HSYP8104
Disease Prevention and Health Promotion
Session 1, In person-scheduled-weekday, North Ryde 2022

Medicine, Health and Human Sciences Faculty level units

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**General Information**

<table>
<thead>
<tr>
<th>Unit convenor and teaching staff</th>
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<tbody>
<tr>
<td>Sophie Osborne</td>
</tr>
<tr>
<td><a href="mailto:sophie.osborne@mq.edu.au">sophie.osborne@mq.edu.au</a></td>
</tr>
</tbody>
</table>

Credit points
10

Prerequisites
Admission to MPH or MPH(Res)

Corequisites

Co-badged status

Unit description
Health promotion creates supportive conditions for health, enabling people to have control over, and improve their health and wellbeing. Health promotion officers need to have a good understanding of health promotion approaches and behaviour change models in order to engage communities and enable people to address their health needs. In this unit you will develop an understanding of health promotion concepts, frameworks and theories used to formulate policy and develop programs tailored for a variety of settings. The unit is taught with an emphasis on the determinants of health and health inequities, including economic, social and environmental influences. The key skills you will develop include designing and evaluating evidence-based health promotion initiatives within a specific population/community. These skills will prepare you for a career in health promotion practice and research.

**Important Academic Dates**
Information about important academic dates including deadlines for withdrawing from units are available at [https://www.mq.edu.au/study/calendar-of-dates](https://www.mq.edu.au/study/calendar-of-dates)

**Learning Outcomes**
On successful completion of this unit, you will be able to:

- **ULO1**: Explain health promotion concepts and principles in planning and practice
- **ULO2**: Analyse the range of factors that influence the health of individuals and populations, including social determinants of health and lifestyle behaviours
- **ULO3**: Identify and critically analyse the range of theoretical and practical intervention frameworks available for disease prevention and health promotion delivery within a specific population/community
ULO4: Design and evaluate health promotion strategies to demonstrate effective application of key principles and theoretical models of health promotion

General Assessment Information

All final grades are determined by a grading committee, in accordance with the Macquarie University Assessment Policy, and are not the sole responsibility of the Unit Convenor. Students will be awarded a final grade, which corresponds to the grade descriptors specified in the Assessment Procedure (clause 128).

To pass this unit, students must demonstrate sufficient evidence of achievement of the learning outcomes, meet any ungraded requirements including professionalism, and achieve a final mark of 50 or better.

Further details for each assessment task will be available on iLearn.

Extensions for Assessment tasks


Late Submission of Work

All assignments which are officially received after the due date, and where no extension has been granted by the course convenor or tutor, will incur a deduction of 5% per day penalty including weekends and public holidays. If you submit the assessment task 10 days or more beyond the due date, without an approved extension, you will be awarded a maximum of 50% of the overall assessment marks.

For example:

<table>
<thead>
<tr>
<th>Due date</th>
<th>Received</th>
<th>Days late</th>
<th>Deduction</th>
<th>Raw mark</th>
<th>Final mark</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 14th</td>
<td>Saturday 15th</td>
<td>1</td>
<td>5%</td>
<td>75%</td>
<td>70%</td>
</tr>
<tr>
<td>Friday 14th</td>
<td>Monday 17th</td>
<td>3</td>
<td>15%</td>
<td>75%</td>
<td>60%</td>
</tr>
<tr>
<td>Friday 14th</td>
<td>Tuesday 25th</td>
<td>11</td>
<td>55%</td>
<td>75%</td>
<td>50% (capped)</td>
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</table>
Assessment Tasks

<table>
<thead>
<tr>
<th>Name</th>
<th>Weighting</th>
<th>Hurdle</th>
<th>Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health promotion program - plan</td>
<td>20%</td>
<td>No</td>
<td>Week 4</td>
</tr>
<tr>
<td>Health promotion program - design</td>
<td>40%</td>
<td>No</td>
<td>Week 8</td>
</tr>
<tr>
<td>Health promotion program - evaluation</td>
<td>40%</td>
<td>No</td>
<td>Week 13</td>
</tr>
<tr>
<td>Portfolio reflection</td>
<td>0%</td>
<td>No</td>
<td>Week 15</td>
</tr>
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</table>

Health promotion program - plan
Assessment Type 1: Plan
Indicative Time on Task 2: 20 hours
Due: Week 4
Weighting: 20%

Proposed plan for health promotion program including formative feedback

On successful completion you will be able to:
- Explain health promotion concepts and principles in planning and practice
- Analyse the range of factors that influence the health of individuals and populations, including social determinants of health and lifestyle behaviours
- Identify and critically analyse the range of theoretical and practical intervention frameworks available for disease prevention and health promotion delivery within a specific population/community

Health promotion program - design
Assessment Type 1: Plan
Indicative Time on Task 2: 30 hours
Due: Week 8
Weighting: 40%

Design of health promotion program bases on previously submitted plan

On successful completion you will be able to:
- Explain health promotion concepts and principles in planning and practice
- Analyse the range of factors that influence the health of individuals and populations, including social determinants of health and lifestyle behaviours
- Identify and critically analyse the range of theoretical and practical intervention
frameworks available for disease prevention and health promotion delivery within a specific population/community

