



**Course name:** Health Promotion.

**Course stage:** Fourth year /first Semester.

**Credit Hours:** (2) credit hours.

**Course Calendar:** (2 ) hours Weekly Of (15) weeks. Theory (30) hrs.

**Teacher name:** Assistant Lecturer/ Hussam Youssef

**Certificate:** MSc. Nursing

This course defines the concept of health promotion and explains why it essential for nursing students to embed health promotion aims and values within their practice. It goes on to discuss how health promotion contributes to the improvement and maintenance of population health and the contemporary public health agendas in the worldwide.

#### **General objectives / Goals**

At the end of the course the students will be able to:

- Identify concepts, principles and definitions of health and health promotion.
- Apply approaches to health promotion and disease prevention.
- Differentiate health promotion from heath protection.
- Overview models of health and illness.
- Discuss health promotion models.
- Understand levels of measurement of health and health promotion.

#### **Methods of teaching (theory)**

- LECTURE.
- DISCUSSIONS.
- WRITING REPORTS.
- BRAIN STORMING.

#### **Methods of evaluation**

- Quiz.
- Report and seminar.
- Monthly test.
- Final test.



### List of contents:

Week No.	Lecture title	Main Contents	Expected Date/
1.	<b>Unit one Introduction</b>	CONCEPTS, PRINCEPLES AND DEFINITIONS OF HEALTH and health promotion	
2.	<b>Unit two</b>	-APPROACHES TO HEALTH PROMOTION AND DISEASE PREVENTION.	
3.		-DIFFRENECES BETWEEN HEALTH promotion and health protection.	
4.		-Personal approach. -Community approach.	
5.	<b>Unit three: 1</b>	MODLES OF HEALTH AND ILLNESS.	
6.	2	-Health-illness continuum model	
7.	3	-health belief model.	
8.	4	-holistic health model.	
9.	5	-health promotion model.	
10.	<b>UNIT 4: MEASURMENT OF HEALTH AND HEALTH PROMOTION:</b>	STAGES OF HEALTH BEHAVIOR CHANGES: -PRECONTEMPLATION. -CONTEMPLATION. -PREPRATION. -ACTION. -MAINTENANCE. -TERMINATION.	
11.	NURSES ROLE IN HEALTH PROMOTION.		
12.	<b>UNIT 5: PROMOTING AND PROTECTING THE HEALTH OF:</b>	infant , toddler, and preschool populations	
13.		school- aged and adolescent population.	
14.		-older adult population.	
15.	UNIT6: NURSING PROCESS IN HEALTH PROMOTION AND NURSING MANANGMENT		
16.	<b>Final test</b>		

