



COURSE OUTLINE: FIT202 - HEALTH PROMOTION I

Prepared: Heather Pusch

Approved: Bob Chapman, Chair, Health

Course Code: Title	FIT202: HEALTH PROMOTION I-FOUNDATIONS OF HEALTH
Program Number: Name	3040: FITNESS AND HEALTH
Department:	FITNESS & HEALTH PROMOTION
Academic Year:	2023-2024
Course Description:	This is the first course in a two course series (Health Promotion I and Health Promotion II). In this course, the theories and strategies of health promotion and their impact on society will be investigated. The student will be able to explain key health promotion definitions and concepts that provide the framework for health promotion application. Examination of the advancement of health promotion internationally, nationally, provincially and at the municipal level will be conducted.
Total Credits:	3
Hours/Week:	3
Total Hours:	42
Prerequisites:	There are no pre-requisites for this course.
Corequisites:	There are no co-requisites for this course.
This course is a pre-requisite for:	FIT252
Vocational Learning Outcomes (VLO's) addressed in this course:	3040 - FITNESS AND HEALTH
Please refer to program web page for a complete listing of program outcomes where applicable.	VLO 6 Support community health promotion strategies for active healthy living in the general population.
	VLO 7 Establish and maintain positive working relationships with clients, staff, allied health professionals and volunteers in the delivery of programs, activities, and the use of facilities.
	VLO 10 Communicate information persuasively and accurately in oral, written, and other media formats.
Essential Employability Skills (EES) addressed in this course:	EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.
	EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.
	EES 5 Use a variety of thinking skills to anticipate and solve problems.
	EES 6 Locate, select, organize, and document information using appropriate technology and information systems.
	EES 7 Analyze, evaluate, and apply relevant information from a variety of sources.
	EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.



- EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.
- EES 10 Manage the use of time and other resources to complete projects.
- EES 11 Take responsibility for ones own actions, decisions, and consequences.

Course Evaluation:

Passing Grade: 50%, D

A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.

Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
1. Define and explain important terms and concepts of health promotion.	1.1 Define and explain the term health promotion. 1.2 Define and explain the term disease prevention. 1.3 Define and explain the term harm reduction. 1.4 Define and explain the term health education. 1.5 Define and explain social marketing. 1.6 Describe and interpret the Ottawa Charter for Health Promotion. 1.7 Describe Population Health Promotion. 1.8 List and explain the determinants of health.
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Explain the importance and value of health promotion as it relates to the prevention of chronic disease.	2.1 Compare the concept of disease prevention with health promotion. 2.2 Explain and illustrate examples of health promotion strategies used to reduce chronic diseases.
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Identify and interpret the key historical development and events contributing to the advancement of health promotion.	3.1 Explain historical milestones in health promotion 3.2 Explain the role of the World Health Organization and other governing bodies in the development of health promotion.
Course Outcome 4	Learning Objectives for Course Outcome 4
4. Identify and analyze the role of key organizations associated with health promotion.	4.1 Research and describe the role of local, national and international organizations associated with health promotion.
Course Outcome 5	Learning Objectives for Course Outcome 5
5. Explain and analyze health promotion theory, models, approaches and strategies for different levels.	5.1 Define and explain the differences between theories, models, approaches, strategies and interventions. 5.2 Distinguish between and describe theories/models of implementation and change process theories. 5.3 Illustrate how theories are applied to promote health at various levels. 5.4 Explain individual, network, organization and societal levels of health promotion strategies.
Course Outcome 6	Learning Objectives for Course Outcome 6



	6. Research and analyze health promotion initiatives for various target audiences.	6.1 Analyze and evaluate effective health promotion initiatives for a selected target audience.						
	Course Outcome 7	Learning Objectives for Course Outcome 7						
	7. Critique the role of health promotion as it relates to the health of Canada's Indigenous population.	7.1 Explain how the determinants of health affect Canada's Indigenous people. 7.2 Identify key historical events and how they impact the health of Canada's Indigenous people. 7.3 Identify current events and how they impact the health of Canada's Indigenous people. 7.4 Research health promotion strategies and practices that are recommended for Indigenous populations.						
Evaluation Process and Grading System:	<table border="1"> <thead> <tr> <th>Evaluation Type</th> <th>Evaluation Weight</th> </tr> </thead> <tbody> <tr> <td>Assignments</td> <td>75%</td> </tr> <tr> <td>Exam</td> <td>25%</td> </tr> </tbody> </table>		Evaluation Type	Evaluation Weight	Assignments	75%	Exam	25%
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Date:	August 4, 2023							
Addendum:	Please refer to the course outline addendum on the Learning Management System for further information.							