Description: Health Interventions

<table>
<thead>
<tr>
<th>Subject</th>
<th>Cat-nbr</th>
<th>Class</th>
<th>Term</th>
<th>Mode</th>
<th>Units</th>
<th>Campus</th>
</tr>
</thead>
<tbody>
<tr>
<td>PSY</td>
<td>8075</td>
<td>62741</td>
<td>1, 2007</td>
<td>ONC</td>
<td>1.00</td>
<td>Toowoomba</td>
</tr>
</tbody>
</table>

Academic group: FOSCI
Academic org: FOS005
Student contribution band: 1
ASCED code: 090513

STAFFING
Moderator: Paul Bramston

REQUISITES
Co-requisite: PSY8045

RATIONALE
Health enhancement and illness prevention are closely related to environment and lifestyle. This course develops an understanding of health that encompasses social and personal resources of people who are enabled to increase control over aspects of their health. The course reviews frameworks for guiding health promotion projects that focus on whole communities or societies.

SYNOPSIS
This course teaches the student a range of health promotion frameworks for groups or communities with health problems. The students will review public health policies, research on supportive environments and programs that promote collective resources in communities. This course will be offered by three compulsory workshops on-campus, each of two days duration and by readings, assignments and web based discussion groups.

OBJECTIVES
On completion of this course students will be able to:

1. demonstrate an understanding of public health policies both internationally and within Australia (Assessment 1);
2. develop an understanding of the role of epidemiology in developing healthy communities (Assessment 1);
3. competently complete a health needs assessment in a community and design a health intervention program (Assessment 1);
4. identify and assess the relationship between health attitudes and health behaviours in the promotion and maintenance of health (Assessment 2);
5. understand the theoretical underpinnings of current frameworks to facilitate population change (Assessment 3);
6. demonstrate an appreciation of gender and cross cultural aspects of health related behaviour and attitudes and community change (Assessment 3);
7. work effectively within multidisciplinary teams (Assessment 3).

TOPICS

<table>
<thead>
<tr>
<th>Description</th>
<th>Weighting (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Concepts and processes of public health, and epidemiology of health indicators in Queensland and Australia.</td>
<td>5.00</td>
</tr>
<tr>
<td>2. Health beliefs and attitudes and psychology of health risk factors at a community level.</td>
<td>5.00</td>
</tr>
<tr>
<td>3. Frameworks in which to conceptualise community and population behaviour change.</td>
<td>10.00</td>
</tr>
<tr>
<td>4. Health needs assessment, community capacity building, health promotion strategies.</td>
<td>10.00</td>
</tr>
<tr>
<td>5. Teamwork in public health projects.</td>
<td>20.00</td>
</tr>
<tr>
<td>6. Social, family and community level interventions. Cultural and rural factors.</td>
<td>20.00</td>
</tr>
<tr>
<td>7. Steps in health promotion project planning.</td>
<td>30.00</td>
</tr>
</tbody>
</table>

TEXT and MATERIALS required to be PURCHASED or ACCESSED

ALL textbooks and materials are available for purchase from USQ BOOKSHOP (unless otherwise stated). Orders may be placed via secure internet, free fax 1800642453, phone 07 46312742 (within Australia), or mail. Overseas students should fax +61 7 46311743, or phone +61 7 46312742. For costs, further details, and internet ordering, use the 'Textbook Search' facility at http://bookshop.usq.edu.au click 'Semester', then enter your 'Course Code' (no spaces).


REFERENCE MATERIALS

Reference materials are materials that, if accessed by students, may improve their knowledge and understanding of the material in the course and enrich their learning experience.

, , *Journal of health psychology*,
, , *Journal of health and human behaviour*,
, , *Journal of health and social behaviour*,

'Health psychology on the net' (Available: www.pitt.edu/~tawst14/healthpsy.htm).

'British psychological society special group in health psychology' (Available: //www.man.ac.uk/bps/).

'European health psychology society' (Available: //www.ehps.net/).


'International society of behavioural medicine' (Available: //www.psy.miami.edu/isbm/).

Canadian Psychological Association 'International organisations' (Available: ).


