HSYP8104
Disease Prevention and Health Promotion
Session 1, Online-scheduled-weekday 2023
Department of Health Sciences

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General Information

Unit convenor and teaching staff
Rimante Ronto
rimante.ronto@mq.edu.au

Lecturer
Carla Lopes
carla.lopes@mq.edu.au

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

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**General Assessment Information**

Grade descriptors and other information concerning grading are contained in the [Macquarie University Assessment Policy](https://unitguides.mq.edu.au/unit_offerings/160515/unit_guide/print).

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:

<table>
<thead>
<tr>
<th>Number of days (hours) late</th>
<th>Total Possible Marks</th>
<th>Deduction</th>
<th>Raw mark</th>
<th>Final mark</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 day (1-24 hours)</td>
<td>100</td>
<td>5</td>
<td>75</td>
<td>70</td>
</tr>
<tr>
<td>2 days (24-48 hours)</td>
<td>100</td>
<td>10</td>
<td>75</td>
<td>65</td>
</tr>
<tr>
<td>3 days (48-72 hours)</td>
<td>100</td>
<td>15</td>
<td>75</td>
<td>60</td>
</tr>
<tr>
<td>7 days (144-168 hours)</td>
<td>100</td>
<td>35</td>
<td>75</td>
<td>40</td>
</tr>
<tr>
<td>&gt;7 days (&gt;168 hours)</td>
<td>100</td>
<td>-</td>
<td>75</td>
<td>0</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Name</th>
<th>Weighting</th>
<th>Hurdle</th>
<th>Due</th>
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<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 14</td>
</tr>
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### Health promotion program - plan

**Assessment Type**: Plan

**Indicative Time on Task**: 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**: Plan

**Indicative Time on Task**: 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 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
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
As a student enrolled in this unit, you will engage in a range of online 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). 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). 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
- 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/.

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.