

Course overview

Health Promotion

3rd Grade – Fall Semester 2024-2025

Assist. Prof. Dr. Sangar Muhammad AHMED

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Course name;

Health Promotion

Course Description

This course focuses on the assessment and management of healthy children and adults in a variety of settings. The concepts of health, health promotion, and disease prevention related to age and cultural values are explored. Health promotion for vulnerable populations is explored through epidemiologic methods.

Course Objectives

Upon completion of the course, the student will be able to:

- To describe the overall term regarding health promotion.
- Identify definition of health, wellness, life style and health promotion
- Describe history of health promotion
- To describe the theories of Health Promotion Models.
- To apply approaches to health promotion and disease prevention.
- To apply the nursing concepts in health promotion.
- To identify nursing role in health promotion
- To identify health promotion program
- To identify health promotion practices.

COURSE CONTENT

Weeks	Topics
W1	Course overview
W2	Introduction to health promotion
W3	History of Health Promotion
W4	Roles of the Nurses approach in Health Promotion
W5	Models of health and illness
W6	Health education
W7	Midterm exam

COURSE CONTENT

Weeks	Topics
W8	Environmental health
W9	Approaches of Health Promotion and disease prevention
W10	Class activity
W11	Communication process in Health Promotion
W12	Approaches of health, Culture and Lifestyle in health
W13	Evaluating the Effectiveness of Health Promotion
W14	Course review
W15+ W16	Final Exam

Course/Student Learning Outcomes

- Students will be able to demonstrate in-depth knowledge of current health issues to function as competent graduate-level health educators.
- Students will understand the roles and responsibilities of health education and promotion professionals.
- Students will be able to apply principles, policies, and procedures to the administration of health promotion programs
- Students will be able to act as a resource person in health promotion/education

Course Reading List and References

- Murdaugh C., Parsons, M.(2018). Health promotion in nursing practice (8th ed.). Pearson.
- Nola J. Pender, 2015. Health Promotion in Nursing Practice 7th edition, 3. Carolyn M., Mary A., et al.(2018). Health Promotion in Nursing. 8th Edition.

Course Reading List and References

- Schneider M-J and Schneider HS (2017). **Introduction to Public Health**. 5th edition, Jones & Bartlett Learning, USA.
- Goldsteen RL, Goldsteen K and Dwelle TL (2015). **Introduction to Public Health Promises and Practices**. 2nd edition, Springer, USA.

Course Book/Textbook:

- Schneider M-J and Schneider HS (2017). Introduction to Public Health. 6th edition, Jones & Bartlett Learning, USA. ISBN-13: 978-1284197594 ISBN-10: 128419759X

Student's obligation (Special Requirements):

- Students are expected to attend all lecture and discussion sessions.
- Students are expected to come to class on time to prevent disrupting the lecture and classroom activities.
- Any student who misses more than 2 scheduled discussion section meetings will lose points from their discussion section grade.

Student's obligation (Special Requirements):

- Technology Policy: - Mobile device (e.g., smart phones, pagers, etc.) ringers will be turned off or placed on vibrate prior to class.
- Laptops and tablets can ONLY be used in the classroom to take notes, make calculations, and download/read course materials.
- Note that research suggests non-academic use of the Internet is associated with poorer learning outcomes.
- Complete homework assignments before the dates.

Course Evaluation Criteria

Method	Quantity	Percentage (%)
Seminar	1	10
Attendance	1	5
Participation	1	5
Quiz	2	5
Midterm Exam	1	30
Final Exam	1	40
Total		100

Examinations: True-False, Fill in the Blanks, Multiple Choices, Short Answers, , ,