**STUDENT WORKLOAD REQUIREMENTS**

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lectures</td>
<td>42.00</td>
</tr>
<tr>
<td>Private Study</td>
<td>70.00</td>
</tr>
<tr>
<td>Project Work</td>
<td>62.00</td>
</tr>
</tbody>
</table>

**ASSESSMENT DETAILS**

<table>
<thead>
<tr>
<th>Description</th>
<th>Marks out of</th>
<th>Wtg(%)</th>
<th>Due date</th>
</tr>
</thead>
<tbody>
<tr>
<td>ONLINE CLASS DISCUSSION</td>
<td>10.00</td>
<td>0.00</td>
<td>06 Mar 2007 (see note 1)</td>
</tr>
<tr>
<td>ATTENDANCE AT 3 WORKSHOPS</td>
<td>1.00</td>
<td>0.00</td>
<td>06 Mar 2007 (see note 2)</td>
</tr>
<tr>
<td>HEALTH PROMOTION ORAL</td>
<td>50.00</td>
<td>50.00</td>
<td>06 Mar 2007 (see note 3)</td>
</tr>
<tr>
<td>HEALTH PROMOTION PROJECT PLAN</td>
<td>50.00</td>
<td>50.00</td>
<td>06 Mar 2007 (see note 4)</td>
</tr>
</tbody>
</table>

**NOTES**

1. Check with course examiner for updated workshop date.
2. See attendance requirements as outlined in Important Assessment Information below.
3. Check with the course examiner for updated workshop date.
4. Check with course examiner for updated workshop date.

**IMPORTANT ASSESSMENT INFORMATION**

1 Attendance requirements:

   Participation in On-campus Workshops. The skills components of this course will be taught in three, two-day compulsory workshops held on campus. During these workshops,
students will engage in practice of techniques for a variety of health related psychological problems both individual and group/community. The health promotion/community intervention skills will also be taught in three, one-day compulsory workshops held on campus, thus requiring students to attend three, two-days workshops in total. It is the students' responsibility to actively participate in all classes scheduled for them, and to study all material provided to them or required to be accessed by them to maximise their chance of meeting the objectives of the course and to be informed of the course-related activities and administration.

2 Requirements for students to complete each assessment item satisfactorily:
   To complete each of the assessment items satisfactorily, students must obtain at least 50% of the marks available for each assessment item.

3 Penalties for late submission of required work:
   If students submit assignments after the due date without prior approval then a penalty of 10% of the total marks available for the assignment will apply for each working day late.

4 Requirements for student to be awarded a passing grade in the course:
   To be assured of receiving a passing grade a student must submit all of the summative assessment items, achieve at least 50% of the available weighted marks for the summative assessment items.

5 Method used to combine assessment results to attain final grade:
   The final grades for students will be assigned on the basis of the weighted aggregate of the marks obtained for each of the summative assessment items in the course.

6 Examination information:
   No examination in this course.

7 Examination period when Deferred/Supplementary examinations will be held:
   Any Supplementary or Deferred examinations for this course will be held within six weeks of the beginning of the next semester.

8 University Regulations:
   Students should read USQ Regulations 5.1 Definitions, 5.6. Assessment, and 5.10 Academic Misconduct for further information and to avoid actions which might contravene University Regulations. These regulations can be found at the URL http://www.usq.edu.au/corporateservices/calendar/part5.htm or in the current USQ Handbook.

**ASSESSMENT NOTES**

9 Participation in weekly on-line discussion groups. Students are expected to participate in weekly Online Discussion groups beginning in Week 3. The topic for discussion will coincide with the reading and practice exercises assigned. A contribution will consist of a description of therapy practice and/or a personal evaluation/reflection on the experience of doing the exercise, or critical analysis of a reading.

10 Health Promotion. Each student will arrange to be involved in a health promotion activity at the Department of Health, Public Health Unit. Students will design and plan aspects of a community level intervention while paired with a health promotions officer.

11 Students will present in class their planned health promotion project to demonstrate their understanding of public health epidemiology and policies.

12 Students will write-up a health promotion plan using Qld Health protocols to assess health needs, attitudes and behaviours in an identified community.

13 Students must retain a copy of each item submitted for assessment. This must be produced within 24 hours if required by the Examiner.
14 The due date for an assignment is the date by which a student must despatch the assignment to the USQ. The onus is on the student to provide proof of the despatch date, if requested by the Examiner.

15 The examiner may grant an extension of the due date of an assignment in extenuating circumstances. Any extensions will not exceed six weeks past the end of the semester.

16 **2 HOUR CLOSED TEST.** This will be an in-class two hour closed test to be held on the last day of the workshops. It will consist of critical commentary on (a) a clinical health case study and (b) a health promotion initiative.