

**Macao Polytechnic Institute**  
**School of Health Sciences and Sports**  
**Bachelor of Science in Biomedical Technology**  
**(Medical Laboratory & Pharmacy Technology)**

**Module Outline**

**Academic Year**    **2020 / 2021**    **Semester**    **2**

<b>Learning Module</b>	Health Education and Promotion		<b>Class Code</b>	BSHE3102
<b>Pre-requisite(s)</b>	Nil			
<b>Medium of Instruction</b>	Cantonese /English		<b>Credit</b>	3
<b>Lecture Hours</b>	34 hrs	<b>Lab/Practice Hours</b>	11 hrs	<b>Total Hours</b> 45 hrs
<b>Instructor</b>	Dr. Mio Ka Wa, Ruth (Subject Teacher) Nadia H.K. Chan		<b>E-mail</b>	kwmio@ipm.edu.mo t1537@ipm.edu.mo
<b>Office</b>	M706 (Ruth), Meng Tak Building, Main Campus		<b>Telephone</b>	85993431(Ruth)

**Description**

The learning module aims to enable students to apply the concepts of health education and promotion in their professional practice. This course has 34-hour lecturers, 11-hour practice sessions, and 45 teaching hours in total.

**Learning Outcomes**

At the end of this learning module, the students should be able to:

1. Describe the concepts and strategies of health education and health promotion
2. Describe the health education and health promotion models to promote health behaviour among individuals, family and community
3. Access health and health behaviours and develop a health promotion plan of a community
4. Apply the interventions for health promotion and prevention in different sectors of a community
5. Design projects of health promotion and education and evaluate the effectiveness of the interventions

## **Content**

1. Introduction to the subject and Basic concepts of Health Education and Promotion (1 class hours)
2. Health related behaviour (1 class hours)
3. Communication skill and Mass Media (2 hours)
4. Health indices (2 hours)
5. Project design of health promotion: Needs Assessment, Planning, implementation and evaluation (8 class hours)
6. Psychological health in healthy ageing (2 class hours)
7. Common mental disorders in Macao (4 class hours)
8. Introduction to mental health support (2 class hours)
9. Basic health education and promotion in the area of mental health (2 class hours)
10. Health promotion in different sectors of a community: hospital, school, occupational groups and elderly (10 class hours)
11. Investigation (3 hours) (Practice)
12. Health Education (3 hours) (Practice)
13. Health Promotion (3 hours) (Practice)
14. Presentation (2 hours)  
(MASTER: define of the basic concepts of Health Education and Promotion; apply theoretical knowledge to practical situation.)

## **Class Practice**

### **Practice 1: Investigation (3 hours) (Practice)**

Date: 2021/04/23

Time: 14:30 to 17:30

Students per Group: 7-8 students / group

### **Practice 2: Health Education (3 hours) (Practice)**

Date: 2021/04/30

Time: 14:30 to 17:30

Students per Group: 7-8 students / group

### **Practice 3: Health Promotion (3 hours) (Practice)**

Date: 2021/05/07

Time: 14:30 to 17:30

Students per Group: 7-8 students / group

### **Practice 4: Presentation (2 hours) (Practice)**

Date: 2021/05/14

Time: 11:00 to 13:00

Students per Group: 7-8 students / group

Mode of Practice: presentation and peer assessment

Practice Requirement: Each group choose a topic related to current health problem in Macau, focused to a specific population for health education

## **Teaching Method**

Lectures and Group Discussion

## Attendance

Attendance of the learning module is in accordance with the attendance stated in “Academic Regulations Governing Bachelor’s Degree Programmes of Macao Polytechnic Institute”. Students are not eligible to participate the group presentation if failure to meet the rules, moreover, an “F” will be given as the final grade to students who have less than the stated attendance for the enrolled module.

