

**HS2250a, 2010**  
**Health Promotion in Canada**  
**Dr. Jennifer Irwin**

jenirwin@uwo.ca; 661-2111 ext 88367; HSB Rm 215

**Class Hours:** Mondays 2:30 – 3:30 & Wednesdays 2:30 – 4:30. HSB Rm 40

**Required Course Text:** McKenzie, J.F., Neiger, B.L. & Thackeray, R. (2009).

speakers' lectures are examinable (whether or not t

... (see Scholastic Offence Policy in the current Academic Calendar).

Plagiarism checking: The University of Western Ontario uses software for plagiarism checking. Students may be required to submit their written work in electronic format for plagiarism checking.

Computer-marked multiple-choice tests and/or exams may be subject to submission for

## Course Content and Required Readings

### Unit 1: Health Promotion, Health Education, and Disease Prevention in Canada

(September 13 – 27). *e n . - e*

Defining the terms and concepts

Assumptions of health promotion

Exploring some of the major health issues and behaviours in Canada (e.g., heart health, obesity, mental health, cancer, diabetes, physical activity)

**Quiz:** September 29<sup>th</sup> (in-class, optional)

### Unit 2: Models & Theories for Health Promotion and Disease Prevention (October 4

– October 18). *e n . - e*

Importance of using models & theories

PRECEDE-PROCEED, Social Cognitive Theory, etc

Behavioural change theories, combination health behaviour models

Applying theory to practice – introduction to health behaviour coaching

**Midterm Exam:** October 27<sup>th</sup> (in-class) ..... e e . n n e e e e e e