SECTION 1 - GENERAL INFORMATION

Award/s:  
Bachelor of Health Science (Acupuncture)  
Bachelor of Health Science (Naturopathy)  
Bachelor of Health Science (Nutritional and Dietetic Medicine)  
Bachelor of Health Science (Nutritional Medicine)

Total Course Credit Points:  
128  
128  
96  
96

Level:  
4th Year  
4th Year  
3rd Year  
3rd Year

Duration: 1 Semester

Subject Coordinator: Cherisha Soni (Melbourne campus)

Subject is: Core

Subject Credit Points: 2

No. timetabled hours per week: 3
No. personal study hours per week: 2
Total hours per week: 5

Delivery Mode:
- Face to Face (On campus): 1 x 2 hour lectures, 1 x 1 hour tutorial
- e-Learning (Online): Narrated PowerPoint presentations, Tutorials: Asynchronous tutor moderated discussion forum and activities, Student handouts, web-based resources, video presentations
- Intensive Delivery (Summer School): Contact hours are delivered over 3 weeks with 2 x 6 hour days delivered per week, and additional 2 x 3 hour sessions for assessment delivery in Weeks 5 and 6 (1 session per week)

Content: Combination lecture and tutorial activities
Assessment: Part A Persuasive Writing Assignment - Week 2; Part B Project Outline - Week 4; Part C Project Plan - Week 5 (in additional session); Part D Oral Presentation - Week 6 (in additional session)

Full Time
Part Time

Pre-requisites: SOCQ121

Co-requisites: Nil

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

Public health is the collective effort that aims to prevent illness and promote health and this foundational subject aims to deepen students’ appreciation of the potential contribution of Complementary Medicine to public health outcomes locally and globally. It introduces Complementary Medicine students to the scope of public health activity and the significant challenges it faces in the twenty-first century. The subject develops students’ understanding of the determinants of health and focuses their attention on the drivers of health outcomes and inequities. It also invites students to engage with the knowledge and practice of planning and evaluating health interventions and service provision, a fundamental aspect of public health practice.
Learning Outcomes

1. Demonstrate an understanding of social and other determinants of health.
2. Apply concepts of health equity to contemporary public health issues and articulate an Integrative / Complementary Medicine approach to addressing health inequities.
3. Demonstrate an understanding of health promotion principles and practice and consider how these apply to health interventions and programs.
4. Develop and apply health research and evaluation knowledge and skills.
5. Demonstrate an understanding of public health policy development and implementation.

Assessment Tasks

<table>
<thead>
<tr>
<th>Type</th>
<th>Learning Outcomes Assessed</th>
<th>Session Content Delivered</th>
<th>Due</th>
<th>Weighting</th>
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<tbody>
<tr>
<td>Part A - Persuasive Writing Assignment (500 words)</td>
<td>2</td>
<td>1-4</td>
<td>Week 5</td>
<td>25%</td>
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<tr>
<td>Part B – Project Outline (500 words)</td>
<td>1-5</td>
<td>1-12</td>
<td>Week 7</td>
<td>25%</td>
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<tr>
<td>Part C – Project Plan (2000 words)</td>
<td>1-5</td>
<td>1-12</td>
<td>Week 13</td>
<td>40%</td>
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<tr>
<td>Part D – Oral Presentation (10 minutes)</td>
<td>1-5</td>
<td>1-12</td>
<td>Session 13 (on campus) Week 13 (online)</td>
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All written assessments and online quizzes are due at 11:55 p.m. and submitted through the LMS.

Prescribed Readings:

Recommended Readings:
## Subject Content

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<tr>
<th>Week</th>
<th>Lectures</th>
<th>Tutorials / Practicals</th>
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</table>
| 1.   | **Introduction** (Subject Outline / Subject Aims / Assessment / Teaching Resources)  
**Introduction to Public Health**  
- Definition, history and introduction to the principles and key concepts of public health  
- The health system and health policy decision making in the Australian context | Activities are developed to allow the students to explore relevant concepts, expand on ideas and have peer and lecturer interaction. Activities also allow for formative assessment and feedback.  
- Subject introduction and assignment overview  
- Facilitated discussion on the role of the Complementary Medicine (CM) practitioner within the Australian health workforce and public health |
| 2.   | **Determinants of Health**  
- Ecological model of health  
- Social and other determinants  
  - Health equity | Social determinants of health tutorial activity - 2016 Boyer lecture - facilitated discussion  
- Assignment preparation |
| 3.   | **Local and Global Public Health Perspectives**  
- Primary health care  
- WHO: *Health for all*  
- Public health in Australia | CM and primary health care - facilitated discussion  
- Assignment preparation |
| 4.   | **Health Promotion**  
- Theory and practice of health promotion  
- The Ottawa Charter for Health Promotion | Planning health promotion interventions workshop using logic models |
| 5.   | **Evaluating Public Health Interventions**  
- Health program planning and evaluation  
- Logic model | Health program evaluation workshop using logic models |
| 6.   | **Introduction to Epidemiology**  
- Principles of epidemiology  
- Epidemiological research design  
- Social epidemiology  
- Applications of epidemiology in health care disease surveillance | Tutorial activities  
- Exploring the interactive Atlas for infectious diseases and other epidemiological data  
- Non-communicable diseases - Framingham heart study |
| 7.   | **Research in Public Health Practice**  
- Evidenced-based practice  
- Research design  
- Health statistics | Descriptive statistics workshop using simulated data-sets |
|      | **NON-TEACHING WEEK** (note that make-up classes may be scheduled in this week) | Semester 1 - This aligns with the week after Easter so it may fall between Weeks 6 to 8  
Semester 2 & Online students - The non-teaching week falls between Weeks 7 and 8 |
| 8.   | **Key Public Health Initiatives**  
- Closing the Gap (Australia)  
- Sustainable Development Goals (WHO) | Facilitated discussion of potential public health initiatives (e.g., obesity strategy for Australia) |
| 9.   | **Achievements and Challenges in Public Health**  
- Tobacco control  
- HIV  
- Vaccination programs  
- Medicinal cannabis | Facilitated discussion of evaluating achievements in public health |
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<th>Nutritional Determinants of Health</th>
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<td></td>
<td>• Global perspectives</td>
<td>• Facilitated discussion - Fat studies: A growing area of academic scholarship and research</td>
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<td>• Contemporary Australian issues</td>
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<th>Environmental Determinants of Health</th>
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<td>• Global and local perspectives</td>
<td>• Facilitated discussion - Climate change and its impacts on environmental determinants of health</td>
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<td>• Environmental burden of disease</td>
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<th>Complementary Medicine and Public Health</th>
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<td></td>
<td>• Towards a model of Integrative Medicine</td>
<td>• Case studies of ‘best practice’ integrative public health practitioners / practice</td>
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<td>• E-technologies, law, ethics</td>
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<td>• advantages and challenges for CM</td>
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<th>Part D – Oral Presentation</th>
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<td>Subject Summary</td>
<td>• Summary and feedback</td>
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<th>Non-Teaching Week/Practical Examination Week 1</th>
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<td>Note that make-up classes may be scheduled in this week</td>
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