



Course Title	Health Promotion: Maintaining Wellbeing in Populations				
Course Code	MPH-515				
Course Type	Required				
Level	2 nd Cycle				
Year / Semester	1 / 1				
Teacher's Name	Dr Souzana Achilleos				
ECTS	5	Lectures	6	Interactive learning activities	10
Course Purpose and Objectives	<p>The main objectives of the course are to enable students to:</p> <ul style="list-style-type: none"> Apply the principles of Health Promotion to prevent disease and improve health in populations through individualistic and wider environmental approaches. Apply models of predicting and explaining health behaviour in groups of people for developing and implementing health promotion programmes. 				
Learning Outcomes	<p>After completion of the course students are expected to be able to:</p> <ol style="list-style-type: none"> Apply the principles of Health Promotion to prevent disease, improve health, and maintain wellbeing in populations. Design health promotion programmes for dealing with specific Public Health challenges and critically evaluate how these are successfully implemented and monitored, including the basic principles and tools of budget and resource management. Analyse the processes by which health education, health literacy, and health consciousness, determine health-related lifestyle behaviours and choices. Analyse the processes by which environmental, occupational, societal, political, and economic factors determine health-related lifestyle behaviours and choices. Critically evaluate the major models of predicting and explaining health-related behaviours in groups of individuals. Design intervention programmes specifically for modifying health-related behaviours among groups of individuals. Critically evaluate the major models of predicting and explaining health-related behaviours due to environmental and social determinants of health. Design intervention programmes specifically for modifying health-related behaviours in groups of people, via targeting social determinants of health. Analyse health promotion in the context of mass population movement for the purposes of recreation (e.g. tourism), relocation (e.g. working/retiring abroad), or due to forced migration (e.g. as a result of armed conflict or natural disasters). 				



	10. Design health promotion programmes aimed at tackling threats to public health stemming from mass population movements, both for the incoming and the host population.			
Prerequisites	None	Required	None	
Course Content	<ol style="list-style-type: none"> 1. Principles and purpose of Health Promotion 2. Designing and monitoring Health Promotion programmes 3. Determinants of health-related lifestyle behaviours I: health education, health literacy, and health consciousness 4. Determinants of health-related lifestyle behaviours II: environmental, occupational, societal, political, and economic factors 5. Predicting and modifying health-related behaviour in population groups I: targeting individuals 6. Predicting and modifying health-related behaviour in population groups II: targeting social determinants of health 7. Health promotion in the context of population movements 			
Teaching Methodology	This programme is delivered via distance learning (online) and includes recorded lectures, interactive online tutorials (Webinars) and discussion forums, as well as online exercises and other activities.			
Bibliography	Required Textbooks / Reading:			
	Title	Author(s)	Publisher	Year
				ISBN
Foundations for Health Promotion, 3e (Public Health and Health Promotion)	Naidoo J, Wills J	Elsevier	2016	978-0702054426
Society for Public Health Education (SOPHE).; Health Promotion Programs: from Theory to Practice	Fertman CI, Allensworth DD	Jossey-Bass, Wiley	2016	978-1-119-16333-6
Mastering Public Health: A Postgraduate	Lewis G, Sheringham J,			978-1444152692



	Guide to Examinations and Revalidation, (2nd ed.)	Bernal JL), Crayford T	CRC Press	2014	
	Recommended Textbooks / Reading:				
	Title	Author(s)	Publisher	Year	ISBN
	Health Promotion: Planning & Strategies (3rd ed.), Chapter 1.	Green J, Tones K, Cross R, Woodall J	SAGE Publications Ltd	2015	978-1446294000
Assessment	Online quiz (formative) Coursework (1 assignment) – 30% Mandatory interactive activities and webinar attendance/participation – 10% Final exam – 60%				