



COURSE OUTLINE: FIT213 - HEALTH PROMOTION I

Prepared: Heather Pusch

Approved: Bob Chapman, Dean, Health

Course Code: Title	FIT213: HEALTH PROMOTION I
Program Number: Name	3040: FITNESS AND HEALTH
Department:	FITNESS & HEALTH PROMOTION
Academic Year:	2024-2025
Course Description:	In this course, students will explore health promotion at the individual, community, national, and international levels. Through interactive lecture, group discussion and case studies, the student will be able to explain key health promotion definitions, strategies, and concepts that provide the framework for health promotion application.
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.
Substitutes:	FIT202
This course is a pre-requisite for:	FIT221, FIT224
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 9 Develop plans and implement strategies for ongoing professional growth and development.
	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 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

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 key terms related to health promotion 1.2 Describe and interpret the Ottawa Charter for Health Promotion. 1.3 Define the determinants of health and relate to health promotion
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Identify and interpret the key historical developments contributing to the advancement of health promotion.	2.1 Explain historical milestones in health promotion. 2.2 Explain the role of the World Health Organization and other governing bodies in the development of health promotion.
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Explain the importance and value of health promotion as it relates to the prevention and management of chronic disease.	3.1 Compare the concept of disease prevention with health promotion. 3.2 Identify chronic diseases impacting health of Canadians. 3.3 Explain and illustrate examples of health promotion strategies used to reduce chronic diseases.
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. 4.2 Evaluate the effectiveness of health promotion initiatives at various levels of delivery.
Course Outcome 5	Learning Objectives for Course Outcome 5
5. Explain and analyze health promotion theory, models, approaches and strategies for different levels and settings.	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, organization and societal levels of health promotion strategies. 5.5 Research and present how theories are applied to promote health in various settings.
Course Outcome 6	Learning Objectives for Course Outcome 6
6. Research and analyze health promotion initiatives	6.1 Analyze and evaluate effective health promotion initiatives for a selected target audience.



	for various target audiences.						
	<table border="1"> <thead> <tr> <th>Course Outcome 7</th> <th>Learning Objectives for Course Outcome 7</th> </tr> </thead> <tbody> <tr> <td>7. Critique the role of health promotion as it relates to the health of Canada's Indigenous population.</td> <td> 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. </td> </tr> </tbody> </table>	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.		
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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:	July 31, 2024						
Addendum:	Please refer to the course outline addendum on the Learning Management System for further information.						