



# HSYP8104

## Disease Prevention and Health Promotion

Session 1, In person-scheduled-weekday, North Ryde 2023

*Department of Health Sciences*

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## General Information

Unit convenor and teaching staff

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Lecturer

Carla Lopes

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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>

## 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

Grade descriptors and other information concerning grading are contained in the [Macquarie University Assessment Policy](#).

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 and a mark which must correspond to the grade descriptors specified in the [Assessment Procedure](#) (clause 128).

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

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

## Late Submissions

Unless a Special Consideration request has been submitted and approved, a 5% penalty (OF THE TOTAL POSSIBLE MARK) will be applied each day a written assessment is not submitted, up until the 7th day (including weekends). After the 7th day, a grade of '0' will be awarded even if the assessment is submitted. Submission time for all written assessments is set at 11.55pm. A 1-hour grace period is provided to students who experience a technical concern.

For example:

Number of days (hours) late	Total Possible Marks	Deduction	Raw mark	Final mark
1 day (1-24 hours)	100	5	75	70
2 days (24-48 hours)	100	10	75	65
3 days (48-72 hours)	100	15	75	60
7 days (144-168 hours)	100	35	75	40
>7 days (>168 hours)	100	-	75	0

For any late submissions of time-sensitive tasks, such as scheduled tests/exams, performance

assessments/presentations, and/or scheduled practical assessments/labs, students need to submit an application for Special Consideration.

## Assessment Tasks

Name	Weighting	Hurdle	Due
<a href="#">Health promotion program - plan</a>	20%	No	Week 4
<a href="#">Health promotion program - design</a>	40%	No	Week 8
<a href="#">Health promotion program - evaluation</a>	40%	No	Week 13
<a href="#">Portfolio reflection</a>	0%	No	Week 14

### Health promotion program - plan

Assessment Type <sup>1</sup>: Plan

Indicative Time on Task <sup>2</sup>: 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 <sup>1</sup>: Plan

Indicative Time on Task <sup>2</sup>: 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 <sup>1</sup>: Plan

Indicative Time on Task <sup>2</sup>: 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 <sup>1</sup>: Reflective Writing

Indicative Time on Task <sup>2</sup>: 3 hours

Due: **Week 14**

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

<sup>1</sup> 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.

<sup>2</sup> 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

As a student enrolled in this unit, you will engage in a range of online and face to face learning activities, including readings, online modules, videos and lectures. Details can be found on the iLearn site for this unit.

### Technology Used

Active participation in the learning activities throughout the unit will require students to have access to a tablet, laptop or similar device. Students who do not own their own laptop computer may borrow one from the university library.

## Policies and Procedures

Macquarie University policies and procedures are accessible from [Policy Central \(https://policies.mq.edu.au\)](https://policies.mq.edu.au). Students should be aware of the following policies in particular with regard to Learning and Teaching:

- [Academic Appeals Policy](#)
- [Academic Integrity Policy](#)
- [Academic Progression Policy](#)
- [Assessment Policy](#)
- [Fitness to Practice Procedure](#)
- [Assessment Procedure](#)
- [Complaints Resolution Procedure for Students and Members of the Public](#)
- [Special Consideration Policy](#)

Students seeking more policy resources can visit [Student Policies \(https://students.mq.edu.au/support/study/policies\)](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 \(https://policies.mq.edu.au\)](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](http://ask.mq.edu.au) or if you are a Global MBA student contact [globalmba.support@mq.edu.au](mailto: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](#)
- [Access StudyWISE](#)
- [Upload an assignment to Studiosity](#)
- [Complete the Academic Integrity Module](#)

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 Advocacy](#) provides independent advice on MQ policies, procedures, and processes

## 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/](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.