



Curtin University

Health promotion short course Nov 28th - Dec 1st, 2016

Do you have an interest in health and human behaviour?

Would you like to know more about health promotion?

Do you want to be able to develop effective and sustainable health promotion programs?

Health promotion maintains and improves the health of populations by developing skills and knowledge, working with communities, creating healthy environments, changing policy/laws to support healthy choices, and reorienting health services to meet community needs.

This course will enable you to understand the role and importance of health promotion and the broader concept of health within a community and national setting. Participants will be led through an engaging program using discussion, lectures and group work.

HEALTH PROMOTION

The Curtin University Health Promotion short courses are suitable for those already working in the health sector, those wanting to move into the area and those wanting to incorporate health promotion principles into their role.

This course option is ideal if you wish to build health promotion skills and knowledge quickly in a stimulating environment with the assistance of highly qualified academic staff. You will have the skills to plan, implement and evaluate a health promotion program. A social determinants of health approach underpins the course.

Planning, implementing and evaluating health promotion interventions (4 days)

This four day course aims to provide you with the skills needed to plan, implement and evaluate a health promotion program. You will be introduced to relevant health behaviour theories and health promotion frameworks as well as approaches to evaluation.

You will work in small groups to develop a plan for a program of your choice. This course is highly interactive, you will be given the opportunity to discuss health issues with industry experts, academics and course participants.

Day 1

- Introduction to health promotion
- Social determinants of health
- Health promotion planning cycle
- Planning and evaluation frameworks and models
- Needs assessment and setting program goals

Day 2

- Understanding health and behaviour
- Theories for health promotion
- Writing program objectives
- Selecting health promotion strategies

Day 3

- Evaluating health promotion interventions
- Defining program effectiveness
- Evaluation approaches

Day 4

- Effective partnerships
- Program sustainability and capacity building
- Influencing policy
- Presentation of project plans and discussion

Our health promotion courses are endorsed by the Australian College of Midwives.

Participants can apply for Recognition of Prior Learning (RPL) for elective units within Curtin health promotion courses, following successful completion of an additional assessment.



Cost per person: \$1100

Morning/afternoon tea & coffee provided

For more information see http://healthsciences.curtin.edu.au/teaching/soph_short_courses.cfm

To enrol in a course please contact **Maria Chanmugam** at:

Maria.chanmugam@curtin.edu.au