



## COURSE OUTLINE: FIT202 - HEALTH PROMOTION I

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Approved: Bob Chapman, Chair, Health

<b>Course Code: Title</b>	FIT202: HEALTH PROMOTION I-FOUNDATIONS OF HEALTH
<b>Program Number: Name</b>	3040: FITNESS AND HEALTH
<b>Department:</b>	FITNESS & HEALTH PROMOTION
<b>Semesters/Terms:</b>	18F
<b>Course Description:</b>	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. The students will research and develop a community-based health promotion program.
<b>Total Credits:</b>	3
<b>Hours/Week:</b>	3
<b>Total Hours:</b>	45
<b>Prerequisites:</b>	There are no pre-requisites for this course.
<b>Corequisites:</b>	There are no co-requisites for this course.
<b>This course is a pre-requisite for:</b>	FIT252
<b>Vocational Learning Outcomes (VLO's) addressed in this course:</b>	<p><b>3040 - FITNESS AND HEALTH</b></p> <p>VLO 2 Prescribe appropriate physical activity, fitness, active living, and lifestyle programs to enhance health, fitness, and well-being of clients.</p> <p>VLO 3 Utilize appropriate interviewing and counselling skills to promote or enhance health, fitness, active living, and well-being of clients.</p> <p>VLO 4 Collaborate with individuals in the selection and adoption of strategies that will enable them to take control of and improve their health, fitness, and well-being.</p> <p>VLO 5 Develop, implement, and evaluate activities, programs, and events which respond to identified needs and interests of clients and maximize the benefits of health, fitness, and well-being.</p> <p>VLO 6 Train individuals and instruct groups in exercise and physical activities.</p> <p>VLO 7 Contribute to community health promotion strategies.</p> <p>VLO 9 Implement strategies and plans for ongoing personal and professional growth and development.</p> <p>VLO 10 Develop and implement risk management strategies for health and fitness programs, activities and facilities.</p> <p>VLO 11 Interact effectively with clients, staff, and volunteers in health and fitness programs, activities and facilities.</p>
<b>Essential Employability</b>	EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form



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**Skills (EES) addressed in this course:**

- 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 4 Apply a systematic approach to solve problems.
  - 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%,

**Course Outcomes and Learning Objectives:**

<b>Course Outcome 1</b>	<b>Learning Objectives for Course Outcome 1</b>
1. Define and explain important terms 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.
<b>Course Outcome 2</b>	<b>Learning Objectives for Course Outcome 2</b>
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 personal responsibility for health.
<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>
3. Define and explain key terms and concepts and apply these appropriately to health promotion.	3.1 Describe and interpret the Ottawa Charter for Health Promotion. 3.2 Describe Population Health Promotion. 3.3 List and explain the determinants of health.
<b>Course Outcome 4</b>	<b>Learning Objectives for Course Outcome 4</b>
4. Identify and interpret the key historical development and events contributing to the advancement of health promotion.	4.1 Explain the role of the World Health Organization in the promotion of health. 4.2 Explain and describe the importance of the Healthy Eating Active Living document.
<b>Course Outcome 5</b>	<b>Learning Objectives for Course Outcome 5</b>
5. Identify and explain the role of key organizations associated with health promotion.	5.1 Research and describe the role of local, national and international organizations associated with health promotion.
<b>Course Outcome 6</b>	<b>Learning Objectives for Course Outcome 6</b>



	6. Explain and analyze health promotion models and approaches.	6.1 Define and explain the differences between theories, models, approaches, strategies and interventions. 6.2 Distinguish between and describe theories/models of implementation (planning models) and change process theories. 6.3 Illustrate how theories are applied to promote health at the community and societal level.
	<b>Course Outcome 7</b>	<b>Learning Objectives for Course Outcome 7</b>
	7. Explain and analyze multi-level health promotion strategies.	7.1 Research, analyze and explain individual, network, organization and society levels of health promotion strategies. 7.2 Identify messaging strategies to affect lifestyle change.
	<b>Course Outcome 8</b>	<b>Learning Objectives for Course Outcome 8</b>
	8. Research and design a health promotion program using an identified target audience.	8.1 Conduct target audience research. 8.2 Develop an effective health promotion campaign for a specific target audience.

**Evaluation Process and Grading System:**

Evaluation Type	Evaluation Weight	Course Outcome Assessed
1. Assignments	60%	All
Community Involvement	40%	5,6,7,8

**Date:**

July 11, 2018

Please refer to the course outline addendum on the Learning Management System for further information.