## Assessment

- Psychological health Quiz (20%)
- Health Education assignments (20%)
- Health Promotion assignment (20%)
- Group presentation (20%)
- Written Report (20%)

Nature	Weighting (%)	Date of submission of written report
Assignments	Health education PPT (20%)	2021/05/14
	Health Promotion assignment (20%)	2021/05/14
	Group Presentation assignment (20%)	2021/05/14
	Written Report (20%)	2021/05/14

## Teaching Material(s)

- Cottrell, R. R., Girvan, J. T., McKenzie, J. F., & Seabert, D. (2017). Principles and foundations of health promotion and education (7th ed.). Boston: Pearson College Div.
- Edelman, C. L., Kudzma, E. C., Mandle, C. L. (2014). Health promotion throughout the lifespan (8th ed.). Vancouver: Mosby.
- Green, J., Tones, K., Cross, R., & Woodall, J. (2015). Health Promotion Planning & Strategies (3rd ed.). London: SAGE Publications Ltd.
- Green, L. W. & Kreuter, M. W. (2005). Health program planning: an educational and ecological approach (4th ed.). New York: McGraw-Hill.
- Naidoo, J. & Wills. J. (2009). Foundations for health promotion (3rd ed.) London: Elsevier.
- Pender, N., Murdaugh, C., & Parsons, M.A. (2015). Health Promotion in nursing practice (7th ed.). New Jersey: Pearson.
- Sharma, M. & Romas, J. A. (2017). Theoretical Foundations of health education and promotion (3rd ed.) Sudbury: Jones & Bartlett.
- 王秀紅等。(2016)。健康促進：理論與實務。台北市：華杏。
- 黃敬亭。(2011)。健康教育學（第五版）。上海：復旦大學出版社。
- 張蓓貞。(2015)。健康促進理論與實務。新北市：新文京出版社。
- 賴秀芬譯。(2010)。健康促進(第三版)。台灣：愛思唯爾。(原文 Naidoo, J. & Wills. J. (2009). Foundations for health promotion (3rd ed.). London: Elsevier.)
- 黃璉華等(2013)。學校衛生護理(第三版)。台北：華杏。

## Timetable

Session	Date	Time	Topic	Teacher
1	22 Jan 2021 11:00-13:00	2 hours	- Introduction to the subject - Basic concepts of health education and promotion -Health related behaviour	Ruth MIO
2	29 Jan 2021 11:00-13:00	2 hours	-Communication skills and Mass Media	Ruth MIO
3	05 Feb 2021 11:00-13:00	2 hours	-Health indices	Ruth MIO
4	19 Feb 2021 9:00-11:00 11:00-13:00	4 hours	-Psychological health in healthy ageing - Project design of health promotion: Assessment Needs	Nadia Chan Ruth MIO
5	26 Feb 2021 9:00-11:00 11:00-13:00	4 hours	-Common mental disorders in Macao I  -Project design of health promotion: Planning	Nadia Chan Ruth MIO
6	05 Mar 2021 9:00-11:00 11:00-13:00	4 hours	-Common mental disorders in Macao II  -Project design of health promotion: Implementation	Nadia Chan Ruth MIO
7	12 Mar 2021 9:00-11:00 11:00-13:00	4 hours	-Introduction to mental health support  -Project design of health promotion: Evaluation	Nadia Chan Ruth MIO
8	19 Mar 2021 9:00-11:00 11:00-13:00	4 hours	-Basic health education and promotion in the area of mental health -Health promotion in different sectors of a community: hospital	Nadia Chan Ruth MIO
9	26 Mar 2021 11:00-13:00	2hours	-Health promotion in different sectors of a community: school	Ruth MIO
10	09 Apr 2021 11:00-13:00	2hours	-Health promotion in different sectors of a community: occupational	Ruth MIO
11	16 Apr 2021 11:00-13:00	2 hours	-Health promotion in different sectors of a community: elderly	Ruth MIO
12	23 Apr 2021 11:00-13:00 14:30-17:30	5 hours	-Health promotion in different sectors of a community: Substance abuse - Investigation (Practice)	Ruth MIO
13	30 Apr 2021 11:00-13:00 14:30-17:30	5 hours	- Health Education (Practice)	Ruth MIO
14	07 May 2021 11:00-13:00 14:30-17:30	5 hours	- Health Promotion (Practice)	Ruth MIO
15	14 May 2021 11:00-13:00	2 hours	- Active learning: Presentation (Practice)	Ruth MIO