



## 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>	19F	
<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.	
<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>	<b>3040 - FITNESS AND HEALTH</b>	
<b>Please refer to program web page for a complete listing of program outcomes where applicable.</b>	VLO 2 Prescribe appropriate physical activity, fitness, active living, and lifestyle programs to enhance health, fitness, and well-being of clients.	
	VLO 3 Utilize appropriate interviewing and counselling skills to promote or enhance health, fitness, active living, and well-being of clients.	
	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.	
	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.	
	VLO 6 Train individuals and instruct groups in exercise and physical activities.	
	VLO 7 Contribute to community health promotion strategies.	
	VLO 9 Implement strategies and plans for ongoing personal and professional growth and development.	
	VLO 10 Develop and implement risk management strategies for health and fitness programs, activities and facilities.	
	VLO 11 Interact effectively with clients, staff, and volunteers in health and fitness programs, activities and facilities.	
	<b>Essential Employability Skills (EES) addressed in</b>	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.



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**this course:**

- 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%, D

**Course Outcomes and Learning Objectives:**

<b>Course Outcome 1</b>	<b>Learning Objectives for Course Outcome 1</b>
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.
<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. 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.
<b>Course Outcome 4</b>	<b>Learning Objectives for Course Outcome 4</b>
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.
<b>Course Outcome 5</b>	<b>Learning Objectives for Course Outcome 5</b>
5. Explain and analyze health promotion theory, models, approaches and	5.1 Define and explain the differences between theories, models, approaches, strategies and interventions. 5.2 Distinguish between and describe theories/models of



	strategies for different levels and settings.	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.
	<b>Course Outcome 6</b>	<b>Learning Objectives for Course Outcome 6</b>
	6. Research, design and implement health promotion initiatives using an identified target audience.	6.1 Conduct target audience research. 6.2 Plan, deliver and evaluate effective health promotion initiatives for a selected target audience.

**Evaluation Process and Grading System:**

<b>Evaluation Type</b>	<b>Evaluation Weight</b>
Assignments	60%
Exams	40%

**Date:**

August 7, 2019

**Addendum:**

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

