



COURSE OUTLINE

FIT202

Prepared: Heather Pusch, Tania Hazlett Approved: Bob Chapman

Course Code: Title	FIT202: HEALTH PROMOTION I-FOUNDATIONS OF HEALTH
Program Number: Name	3040: FITNESS AND HEALTH
Department:	FITNESS & HEALTH PROMOTION
Semester/Term:	17F
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. The students will research and develop a community-based health promotion program.
Total Credits:	3
Hours/Week:	3
Total Hours:	45
This course is a pre-requisite for:	FIT252
Vocational Learning Outcomes (VLO's):	<p>#2. Prescribe appropriate physical activity, fitness, active living, and lifestyle programs to enhance health, fitness, and well-being of clients.</p> <p>#3. Utilize appropriate interviewing and counselling skills to promote or enhance health, fitness, active living, and well-being of clients.</p> <p>#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>#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>#6. Train individuals and instruct groups in exercise and physical activities.</p> <p>#7. Contribute to community health promotion strategies.</p> <p>#9. Implement strategies and plans for ongoing personal and professional growth and development.</p> <p>#10. Develop and implement risk management strategies for health and fitness programs, activities and facilities.</p> <p>#11. Interact effectively with clients, staff, and volunteers in health and fitness programs,</p>
Please refer to program web page for a complete listing of program outcomes where applicable.	



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Essential Employability Skills (EES):

activities and facilities.

- #1. Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.
- #2. Respond to written, spoken, or visual messages in a manner that ensures effective communication.
- #4. Apply a systematic approach to solve problems.
- #5. Use a variety of thinking skills to anticipate and solve problems.
- #6. Locate, select, organize, and document information using appropriate technology and information systems.
- #7. Analyze, evaluate, and apply relevant information from a variety of sources.
- #8. Show respect for the diverse opinions, values, belief systems, and contributions of others.
- #9. Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.
- #10. Manage the use of time and other resources to complete projects.
- #11. Take responsibility for ones own actions, decisions, and consequences.

Course Evaluation:

Passing Grade: 50%,

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Assignments	30%
Community Involvement	30%
Learning Activities	10%
Tests	30%

Course Outcomes and Learning Objectives:

Course Outcome 1.

Define and explain important terms of health promotion.

Learning Objectives 1.

- Define and explain the term health promotion
- Define and explain the term disease prevention
- Define and explain the term harm reduction
- Define and explain the term health education
- Define and explain social marketing



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Course Outcome 2.

Explain the importance and value of health promotion as it relates to the prevention of chronic disease.

Learning Objectives 2.

- Compare the concept of disease prevention with health promotion
- Explain and illustrate examples of personal responsibility for health

Course Outcome 3.

Define and explain key terms and concepts and apply these appropriately to health promotion

Learning Objectives 3.

Potential Elements of the Performance:

- Describe and interpret the Ottawa Charter for Health Promotion
- Describe Population Health Promotion
- List and explain the determinants of health

Course Outcome 4.

Identify and interpret the key historical development and events contributing to the advancement of health promotion.

Learning Objectives 4.

- Explain the role of the World Health Organization in the promotion of health
- Explain and describe the importance of the Healthy Eating Active Living document

Course Outcome 5.



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Identify and explain the role of key organizations associated with health promotion.

Learning Objectives 5.

- Research and describe the role of local, national and international organizations associated with health promotion.

Course Outcome 6.

Explain and analyze health promotion models and approaches.

Learning Objectives 6.

- Define and explain the differences between theories, models, approaches, strategies and interventions
- Distinguish between and describe theories/models of implementation (planning models) and change process theories
- Illustrate how theories are applied to promote health at the community and societal level

Course Outcome 7.

Explain and analyze multi-level health promotion strategies.

Learning Objectives 7.

- Research, analyze and explain individual, network, organization and society levels of health promotion strategies
- Identify messaging strategies to affect lifestyle change

Course Outcome 8.

Research and design a health promotion program using an identified target audience.



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Learning Objectives 8.

- Conduct target audience research
- Develop an effective health promotion campaign for a specific target audience

Date:

Wednesday, August 30, 2017

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