MODULE SPECIFICATION

Academic Year	2026-27
Module Code	PHM213
Module Title	Principles and Practice of Health Promotion
Module Organiser(s)	Yasmin Jahan and John Kunda
Contact email	For students studying University of London awards (initial registration 2025/2026 and prior years): Enquiries may be made via their Student Advice Centre at: Student Advice Centre. For students studying LSHTM awards (registration in 2026/2027 and onwards): Enquiries should be emailed to: PHsupport@lshtm.ac.uk
Faculty	Public Health & Policy
FHEQ Level	Level 7
Credit Value	**CATS:** 15 **ECTS:** 7.5
Mode of Delivery	Distance Learning
Mode of Study	Directed self-study, through online materials (Virtual Learning Environment)
Language of Study	English
Pre-Requisites	This module builds on concepts introduced in the core module PHM107 Foundations for Health Promotion; therefore, students are strongly advised to complete PHM107 prior to studying this module. Please note that while PHM107 is not a prerequisite, it is recommended that students who have not studied PHM107 have read the core textbook for PHM107 and have worked through the activities.
Accreditation by Professional Statutory and Regulatory Body	None
Module Cap (Maximum number of students)	None
Target Audience	This module is available to students registered for the DL MSc and PGDip in Public Health. For students who first registered for the MSc Public Health (UoL) prior to 2026/27 the module is recommended for those studying the Environment & Health and General streams and compulsory for the Health

	Promotion stream. It is also open to students on the DL PGDip/MSc Clinical Trials, Epidemiology, Global Health Policy and Infectious Diseases programmes. Alternatively, it can also be taken as an individual module.
Module Description	This module provides students with advanced concepts and tools in the practice of health promotion to help them understand the multi-levelled and complex determinants of health, strategies and interventions that can be undertaken at the global, community, or individual levels to address individual behaviour, social norms, rights and responsibilities, political, economic and environmental factors to improve health.
Duration	Studies for distance learning modules begin in early October. At this time, module materials will be made available on Moodle once fees have been paid. Students are encouraged to commence their studies in October and work steadily through the materials over the course of the academic year and must adhere to other assessment submission deadlines.
Last Revised (e.g. year changes approved)	May 2026

For students studying UoL awards (initial registration in 2025/2026 and prior years)

Programme(s) This module is linked to the following programme(s)	**Status**
MSc Public Health: Health Promotion (Distance Learning - University of London Worldwide)	Compulsory
MSc Public Health (General stream) (Distance Learning - University of London Worldwide)	Recommended Elective
MSc Public Health: Environment and Health (Distance Learning - University of London Worldwide)	Recommended Elective
MSc Public Health: Health Services Management (Distance Learning - University of London Worldwide)	Elective
MSc Public Health: Health Economics (Distance Learning - University of London Worldwide)	Elective
PGDip Public Health (Distance Learning - University of London Worldwide)	Elective
PGDip/MSc Global Health Policy (Distance Learning - University of London Worldwide)	Elective

For students studying LSHTM awards (registration in 2026/2027 and onwards)

Programme(s) This module is linked to the following programme(s)	**Status**
PGDip Public Health (Distance Learning)	Elective
MSc Public Health (Distance Learning)	Elective

PGDip Global Health Policy (Distance Learning)	Elective
MSc Global Health Policy (Distance Learning)	Elective

Module Aim and Intended Learning Outcomes

Overall aim of the module
The overall module aim is to: • enable students to apply various theories and evidence-based methods to support individual and groups engaged in health promotion.

Module Intended Learning Outcomes
Upon successful completion of the module a student should be able to: 1. Describe and give example of various health promotion methods and the contexts in which they might be applied; 2. Explain the application of different health promotion methods when targeting whole populations, communities or individuals; 3. Critically assess how multi-method programmes of health promotion are developed; 4. Identify and give examples of key stages in planning and implementing health promotion interventions, including their evaluation; 5. Critically analyse contemporary debates in health promotion practice, including knowledge of 'real world' health promotion interventions.

Indicative Syllabus

Session Content
The module is expected to cover the following topics: • Planning and delivering health promotion; • Policy and advocacy; • Settings and communities for health; • Using media to promote health; • Peer education; • Therapeutic change; • Information and advice.

Teaching and Learning

Notional Learning Hours

Type of Learning Time	Number of Hours	Expressed as Percentage (%)
Directed self-study	110	73.3
Self-directed learning	0	0
Assessment, review and revision	40	26.7
Total	**150**	**100**

Teaching and Learning Strategy
Learning is via directed self-study. A guide to studying the module is provided, together with access to a range of study resources, discussion forums and online webinar discussion sessions. The textbook that supports this module provides a detailed set of learning objectives at the start of each chapter, and also offers focused reading and various learning activities. Students are strongly encouraged to participate in the module-specific discussions and online webinar discussion sessions to obtain tutor support, and to make use of the LSHTM on-line library resources. Written feedback is provided on submitted assignments. It is a requirement of this module that students participate in the module-specific discussions and real-time tutorials available on Moodle to obtain tutor support, and to make use of the LSHTM online library resources.

Assessment

Assessment Strategy
This module is assessed via a summative assessed assignment (100%) to be submitted no later than May 31st.

Summative assessment

Assessment Type	Assessment Length	Weighting (%)	Intended Module Learning Outcomes Tested
Assessed Assignment	3000 words. Note: details about what to include in the word count and the referencing style to be used are provided in the Assignment Instructions.	100	All

The summative assignment for this module can be submitted only once annually (including resits), no later than **31 May** and must be submitted via the online Assignment Management System.

Resitting assessment
Resits will accord with Chapter 8b of the LSHTM Academic Manual. The Resit assessment will be the same assessment type as the first attempt (see previous table).

Resources

The following materials are provided to students after registration and fee payment for this module in October:

- A brief guide to studying the module;
- The main textbook *Health Promotion Practice* (second edition) by Will Nutland and Liza Cragg;
- A reading list including details of both required and optional reading and links to selected papers;
- A list of useful websites;
- Access to the LSHTM Virtual Learning Environment (VLE) - Moodle, where students can access a range of materials, including the materials listed above; participate in module-specific discussion forums and online webinar sessions and access the LSHTM online library resources.

All materials are provided in e-format and may be accessed via the LSHTM VLE – Moodle.

Teaching for Disabilities and Learning Differences

The module-specific site on Moodle provides students with access to the majority of the module learning materials, including a study guide and online reading list (detailing both essential and recommended readings), and additional resources including supplementary exercises, the option to listen to recordings of selected lectures taking place in London. In this module, materials provided include a textbook that is made available to students in e-format. All materials posted up on Moodle areas, including computer-based sessions, have been made accessible where possible. The LSHTM Moodle has been made accessible to the widest possible audience, using a VLE that allows for up to 300% zoom, permits navigation via keyboard and use of speech recognition software, and that allows listening through a screen reader. All students have access to "SensusAccess" software which allows conversion of files into alternative formats.

For students studying University of London awards (initial registration 2025/2026 and prior years: For students with special needs, reasonable adjustments and support can be arranged – details and how to request support can be found on the University of London Worldwide website at: Inclusive practice and Access arrangements | University of London

For students studying LSHTM awards (registration 2026/2027 and onwards): For students who require learning or assessment adjustments and support this can be arranged through the Student Support Services – details and how to request support can be found on the LSHTM Disability Support pages.