

Specialist Diploma in Health Promotion

Introduction

Health promotion activities encouraged community bonding, increased staff productivity by 65.4%, improved staff morale by 65.1% and reduced healthcare costs by 64.7% [*National Workplace Health Promotion Survey 2006*]. The importance of a healthy lifestyle at the workplace, school and in the community has resulted in an increasing demand for professionally trained health promoters. They implement sustainable health promotion interventions that enhance the health and well-being of different population groups.

The Specialist Diploma in Health Promotion is developed by Nanyang Polytechnic in collaboration with the Singapore Health Promotion Board and equips individuals with sound theoretical and evidence-based knowledge in health promotion principles and processes in an interactive and dynamic learning environment at School of Health Sciences.

Course Objectives

Graduates will have the ability to initiate and implement health promotion interventions for the health and well-being of different population groups for improved productivity and growth of a healthy workforce and society.

Target Audience

Personnel working or are planning to work in the areas of health promotion at the workplace, school and community

Course Information

Duration

The course, comprising 300 hours, is conducted part-time over two semesters lasting 12 months. Classes will be conducted from 1830-2130 hrs, with occasional full day workshops. In addition, participants will be required to conduct a Health Promotion Project with a suitable site at a mutually convenient time.

Course Outline

The course comprises the following 8 modules:

HS 6201 – LIFESTYLE & DISEASES (30 hours)

This module examines the close relationship between lifestyle and diseases. Pathophysiology of lifestyle related disorders, their prevalence and disease burden in society will be dealt with in detail. The impact of chronic diseases and cancer will be studied. Lifestyle behaviours related to smoking, alcohol and substance abuse, and sexually transmitted diseases will also be discussed.

HS 6202 – PSYCHOSOCIAL PERSPECTIVES OF HEALTH BEHAVIOUR (30 hours)

This module provides an understanding of the psychological and sociological perspectives in health. It includes examining human development from a life-span perspective, the effects of psychosocial variables on health outcomes, societies (macro) and individual (micro) explanations of health behavior, and the application of psychosocial theories to health and health care.

HS 6203 – FUNDAMENTAL CONCEPTS & THEORIES IN HEALTH PROMOTION (30 hours)

This module examines the core principles and general understanding and rationales of international health promotion charters underpinning health promotion programs/actions, including the WHO Healthy Settings Approach. The participant will explore the determinants of health existing within the vulnerable population segments at risk of developing special social/ health issues. The utilization of health promotion practical models and theories in facilitating health literacy in the community will be integrated using case-studies and reflective learning pedagogy.

HS 6204 – APPLIED THEORIES & STRATEGIES IN HEALTH PROMOTION (60 hours)

Individuals, communities and populations can increase control over their health by addressing the determinants of health. This module offers the participant with the opportunity to develop skills and knowledge to apply

principles of health promotion to plan, implement and evaluate health promotion programs. Pertinent current health promotion issues such as obesity, mental health, chronic diseases, active aging and school health will be emphasized in this module. Major areas of focus of this module will be towards social marketing, healthy settings and building of partnerships in organizing community programs. Other aspects include gaining support and funding for health promotion programs, promotion and publicity, and health literacy.

HS 6205 – HEALTH POLICIES & HEALTH ECONOMICS (30 hours)

This module provides an understanding of national health policies, in terms of their economics, political and social context, to assess the burden of illness imposed on both individuals and populations. Health Promotion Policies will also be discussed in terms of impact on productivity and society in various settings.

HS 6206 – RESEARCH METHODS (30 hours)

The participant will be exposed to common survey methods, questionnaire design and qualitative and quantitative data analysis to evaluate the social and economic impact of health promotion interventions that are both internally and externally validated in this module.

HS 6207 – CLIENT MANAGEMENT (30 hours)

This module examines and applies various theories/models of change from counseling and psychology to enhance the effectiveness and sustainability of health promotion programs, through more efficient client-practitioner interactions, in various settings. The module also covers the understanding of psychological aspects that motivate change in lifestyle, effective communication skills and the ethics of client-practitioner confidentiality.

HS 6208 – HEALTH PROMOTION PROJECT (60 hours)

This module integrates generic concepts to develop a health promotion program proposal for the workplace, community or schools. The participant will conduct a needs analysis to identify corporate/community/management goals when planning the health promotion interventions. The module will expose the participant to various funding resources available and licenses/permits required to organize events in public places. This self-investigative and reflective module will enable the participant to examine factors related to program participation, effectiveness and sustainability, and develop social capital.

Assessment

Assessment consists of presentations, reports, group projects, written assignments, and examinations.

Certification

Participants will be required to complete all modules with a minimum of 85% attendance each.

Upon successful completion of the programme, participants will be awarded the Specialist Diploma in Health Promotion by Nanyang Polytechnic.

Entry requirements

- Local polytechnic diploma or university degree
- Applicants who do not meet the above admission requirements but are currently employed in the area of health promotion may be considered on a case by case basis.

Course Fee & Funding

Singapore citizen (after MOE subsidy)	:	\$1316.10 (incl. 7% GST)
Singapore PRs (after MOE subsidy)	:	\$1744.10 (incl. 7% GST)
Foreigners	:	\$4,815.00 (inc 7% GST)

Application

A course preview will be held on 21 January 2011 (Fri) at 7-8.30 pm. School of Health Sciences, Lecture Theatre LTK2 Block K Level 2 (Visit www.nyp.edu.sg for campus map)

Applicants are to submit their application online at www.nyp.edu.sg/pdc. After submission, please submit your supporting documents (photocopy of NRIC, educational transcripts, degree, etc.) to the following address **by the closing date: 19 February 2011**

Student Recruitment & Admissions Office,
Nanyang Polytechnic,
Campus Centre (Blk A), Level 2,
180 Ang Mo Kio Avenue 8,
Singapore 569830

Organisations sponsoring their staff for the programme are required to submit the Company-Sponsorship Form to the above address by the closing date. This can be obtained from the Course Calendar at www.nyp.edu.sg/pdc.

Please note that application will not be processed without the receipt of supporting documents by the Application Closing Date. Candidates without the Company Sponsorship form will be regarded as self-sponsored candidates.

Applicants may be called for an interview at the discretion of the Selection Committee.

Enquiries

For course enquiries, please contact Tel: 6550 1300 or e-mail to NYP_SHS_CET@nyp.gov.sg.

Nanyang Polytechnic reserves the right to reschedule/cancel any programme and to amend the fees or any other information without prior notice.