• Design and evaluate health promotion strategies to demonstrate effective application of key principles and theoretical models of health promotion

Health promotion program - evaluation

Assessment Type 1: Plan
Indicative Time on Task 2: 30 hours
Due: Week 13
Weighting: 40%

Evaluation of the submitted health promotion program

On successful completion you will be able to:
• Analyse the range of factors that influence the health of individuals and populations, including social determinants of health and lifestyle behaviours
• Identify and critically analyse the range of theoretical and practical intervention frameworks available for disease prevention and health promotion delivery within a specific population/community
• Design and evaluate health promotion strategies to demonstrate effective application of key principles and theoretical models of health promotion

Portfolio reflection

Assessment Type 1: Reflective Writing
Indicative Time on Task 2: 3 hours
Due: Week 15
Weighting: 0%

Reflection of student performance and achievement of unit learning outcomes

On successful completion you will be able to:
• Explain health promotion concepts and principles in planning and practice
• Analyse the range of factors that influence the health of individuals and populations, including social determinants of health and lifestyle behaviours
• Identify and critically analyse the range of theoretical and practical intervention frameworks available for disease prevention and health promotion delivery within a specific population/community

1 If you need help with your assignment, please contact:
• the academic teaching staff in your unit for guidance in understanding or completing this
type of assessment
• the Writing Centre for academic skills support.

2 Indicative time-on-task is an estimate of the time required for completion of the assessment
task and is subject to individual variation

Delivery and Resources

Unit Organisation

This is a ten credit point unit run over a 13 week session. Further information is available via the
online Learning Management System (LMS) iLearn http://ilearn.mq.edu.

Readings

The readings for each week will be listed in ilearn using the Leganto system. Leganto is the
reading list management system, which you can access through your iLearn unit. More
information on Leganto is available here: http://libguides.mq.edu.au/leganto

Readings marked as 'required' are essential for completion in the marked week. Some readings
may be included that are marked as 'recommended' or 'secondary sources', these are additional
materials that may be of interest to you. Please use these at your discretion.

Technology and equipment

Off-campus

To study optimally when off campus you will need to have access to a reliable internet
connection to retrieve unit information and at times to join interactive session (eg zoom) or
submit assessment tasks via iLearn.

On-campus

Teaching rooms are equipped with state of art audio-visual and ICT equipment including internet
connection, high quality video cameras and multiple LCD screens.

Where learning activities (such as tutorials and other small group learning activities) are offered
on-campus an online version will be available for those students who choose to continue their
studies online (selected via eStudent).

Policies and Procedures

Macquarie University policies and procedures are accessible from Policy Central (https://policie
s.mq.edu.au). Students should be aware of the following policies in particular with regard to
Learning and Teaching:
Students seeking more policy resources can visit Student Policies (https://students.mq.edu.au/support/study/policies). It is your one-stop-shop for the key policies you need to know about throughout your undergraduate student journey.

To find other policies relating to Teaching and Learning, visit Policy Central (https://policies.mq.edu.au) and use the search tool.

**Student Code of Conduct**

Macquarie University students have a responsibility to be familiar with the Student Code of Conduct: https://students.mq.edu.au/admin/other-resources/student-conduct

**Results**

Results published on platform other than eStudent, (eg. iLearn, Coursera etc.) or released directly by your Unit Convenor, are not confirmed as they are subject to final approval by the University. Once approved, final results will be sent to your student email address and will be made available in eStudent. For more information visit ask.mq.edu.au or if you are a Global MBA student contact globalmba.support@mq.edu.au

**Academic Integrity**

At Macquarie, we believe academic integrity – honesty, respect, trust, responsibility, fairness and courage – is at the core of learning, teaching and research. We recognise that meeting the expectations required to complete your assessments can be challenging. So, we offer you a range of resources and services to help you reach your potential, including free online writing and maths support, academic skills development and wellbeing consultations.

**Student Support**

Macquarie University provides a range of support services for students. For details, visit http://students.mq.edu.au/support/

**The Writing Centre**

The Writing Centre provides resources to develop your English language proficiency, academic writing, and communication skills.

- Workshops
- Chat with a WriteWISE peer writing leader
The Library provides online and face to face support to help you find and use relevant information resources.

- Subject and Research Guides
- Ask a Librarian

### Student Services and Support

Macquarie University offers a range of Student Support Services including:

- IT Support
- Accessibility and disability support with study
- Mental health support
- Safety support to respond to bullying, harassment, sexual harassment and sexual assault
- Social support including information about finances, tenancy and legal issues

### Student Enquiries

Got a question? Ask us via AskMQ, or contact Service Connect.

### IT Help

For help with University computer systems and technology, visit http://www.mq.edu.au/about_us/offices_and_units/information_technology/help/.

When using the University's IT, you must adhere to the Acceptable Use of IT Resources Policy. The policy applies to all who connect to the MQ network including students.

### Changes since First Published

<table>
<thead>
<tr>
<th>Date</th>
<th>Description</th>
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<tbody>
<tr>
<td>07/02/2022</td>
<td>Update of the Macquarie University Assessment Policy in the General Assessment Information section.</td>
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