

## Health Promotion

Health Promotion covers a range of activities committed to building healthier communities and individuals. It promotes a notion of health as **healthy living**, not merely the absence of disease. It goes beyond disease prevention and recognises that a broad range of social, economic, cultural, educational and other societal factors, as well as environmental factors, are also important in producing and maintaining individual and community health.

Health Promotion practitioners work at many levels; developing healthy public policies to enhance community living, strengthening local communities for local action and control over community and health issues, personal skill development to enable people to pursue healthier lifestyles, and reorientation of health care services to increase the focus on healthy living and illness prevention.

Health promoters can be found working in a wide range of settings; e.g., in healthy schools projects, in youth and community development projects with local government, in wellness/lifestyle programmes in industry, on road safety/injury prevention programmes, on safe-sex campaigns in schools, developing healthy eating/fitness educational materials, in primary health care organisations, in government developing healthy public policy, on gambling harm-reduction projects, and on projects to optimise quality of life for the elderly.

AUT University's Health Promotion programme produces graduates with contemporary health promotion theory and knowledge, a critical research orientation and practice experience ready to enter a range of health promotion work settings. It is committed to the Ottawa Charter for Health Promotion and the Treaty of Waitangi as the guiding foundations for health promotion in Aotearoa -New Zealand.

The programme offers three pathways:

### Bachelor of Health Science in Health Promotion

The BHSc in Health Promotion is a three year (360 point) degree with full and part-time options.

Ten papers constitute the health promotion major.

Paper		Points
515009	Nutrition, Activity and Health	15
775617	Introduction to Epidemiology	15
526804	Theories and Models in Health Promotion	15
556104	Health Promotion	15
526806	Ethics of Health Promotion	15
527873	Health Promotion Evaluation	15
527870	Media and Communication in Health Promotion	15
527872	Maori Health Promotion	15
567871	Health Promotion of Communities	15
527874	Health Practice Co-operative	30

Students also take 8 core health science papers

Paper		Points
555321	Human Structure and Function	15
555103	Interpersonal Skills for Health Professional Practice	15
555339	Maori Health Development OR	15
555338	Health in the Context of Aotearoa/NZ	15
557221	Health Law and Policy	15
555101	Psychology and Lifespan Development	15

527189	Health Research	15
556102	Knowledge for Health Research	15
566508	Social Psychology	15

Students also choose five elective papers to suit their particular career or further study interests. These can come from any programme in the university. Possible groupings include-- psychology, sport and recreation, mental health, environmental health, addictions, public policy, criminology and social sciences.

### Graduate Certificate in Health Science

The Grad CertHSc is a one semester (60 point) full time equivalent qualification, with part-time options. Students select a range of papers with a health promotion focus in consultation with the programme leader. At least 45 points must be at level 7.

#### Entry Requirements

A relevant Bachelor's degree (with B Average) or relevant professional practice or experience in a related health field equivalent to that of a graduate.

### Graduate Diploma in Health Science

The Grad DipHSc is a one year (120 point) full-time equivalent qualification, with part-time options. Students select a range of papers with a health promotion focus in consultation with the programme leader. At least 75 points must be at level 7.

#### Entry Requirements

A relevant Bachelor's degree (with B Average) or relevant professional practice or experience in a related health field equivalent to that of a graduate.

## Programme Leader

John F Smith MA DipClinPsych (Cant) PhD (Kansas).

- Health Promotion, Programme Evaluation, Health Policy, Community Health Development, International Health.

## Contributing Staff

Kate Diesfeld BA (Colgate) JD (San Diego).

- Health Law, Disability Law.
- Rosemary Godbold BHScHons (Brunel) RN.
- Ethics, Health Promotion, Professional Practice.

Bob King BA (Wisconsin-Madison).

- Media and Communication.
- Christine King DipHSc (Otago) MSc (Lond).
- Sports Nutrition, Consumer Nutrition, Health Promotion.

Nicki Jackson BSc MHSc (Otago).

- Health Promotion, Public Health, Epidemiology, Evidence-based Practice, Research Methods.

Maria Paenga BHSc (Physiotherapy) PG DipNeuroRehab (AUT) Ngati Porou NgaPuhi.

- Maori Health Development, Cultural Identity, Maori Health Promotion, Whanau Development.

Jeni Pearce DipHSc (Otago) MSc (Iowa) PGDipDietetics

- Sports Nutrition, Health Promotion, Consumer Nutrition.

Adjunct Professor John Raeburn MA (Auck) PhD (Queen's-Ontario).

- Community Development, Health Promotion, Mental Health.

Professor Philip Schluter MSc PhD (Cant).

- Biostatistics, Epidemiology, Bayesian Philosophy.

Grace Wong BA (Cant) MPH (Auck) RCpN.

- Health Promotion, Programme Evaluation, Tobacco Control, Asian Health.

## For programme and enrolment information please contact:

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Or

Course Information  
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The information on this brochure was correct when it was printed. Hlth Prom Nov06\_300

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## Health Promotion Programmes

# HEALTH

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