

# PUBH 2001 APPROACHES TO HEALTH PROMOTION

**Credit Points** 10

**Legacy Code** 400867

**Coordinator** Freya Macmillan (<https://directory.westernsydney.edu.au/search/name/Freya Macmillan/>)

**Description** For Campbelltown or Online 4656 Bachelor of Health Science students, 400867 Approaches to Health Promotion is replaced with 401392 Health Promotion Theory and Approaches. 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

**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 2 subject

**Equivalent Subjects** PUBH 2011 - Essentials of Health Promotion  
PUBH 2002 - Approaches to Health Promotion (WSTC)

## 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 Indigenous 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.

Type	Length	Percent	Threshold	Individual/ Group Task	Mandatory
Quiz	4 x 10 MCQ	25	N	Individual	Y
Critical Review	1,000 words	30	N	Individual	Y
Professional Task	1 page	5	N	Individual	Y
Report	1,000 words	30	N	Individual	Y
Professional Task	0 x 1h tutorial classes, for 10 consecutive weeks	10	N	Individual	Y

## Prescribed Texts

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