



COURSE OUTLINE: FIT252 - HEALTH PROMOTION II

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Approved: Bob Chapman, Dean, Health

Course Code: Title	FIT252: HEALTH PROMO II-COMMUNITY MOBILIZATION
Program Number: Name	3040: FITNESS AND HEALTH
Department:	FITNESS & HEALTH PROMOTION
Academic Year:	2023-2024
Course Description:	This course will build practical health promotion skills based on health promotion theory learned in Health Promotion I. In groups, students will research, design, implement and evaluate an appropriate health promotion intervention to encourage individuals or communities to take personal responsibility for their health.
Total Credits:	4
Hours/Week:	4
Total Hours:	56
Prerequisites:	FIT202
Corequisites:	There are no co-requisites for this course.
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 8 Provide positive reinforcement to empower clients and help them sustain their efforts.
	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%,

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. Explain and analyze health promotion theory, models, approaches and strategies for different health promotion settings.	1.1 Define and explain the differences between theories, models, approaches, strategies and interventions. 1.2 Distinguish between and describe theories/models of implementation and change process theories. 1.3 Illustrate how theories are applied to promote health in various settings.
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Define and explain the elements necessary for the successful development, implementation and evaluation of a health promotion strategy.	2.1 Identify and demonstrate the necessary skills needed for planning a health promotion strategy. 2.2 Identify and demonstrate the necessary skills needed for implementing a health promotion strategy. 2.3 Identify and demonstrate the necessary skills needed for evaluating a health promotion strategy.
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Identify and create resources necessary for successful communication of health messages.	3.1 Perform a communication analysis 3.2 Create messages based on target market analysis
Course Outcome 4	Learning Objectives for Course Outcome 4
4. Research and analyze current health promotion initiatives.	4.1 Review and analyze current health promotion initiatives 4.2 Evaluate the effectiveness of current health promotion campaigns
Course Outcome 5	Learning Objectives for Course Outcome 5
5. Demonstrate the skills necessary for fund development.	5.1 Complete a sample grant application. 5.2 Participate in fund development activities (eg. donation letter writing)
Course Outcome 6	Learning Objectives for Course Outcome 6
6. Research, design, implement and evaluate a health promotion event using an identified target audience.	6.1 Conduct target audience research 6.2 Develop an effective health promotion event for a specific target audience 6.3 Identify, explain and analyze evaluation techniques to measure outcomes of health promotion events

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Assignments	50%
Health Promotion Intervention	50%



Date:

December 12, 2023

Addendum:

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

