

Adventist University of the Philippines (AUP) - Malaysia Extension Class

Master in Public Health (Health Promotion and Education)

[Revised Curriculum 2007]

Professional Orientation – Basic Subjects (10 units)

HLMN	511	SDA Theology of Health	3
HLED	511	Introduction to Research and Writing	3
HLED	521	Public Health Seminar	1
STAT	531	Public Health Statistics	3

Public Health Core (13 units)

NUTR	511	Public Health Nutrition	3
ENVH	611	Environmental Health and Sanitation	2
EPDM	521	Epidemiology and Disease Control	2
PHSC	521	Mother and Child Health with Population Dynamics and Fertility Regulation	3
PHSC	511	Physiology and Physical Fitness	3

Major Courses (17 units)

HADM	521	Public Health Administration and PHC Management	3
HLED	521	Health Education Principles and Practice with Dynamics of Behavior Change	3
HLED	614	Health Education Programs	3
HLED	611	Program Planning and Evaluation with Integrated Community Development	3
HLED	612	Workplace Health Promotion	3
PHSC	531	Risk Reduction of Infectious and Lifestyle Diseases	2

Electives-Cognates (4 units) (any 2 of the following)

HLED	613	Current Issues in Public Health	2
HLED	531	Applied Communication Techniques	2
PHSC	532	Alcohol, Tobacco, Drugs & Other Dependency Problems	2
PHSC	611	Mental Health and Emotional Stress	2
PRHC	611	Natural Remedies	2
HLMN	531	Seminar in Church and Community Health	2

Culminating Activity (3 units)

HLED	621	Applied Community Project	3
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Total Number of Units: 47

Course Description

Professional Orientation

HLMN 511 SDA Theology and Principles of Health – 3 units. A theological and scientific exploration of the wholistic concept of health and the principles of healthful living, their relationship to the gospel, their implications for Christian life and witness, and their applications to the healing ministry of contemporary Adventism.

HLED 511 Introduction to Research and Writing – 3 units. This course is designed to aid the student in developing basic competence in planning research projects, retrieving and organizing information, and skills in writing papers accepted for publication in academic media.

HLED 521 Public Health Seminar – 1 unit. Presentation and discussion of current issues of interest and concern in public health.

STAT 531 Public Health Statistics – 3 Units. An introduction to the basic concepts and procedures of public health statistics and survey methods, including their practical application.
Public Health Core

NUTR 511 Public Health Nutrition – 3 units. A comprehensive examination of the basic nutrition concepts and requirements in the preservation of health. The course gives attention to food sources, utilization, and functions of nutrients in the human body and the study of nutritional issues and problems in population groups, including a survey of the various methods for dealing with such problems.

ENVH 611 Environmental Health and Sanitation - 2 units. Fundamental principles of sanitation in public health, with in-depth exploration of the nature and role of environmental factors in the causation of health and disease.

EPDM 521 Epidemiology and Disease Control - 2 units. A study of the general principles of disease etiology and the techniques for their surveillance and control, with emphasis on the application of statistics for the measurement of disease occurrence and distribution in population.

PHSC 521 Mother and Child Health with Population Dynamics and Fertility Regulation – 3 units. This course addresses preventive and promotive aspects of the major health problems associated with pregnancy and childhood, and identifies and examines interventions and appropriate solutions to these problems at the family and community levels. Content includes maternal care; child spacing and fertility regulation; child survival, growth, development, and health care; and school health programs.

PHSC 511 Physiology and Physical Fitness –3 units. A study of the major physiologic systems of the body with emphasis on physiology as applied to physical fitness and conditioning.

Major Courses

HADM 521 Administration in Public Health and PHC Management – 3 units. Basic principles of administration in the setting of organized public health, applied to public and private agencies and their programs, focusing on the basic community health services and how they are administered in various setting. This course also applies the basic principles of administration to the organization and management of local public health programs, with focus on primary health care (PHC) to the underserved.

HLED 521 Health Education Principles and Practice with Dynamics of Behavior Change – 3 units. An in-depth examination of the basic theories and principles of health education and surveys cultural and psychological forces which shape health attitudes and behavior. This course also demonstrates methods by which adverse health behavior patterns may be modified in harmony with the laws of healthful living, and explores major aspect of program planning, emphasizing on setting of objectives, education methodologies and techniques of evaluation.

