# Module Specification

## GENERAL INFORMATION

| **Module name** | **Foundations for Health Promotion**  
(previously titled Health Promotion Theory) |
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<tr>
<td><strong>Module code</strong></td>
<td>PHM107</td>
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<tr>
<td><strong>Module Organiser(s)</strong></td>
<td>Helen Burchett</td>
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| **Contact email** | The LSHTM distance learning programmes and modules are run in collaboration with the University of London. Enquiries may be made via their Student Advice Centre at: [www.london.ac.uk/contact-us](http://www.london.ac.uk/contact-us).  
(Enquiries from face-to-face i.e. London-based LSHTM MSc or research students regarding study of DL modules should be emailed to distance@lshtm.ac.uk.) |
| **Home Faculty** | Faculty of Public Health and Policy  
London School of Hygiene & Tropical Medicine  
[http://www.lshtm.ac.uk/php/](http://www.lshtm.ac.uk/php/) |
| **Level** | This module is at Level 7 (postgraduate Masters level) of the QAA [Framework for Higher Education Qualifications](http://www.qaa.ac.uk/ehq/) in England, Wales & Northern Ireland (FHEQ). |
| **Credit** | LSHTM award 10 credits on successful completion of this module. |
| **Accreditation** | Not currently accredited by any other body. |
| **Keywords** | Disease prevention & control; Health Policy; Public health history; Behavioural aspects; Values / Human rights / (bio)Ethics; Equity; Sociology; Poverty; Nutrition; Smoking; Sexuality; Physical activity. |

## AIMS, OBJECTIVES AND AUDIENCE

| **Overall aim** | To provide students with an overview of the origins and purpose of health promotion, and an understanding of the theories that inform health promotion activities. |
| **Intended learning outcomes** | By the end of this module, students should be able to:  
- Describe the origins of health promotion;  
- List and compare the different ways in which 'health' can be defined, and identify the implications of this for health promotion;  
- Define and critically evaluate the key theories and concepts that inform health promotion and relate these to specific health promotion approaches and methods;  
- Apply health promotion theories in the design and implementation of health promotion strategies and interventions;  
- Locate these theories and concepts within contemporary debates in health promotion. |
| **Target audience** | This module is available to students registered for the PG Certificate/PG Diploma/MSc in Public Health programmes; alternatively, it can also be taken as an individual module. This module is compulsory for students studying the Health Promotion stream of the MSc Public Health. |
# CONTENT

- The nature of health
- The nature of health promotion;
- Determinants of health;
- Individual-level behaviour change;
- Community-level behaviour change;
- Health inequalities;
- Whole population and targeted approaches.

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## TEACHING, LEARNING AND ASSESSMENT

### Study resources provided or required

All materials, apart from the textbook, will be available online through Moodle, the LSHTM Virtual Learning Environment (VLE). The following materials will be available to students after registration for this module once a year in September/October:

- A brief study guide for the module.
- The core textbook is *Health Promotion Theory* edited by Liza Cragg, Maggie Davies and Wendy Macdowall (2013) – this will be posted out to students in the autumn. **Please note that the textbook is NOT the only required reading for this programme!**
- An online reading list with 2-3 required readings and 3-7 optional, additional articles for each of the ten topics within the module.
- A list of useful websites.
- Screencasts, activities, discussion forums and other resources.
- Access to the LSHTM online library resources.

Please note that the online materials available through Moodle are essential to studying the module.

### Teaching and learning methods

Learning is mainly self-directed, however participation in discussions on Moodle and in online Collaborate seminars is also expected. Tutors will post questions for discussion on Moodle for each of the module’s topics. The discussion forums are also available for students to initiate their own discussions, as well as to post comments and questions about the module.

Student support is available from the module tutors through the Moodle discussion forums and scheduled Collaborate ‘live-chat’ sessions on specific topics. Module tutors provide asynchronous feedback for all students on the online discussion forums and offer individual feedback on a formative (non-assessed) assignment submitted by the student.

### Assessment details

Optional formative assessment.

Formal assessment of this module is by a two hour-15 minute unseen written examination (100%). Students are advised to spend the first 15 minutes reading the paper and planning responses.

If students fail the module examination, they are allowed one further attempt.

### Assessment dates

Formative assessments for this module can be submitted only once annually, no later than 31 March and must be submitted via the online Assignment Management System.

