



## (Module Name) Course Catalogue

2023-2024

Institute	Erbil Technical Health Collage	
Department	Physiotherapy	
Module Name	Health promotion and wellness	
Module Code	HPW405	
Semester	4	
Credit	4	
Module type	Core	
Weekly hours	2 hrs	
Weekly hours (Theory)	( 2 ) hr Class	( 4 )hr Workload
Lecturer (Theory)	MSc. Hawar Jawdat Jaafar	
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## Course Book

- **Course overview:**

In this course the students will learn how to treat the patients morally. Students will have the basic information about how to engage in their work place and with the staff of the clinical services. At the end of the course the student will get the idea of professionalism in the work and all the principles of ethics and the etiquette of the professional work.

- **Course objective:**

The philosophy of moral values can develop fundamental skills in students' career in a professional way. The students after graduation and working in the private clinics or in hospitals, they develop their understanding of the ethics elements, which are necessary for the communication and attachment with the patients. The students participate in an active, small-group learning experience, recalling concepts and information. Addressing questions related to the way of decision and diagnosis of abnormalities in their work.

- **Student's obligation**

- 1- All student should be prepared in all times of hours in the classroom
- 2- All days, we had a quiz about the before subject in the classroom.
- 5- having a seminar.

Student must have attended to all required core course during academic year. They should take all quizzes and complete both main exams, assignment of weekly homework. Practically, a weekly experiment must be conducted, result and question must be discussed in groups, and submit a weekly report about their trail.

- **Forms of teaching**

Different methods and tools to be used in this course.

Theory: lecture, group discussion, seminar, pair work, group work, role play.

- **Assessment scheme**

10% Mid-term Theory exam

10% Quizzes

40% Activity (Participation, Seminars, Reports and homework)

40% Final theory

- **Specific learning outcome:**

**At the end of this course all the students will be able to learn how to behave in their work place.**

**- They will learn how to deal with patients and the environment around them.**

<ul style="list-style-type: none"> <li>- <b>Course Reading List and References:</b></li> <li>- <b>Journal of physiotherapy</b></li> <li>- <b>Recommended Reading:</b></li> <li>- <b>Academic and teaching ethics</b></li> <li>- <b>Wikipedia</b></li> <li>- <b>PubMed reviews</b></li> <li>- <b>Text books of Health promotions.</b></li> </ul>		
- <b>Course topics (Theory and practice)</b>	<b>Week</b>	<b>Learning Outcome</b>
Introduction to Health promotion	06/02/2023	Personal skills
Need for health promotion, Foundations of Health Promotion: Integrating Theory and Practice.	13/02/2023	Student's Activity
Depression and health, Mental Health Promotion	20/02/2023	Knowledge
Safety and Etiquette Tips, Public Health Strategies for Wellness	27/02/2023	Basics
The right health services	05/03/2023	Groups Activities
Nutrition and Physical Activity Promotion	12/03/2023	Student's Activity
Responsibility of health practitioner toward career and other practitioners,	19/03/2023	Basics
Responsibility of health practitioner toward colleagues	02/04/2023	Basics
Mid-term exam	16/04/2023	Exam evaluation
Responsibility of health practitioner toward organization that he/she works in	23/04/2023	Knowledge
Responsibility of health practitioner toward community,	30/04/2023	Student's Activity
Legal aspects of partitioning,	07/05/2023	General information
Illegal acts,	14/05/2023	Student's Activity

Mistakes in health promotion	21/05/2023	Disease outcomes
The outcome of health promotion mistakes	28/05/2023	Responsibilities
Presentations (seminars)	04/06/2023	Review

### Theoretical Exams

Theoretical exams use:

- written tests that include Definition, multiple choice, Filling blanks, true and false questions and Enumerating
- quizzes –short, unannounced tests
- assignments

The duration and number of questions of the tests depend on the type of the test (quiz, mid-semester, final) and complexity of the topic under evaluation. Exam papers are marked by lecturers/assistant lecturers and clinical instructors who deliver the teaching and is done by using previously agreed evaluation key.

### Examples of exams:

Type of question	Example
<b>Multiple choice</b>	The training course for physiotherapy students is centred around ----- types of service-learning opportunities. a. two b. three c. four d. five
<b>Definition</b>	Define the followings: Confidentiality, Physiotherapy skills, Critical challenges.
<b>True and false</b>	Put letter F (false) or letter T (true) in front of the statement: ( ) Health behaviours in youth do not continue into adult life. ( ) Confidentiality derives indirectly from a healthy respect for people.
<b>Short essay</b>	1. What is the health promotion? 2. Count the roles of physiotherapy department students during a course training? 3. What are the Safety and Etiquette Tips for doing home visits?
<b>Quiz</b>	What are the differences between Health promotion and professional ethics?
<b>Filling blanks</b>	1. Physiotherapy education is a part of -----. 2. Physiotherapists need to understand ----- to collaboratively facilitate behaviour change. 3. Benefits of experiential activities to learn about professional/personal -----. Answers: (1. health care services 2. Roles 3. determinants of health)

- **Extra notes:**

**Advice on answering technique**

In order to pass the exams successfully students are given the following advice:

- To read the questions twice
- Think carefully before answering
- Plan the answers on a separate sheet of paper

- **External Evaluator**

The content of the course book has the proper information of the basic scientific subjects regarding the health promotion course. The type and the quality of the questions suits second grade students in Physiotherapy departments. Because after graduation the students will need these knowledges to understand and guide the problems coming from the people and the patients in health care centres and hospitals. In my opinion, the syllabus contains all the main aspects of Health promotion course.

Dr. Mahdi

Lecturer

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