HLED 614 Health Education Programs – 3 units. Techniques for planning, organizing, conducting, and evaluating various types of community-based interventions for health behavior change at both individual and community levels. Providing supervised group experience in conducting at least four different types of health programs, such as smoking cessation, stress management and weight control programs.

PRHC 611 Program Planning and Evaluation with Integrated Community Development – 3 units. This course introduces the concept of integration of community development initiatives, particularly those relating to health, nutrition, family planning, agriculture, and non-formal education, and explores how it is implemented in theory and practice.

HLED 612 Workplace and Hospital Health Promotion – 3 units. This course provides applied experiences to students in conducting patient health education in hospitals and health promotion seminars to public and private institutions or establishments.

PHSC 531 Risk Reduction of Infectious and Lifestyle Diseases– 2 units. An in-depth study of the etiology and characteristics of infectious and lifestyle diseases and the exploration of scientific measures by which effective intervention and control could be adopted by the individuals concerned for the achievement of optimal health status.

Electives/Cognates

HLED 613 Current Issues in Public Health – 2 units. The course deals with current situations, relevant issues and research findings in the field of public health. It is designed to broaden and enrich academic experience through presentations on current public health topics.

HLED 531 Applied Communication Techniques – 2 units. Principles of effective communication with emphasis on the development of practical skills and experience in the areas of oral communication, media writing, and the construction and utilization of audio-visual materials and programs.

PHSC 532 Alcohol, Tobacco, Drugs and Other Dependency Problems – 2 units.

Recognizing that the major public health problems posed by increasing world-wide alcohol and tobacco consumption and drug addiction, this course explores the causes and consequences of dependency on these substances and ways of preventing and controlling the problem.

PHSC 611 Mental Health and Emotional Stress – 2 units. A study of the dynamics of mental health, the characteristics, causes, and consequences of emotional stress and how the social and spiritual resources available maybe harnessed in promoting a sound mind in a sound body.

PRHC 611 Natural Remedies – 2 units. Current concepts and practices in home-based natural remedies, with emphasis on simple technology for disease prevention and relief of common symptoms.

HLMN 531 Seminar in Church and Community Health – 2 units. The course provides opportunities for students to conduct health promotion and trainors training seminars to local churches and utilizing the resources of the local church to conduct community health promotion programs to nearby communities for the enhancement of the total health of the community.

HLED 621 Applied Community Project – 3 units. Application of learned theories and basic knowledge in public health in order to improve the community's health and well-being. It involves systematic assessment of a chosen community's health needs, planning, implementation and evaluation of a community health program designed to address the identified health need/s.

Schedule (SY 2009 – 2011)

<u>Semester</u>	<u>Date</u>	<u>Subject</u>
First SY 2009	11 – 23 October 2009	<ul style="list-style-type: none"> • Health Education Principles • Public Health Nutrition
Second SY 2009	13 – 24 December 2009	<ul style="list-style-type: none"> • SDA Theology of Health • Alcohol, Tobacco & Drugs
Third SY 2010	May 2010	<ul style="list-style-type: none"> • Epidemiology & Disease Control • Introduction to Research • Public Health Seminar
Fourth SY 2010	October 2010	<ul style="list-style-type: none"> • Public Health Statistics • Physiology & Physical Fitness
Fifth SY 2010	December 2010	<ul style="list-style-type: none"> • Risk Reduction of Lifestyle & Infectious Diseases • Health Education Program • Current Issues in Public Health
Sixth SY 2011	May 2011	<ul style="list-style-type: none"> • Environmental Health & Sanitation • Mental Health & Emotional Stress • MCH with Population Dynamics
Seventh SY 2011	October 2011	<ul style="list-style-type: none"> • Workplace Health Promotion • Program Planning & Evaluation
Eighth SY 2011	December 2011	<ul style="list-style-type: none"> • Public Health Administration – PHC Management • Applied Community Project

Note:

- *Classes will be conducted in Malaysia for 10 consecutive days, 9 AM – 5PM*
- *Exams, Assignments, Projects will be done through a Malaysian coordinator and internet communication with the AUP Professor (email)*