requirements/))

### Mandatory NSW Health student placement policy requirements

To be able to undertake placement in any NSW Health facility you must be assessed as compliant with NSW Health student placement policy in the first year of your program, regardless of when you expect to go on your first placement. Access and read the NSW Student Compliance Information Booklet.

NSW Student Compliance Information Booklet ([https://www.westernsydney.edu.au/placements\\_hub/placements\\_hub/student\\_compliance/](https://www.westernsydney.edu.au/placements_hub/placements_hub/student_compliance/))

Please ensure that you

1. Find your existing National Police Check or apply for one
2. Gather documentary evidence of your vaccination history
3. Print and complete all relevant NSW Health forms relevant to the campus you are enrolled at or online enrolment requirements
4. Follow booklet instructions on how to have your compliance documents assessed by NSW health staff.

International students have additional requirements; the link to the booklet will inform you of these requirements.

### School Requirements

Contact your School for further details regarding your School's requirements, if any, such as

- If you live outside of NSW or Australia and need to meet your state, territory or country's compliance requirements
- If you need to meet different state, territory or country compliance requirements.
- NSW Working with Children Check (WWCC) or other state equivalent, valid for your entire program.
- Current approved first aid certificate valid for your entire program - approved program providers can be found at the Government Training website
- <http://training.gov.au> (<http://training.gov.au/>)
- Other non-health related requirements.

Student Compliance Resources are also available on the Placements Hub web page (NSW students only)

[https://www.westernsydney.edu.au/learning\\_futures/home/placements\\_hub/placements\\_hub/student\\_compliance](https://www.westernsydney.edu.au/learning_futures/home/placements_hub/placements_hub/student_compliance) ([https://www.westernsydney.edu.au/learning\\_futures/home/placements\\_hub/placements\\_hub/student\\_compliance/](https://www.westernsydney.edu.au/learning_futures/home/placements_hub/placements_hub/student_compliance/))

## 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.

Type	Length	Percent	Threshold	Individual/ Group Task	Mandatory
Essay	1,000 words	40	N	Individual	N
Learning Contract	500 words	20	N	Individual	N
Report	1,000 words	40	N	Individual	N

### Prescribed Texts

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

### Teaching Periods

## Autumn (2025)

### Campbelltown

#### On-site

**Subject Contact** Freya Macmillan ([https://directory.westernsydney.edu.au/search/name/Freya Macmillan/](https://directory.westernsydney.edu.au/search/name/Freya%20Macmillan/))

View timetable ([https://classregistration.westernsydney.edu.au/odd/timetable/?subject\\_code=PUBH1010\\_25-AUT\\_CA\\_1#subjects](https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=PUBH1010_25-AUT_CA_1#subjects))

#### Online

#### Online

**Subject Contact** Freya Macmillan ([https://directory.westernsydney.edu.au/search/name/Freya Macmillan/](https://directory.westernsydney.edu.au/search/name/Freya%20Macmillan/))

View timetable ([https://classregistration.westernsydney.edu.au/odd/timetable/?subject\\_code=PUBH1010\\_25-AUT\\_ON\\_2#subjects](https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=PUBH1010_25-AUT_ON_2#subjects))

## Sydney City Campus - Term 2 (2025)

### Sydney City

#### On-site

**Subject Contact** Liz Atteya ([https://directory.westernsydney.edu.au/search/name/Liz Atteya/](https://directory.westernsydney.edu.au/search/name/Liz%20Atteya/))

View timetable ([https://classregistration.westernsydney.edu.au/odd/timetable/?subject\\_code=PUBH1010\\_25-SC2\\_SC\\_1#subjects](https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=PUBH1010_25-SC2_SC_1#subjects))