

1.Course Name:
Health Promotion
2.Course Code:
WNR-41-04
3.Semester / Year:
Fourth Stage/First Semester
4.Description Preparation Date:
1/10/2024
5.Available Attendance Forms:
In-person lectures (attendance forms)
6.Number of Credit Hours (Total) / Number of Units (Total)
(2) hours Weekly Of (15) weeks. Theory (30) hrs.
7.Course administrator's name (mention all, if more than one name)
Name: Hussam Y. Youssef Email: hussam.yousif@uowa.edu.iq

8.Course Objectives

- Identify concepts, principles, and definitions of health and health promotion.
- Overview models of health and illness.
- Discuss health promotion models.
- Understand levels of measurement of health and health promotion.
- Differentiate between health promotion and health protection.
- Describe the stages of health behavior changes.
- Apply approaches to health promotion and disease prevention.
- Develop skills in delivering health promotion interventions for different populations (infants, toddlers, preschoolers, school-aged children, adolescents, and older adults).
- Utilize the nursing process in health promotion and nursing management.
- Appreciate the importance of embedding health promotion aims and values within nursing practice.
- Recognize the role of nurses in contributing to the improvement and maintenance of population health.
- Demonstrate a commitment to promoting and protecting the health of diverse populations.
- Foster a holistic and person-centered approach to health promotion.
- Develop a sense of responsibility and ethical practice in the field of health promotion.

1. Teaching and Learning Strategies

Strategy

- Theoretical lectures.
- Discussions.
- Reports.
- Seminars.

2. Course Structure					
Week	Hours	Required Learning Outcomes	Unit or subject name	Learning method	Evaluation method
1	2T	<input checked="" type="checkbox"/> Identify concepts, principles, and definition of health and health promotion. <input checked="" type="checkbox"/> Differentiate between health promotion and health protection.	Introduction to Health Promotion	-Lectures. - seminars.	Quizzes, students' participation in the lecture, evaluation.
2	2T	<input type="checkbox"/> Apply approaches to health promotion and disease prevention. <input type="checkbox"/> Distinguish between personal and community approaches to health promotion.	Approaches to Health Promotion and Disease Prevention	- Lectures. - seminars.	Quizzes, students' participation in the lecture, evaluation.
3	2T	Overview models of health and illness, including the health-illness continuum model, health belief model, holistic health model, and health promotion model.	Models of Health and Illness	-Lectures. - seminars.	Quizzes, students' participation in the lecture, evaluation.
4	2T	<input checked="" type="checkbox"/> Understand the stages of health behavior changes (precontemplation, contemplation, preparation, action, maintenance, and termination). <input checked="" type="checkbox"/> Discuss the levels of measurement of health and health promotion.	Measurement of Health and Health Promotion	-Lectures. - seminars.	Quizzes, students' participation in the lecture, evaluation.
5	Mid-term exam. No 1				
6	2T	Recognize the role of nurses in health promotion activities	Nurses' Role in Health Promotion	-Lectures. - seminars.	Quizzes, students' participation in the lecture, evaluation.
7	2T	Develop strategies for promoting and protecting the health of infants, toddler, and preschool population	Promoting and Protecting the Health of Infant, Toddler and Preschool Population	-Lectures. - seminars.	Quizzes, students' participation in the lecture, evaluation.
8	2T	Develop strategies for promoting and protecting the health of school-aged and adolescent populations.	Promoting and Protecting the Health of School-aged and Adolescent Population	-Lectures. - seminars.	Quizzes, students' participation in the lecture, evaluation.

9	2T	Develop strategies for promoting and protecting the health of older adult populations.	Promoting and Protecting the Health of Older Adult Populations	-Lectures. - seminars.	Quizzes, students' participation in the lecture, evaluation.
10	Mid-term exam. No 2				
11	2T	Apply the nursing process in health promotion and nursing management.	Nursing Process in Health Promotion and Nursing Management	-Lectures. - seminars.	Quizzes, students' participation in the lecture, evaluation.
12	2T	Discuss and apply various health promotion models	Health Promotion Models	-Lectures. - seminars.	Quizzes, students' participation in the lecture, evaluation.
13	2T	Differentiate between personal and community approaches to health promotion	Approaches to Health Promotion.	-Lectures. - seminars.	Quizzes, students' participation in the lecture, evaluation.
14	2T	Describe the stages of health behavior changes.	Stages of Health Behavior Changes.	-Lectures. - seminars.	Quizzes, students' participation in the lecture, evaluation.

3. Course Evaluation

Evaluation				Score standard
Formative		Summative		-Excellent (90-100) -Very Good (80-less than 90) -Good (70-less than 80) -Fair (60-less than 70) -Acceptable (50-less than 60) - Fail (less than 50)
Scores	Evaluation methods	Scores	Evaluation methods	
4%	Daily Quizzes	10%	First-Mid-term theoretical exam	
2%	Seminars	10%	Second-midterm exam	
2%	Reports	70%	Final theoretical exam	
2%	Participation			
10%		90%		

4. Learning and Teaching Resources

Required textbooks	"Health Promotion in Nursing Practice" (7th Edition), by Nola J. Pender, Carolyn L. Murdaugh, and Mary Ann Parsons, published in 2019.
--------------------	--

	<p>"Health Promotion Throughout the Life Span" (9th Edition), by Edith Maville and Janice E. Huerta, published in 2020.</p> <p>"Introduction to Community and Public Health" (6th Edition), by Manoj Sharma and Paul W. Branscum, published in 2019.</p> <p>"Foundations of Health Promotion and Education" (6th Edition), by Ralph Hingson and Jonathan Howland, published in 2018.</p>
Electronic References, Websites	<ul style="list-style-type: none"> • World Health Organization (WHO) Health Promotion website: https://www.who.int/health-topics/health-promotion (accessed on May 23, 2023) • Centers for Disease Control and Prevention (CDC) Health Promotion website: https://www.cdc.gov/healthpromotion/index.html (accessed on May 23, 2023) • National Institutes of Health (NIH) Health Promotion resources: https://www.nih.gov/health-information/health-promotion (accessed on May 23, 2023) • Health Promotion Journal of Australia: https://onlinelibrary.wiley.com/journal/18361980 (accessed on May 23, 2023) • Health Promotion International journal: https://academic.oup.com/heapro (accessed on May 23, 2023) • The Community Guide (from the CDC): https://www.thecommunityguide.org/ (accessed on May 23, 2023) • Healthy People 2030 (from the U.S. Department of Health and Human Services): https://health.gov/healthypeople (accessed on May 23, 2023)

رئيس الفرع

م. د هديل صاحب

فرع تمريض
صحة المجتمع



مدرس المادة

م. د حسام يوسف