Unseen written examinations for DL modules are held once a year, in June (including re-sits). Examinations are normally taken in a student’s country of residence, in one of over 650 examination centres worldwide (arranged mainly through Ministries of Education or the British Council). A list of examination centres can be found at [https://london.ac.uk/current-students/examinations/examination-centres](https://london.ac.uk/current-students/examinations/examination-centres).
A local fee will be payable direct to the examination centre. This fee is in addition to the programme/module fee and is set by, and paid directly to, the individual examination centres. The level of local examination centre fees varies across the world and neither the University of London nor the LSHTM have any control over the fee amount.

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<tr>
<th>Language of study and assessment</th>
<th>English (please see 'English language requirements' below regarding the standard required for entry).</th>
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### TIMING AND MODE OF STUDY

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<th>Duration</th>
<th>Distance learning module studies begin in early October. The textbook that supports the module will be dispatched to registered students in early autumn once fees have been paid. All other module materials will be made available on Moodle. Students may start their studies at any time from the beginning of October and work through the material until the start of the June examinations. Assessment submission deadlines are earlier than this. It is recommended that students participate regularly throughout the autumn and spring terms. There is a suggested study plan to help students to plan their studies and to encourage participation in Moodle discussions and Collaborate sessions.</th>
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<tr>
<td>Dates</td>
<td>Tutorial support for distance learning modules is available only from the beginning of October through to the end of May.</td>
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<td>Mode of study</td>
<td>By distance learning.</td>
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| Learning time | The notional learning time for the module totals 100 hours, consisting of:  
- Directed self-study (reading and working through the provided module material) ≈ 45 hours  
- Discussions on Moodle and participation in Collaborate sessions ≈ 25 hours  
- Assessment, review and revision ≈ 30 hours. |

### APPLICATION, ADMISSION AND FEES

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<th>Pre-requisites</th>
<th>Those wishing to study this module must have regular access to the internet and must register on Moodle, as this is where most of the resources will be located and teaching for the programme will take place.</th>
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<td>English language requirements</td>
<td>A strong command of the English language is necessary to benefit from studying the module. Applicants whose first language is not English or whose prior university studies have not been conducted wholly in English must fulfil LSHTM’s English language requirements, with an acceptable score in an approved test taken in the two years prior to entry. Applicants may be asked to take a test even if the standard conditions have been met.</td>
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<tr>
<td>Student numbers</td>
<td>There is no cap on the number of students who can register for this distance learning module. The number of students actively studying this module varies, but typically approximately 60 students register for the module per year.</td>
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<td>Student selection</td>
<td>This module is available to be studied by students on the following distance learning programmes: MSc/PGDip/PGCert Public Health. It is compulsory for students studying the Health Promotion stream of the MSc Public Health. Alternatively, students may register for this as an &quot;individual module&quot;. This module is also open to LSHTM research degree students.</td>
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<td>Fees</td>
<td>The current schedule of fees can be viewed at <a href="https://london.ac.uk/applications/costs-your-course/course-fees">https://london.ac.uk/applications/costs-your-course/course-fees</a> (click on the Postgraduate Fees link).</td>
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<td>Scholarships</td>
<td>Scholarships are not available for individual modules. Potential sources of funding will be detailed on the LSHTM website.</td>
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| Admission deadlines | Applications for LSHTM distance learning programmes and modules are managed by the University of London. To apply to take either a formal award (i.e. PG Certificate, PG Diploma or MSc) or an individual module, see https://london.ac.uk/courses/public-health. Key deadlines are as follows:  
- Application deadline: 31 August  
- Registration deadline: 30 September (new students and those registering for the project module, PHM305)  
- Registration deadline: 31 October (continuing students, with the exception of those registering for the project module PHM305, and those taking individual modules).  
**Please note:** The academic year starts 1 October. Students who register after 1 October should note that module welcome and Collaborate sessions held in October are recorded, but they cannot request an extension to assignment submission deadlines or apply for an examination extenuating circumstance as a result of registering later than 1 October. (In-house LSHTM research students wishing to study this module should self-enrol on the module's Moodle area.) |

**ABOUT THIS DOCUMENT**

This module specification applies for the academic year 2018-19  
**Last revised/approved:** July 2018 by Helen Burchett  
Further revisions revised: [Date / Month / Year], by [Name]

London School of Hygiene & Tropical Medicine, Keppel St., London WC1E 7HT.  
[www.lshtm.ac.uk](http://www.lshtm.ac.uk)