



CURRICULUM OF HEALTH PROMOTION

70997

Tallinn 2011

Educational institution	TALLINN HEALTH CARE COLLEGE
Code of educational institution	70003980
Name of the curriculum	HEALTH PROMOTION
Name of the curriculum in English	HEALTH PROMOTION
Studies of higher education level	Professional Higher Education
Curriculum code in EEIS	8 0 9 9 7
Data of the accuracy of carrying out of studies on the curriculum	The curriculum belongs in the category of "Health", in which the right to conduct studies was given on 31.12.2009.
The initial registration of the curriculum	30.05.2007
The date of approval of the version of the curriculum in the educational institution	The curriculum was approved by the council of curriculum of health promotion on 06.05.2011. The curriculum has been approved by the Tallinn Health Care College Council Decision No 10.1 <i>of</i> 17.05.2011.

Broad group of studies	Health and Welfare
Field of study:	Health
Curriculum group	Health
The major specialty (or specialties) of the curriculum and the volume thereof (ECTS)	Health promotion 180
Minor specialty(s), other possible specializations in the curriculum and their volume (ECTS)	The curriculum has neither minor specialties nor specializations.
Types of study	Day time study, cyclical study

The nominal length of the study	3 years
The volume of the curriculum in the credit points of the European credit point system (ECTS):	180
The volume of required subjects (ECTS)	170
The volume of elective subjects (ECTS)	6
The volume of optional subjects (ECTS)	4
Language of instruction	Estonian
Other languages needed to achieve learning outcomes	English
Conditions for the commencement of learning	Secondary school certificate, certificate of vocational secondary education or an equivalent qualification.
The objective of the curriculum: To give students a general knowledge of the principles of health promotion, the scientific analysis and implementation of the processes affecting health and to teach skills for working in public health to ensure improvement of the indicators of the population's health and reduction of inequalities in health.	

Outcomes of the curriculum

Upon completion of the curriculum of health promotion the student:

1. Has knowledge of health promotion, the philosophy of public health, planning of interventions in health promotion and the health of the global population.
2. Has an overview of the foundations of research contemporary epidemiology and research methods in health promotion.
3. Is familiar with current issues of the health of the general population, is able to analyze them and evaluate different solutions.
4. Knows the interdisciplinary connections and opportunities in the field of public health.
5. Is able to analyze and evaluate the problems of the area and the needs of the community and to choose appropriate strategies and methods to solve them.
6. Shows initiative and responsibility on initiating projects and possesses the communication, leadership and teamwork skills necessary for their work.
7. Is able to correctly express himself or herself in Estonian and English, both orally and in writing and to draw up specific information for the public and is able to contribute to professional discussions.
8. Is able to apply the acquired knowledge and skills in professional work and is ready to take action in health promotion functions.
9. Is able to critically analyze and evaluate the results of their professional activities upon solving the problems of the general population's health, based on ethical principles.
10. Knows how to use contemporary professional literature and the necessary internet-based information sources, including a variety of databases and is able to analyze and use them in their

professional work.

11. Is willing to actively participate in civil society and has a positive attitude towards the diversity of different attitudes and values.

Conditions of completion of the curriculum

The curriculum includes 9 modules (180 ECTS)

Options to complete the curriculum	Students may choose electives to the extent of 6 ECTS offered by the College. 2-3 specialty-specific options - diet, smoking cessation, statistical data analysis. The extent of optional subjects in the capacity of 4 ECTS
Conditions for completion of the curriculum	Completion of the curricula in full and the graduation thesis defended for a positive grade
The name of the diploma granted upon graduation	<i>Diploma of Professional Higher Education</i>
Documents issued at graduation	Professional higher education diploma (Health Promotion), the accompanying academic transcript and diploma supplement in English
Further education opportunities	Master's studies
Access to labor market	Has acquired learning outcomes for work in the health promotion profession
Additional information	-
Bases of health promotion 40 ECTS Applied health promotion 65 ECTS Population health globally, 10 ECTS Bases of the life of the organism 10 ECTS Professional development 15 ECTS Research and development methodology 25 ECTS The capacity of internship: 38 ECTS The capacity of the graduation thesis: 5 ECTS The capacity of elective subjects: 6 ECTS The capacity of optional subjects: 4 (ECTS)	

Explanatory memorandum of the curriculum HEALTH PROMOTION

From the academic year 2011/2012, the following changes have been introduced in the curriculum of health promotion:

1. The combined learning outcomes of the curriculum have been outlined as separate learning outcomes (11 learning outcomes instead of 8).
2. The formulations of the learning outcomes of the modules and subjects of the curriculum have been revised.
3. The capacities of the modules "The basics and evaluation of research" (9 ECTS) and the capacity of "Information technology" (4 ECTS) have been amended. Information technology and communication issues that were addressed in the 1st year subject "The basics and evaluation of research", have been integrated into the subject "Information technology" in order to ensure a compact treatment of the subject.
4. The subject "The study of personal and social development" (8 ECTS) of the module "Professional development" has been replaced by three separate subjects: "Philosophy" (3 ECTS), "Learning and teaching" (3 ECTS), "Public health ethics and professional behavior" (2 ECTS), a separate subject "Administrative skills" (2 ECTS) has been established and therefore the capacity of the subject "Business" has been reduced (3 ECTS).
5. The subjects "Anatomy and physiology" and "First aid" of the module "The basics of the life of an organism" have been merged into a single subject "Anatomy, physiology and first aid".
6. The subjects of the module "The basics of the life of an organism" (10 ECTS) have been separately outlined in the curriculum.
7. The names of the internship have been changed: 1st year internship "Observation internship" (3 ECTS), 2nd year internship has been divided into two parts: the first part of the internship "Internship in state agencies" (2 ECTS) is related to the course "Public health organization", the second part "Internship in county and local governments" (11 ECTS) 3rd year internship "Internship in organizations" (22 ECTS).
8. Subject title "Philosophy and Sociology," has been changed into "Philosophy".
9. The capacity of elective subjects: (6 ECTS).
10. The capacity of optional subjects: (4 ECTS).

For the objective of rewording the learning outcomes for achieving clearer evaluation criteria, the faculty and student feedback questionnaires at the end of the course have been taken into account.

The objective of supplementation of the names of subjects and of outlining of individual subjects in the curriculum is to ensure for the students a better understanding of the subjects taught in the curriculum and a smoother organization of studies in general.

For the acquisition of specialized sector-specific knowledge, three different elective subjects have been created.

In the health promotion curriculum, the name of the curriculum, the conditions for commencement of the studies, the nominal duration and capacity of the studies, language of instruction, specialization options and curriculum content classification have not been changed.

THE EXPECTED FIELD OF ACTIVITY OF THE GRADUATES

A Health Promotion Specialist is a specialist with professional higher education, whose activities are directed at development of the health and quality of life of individuals, groups, organizations and the general population. The aim of his or her activities is to contribute towards creation of a supportive environment for health and equal opportunities for different social groups for comprehensive development of their health potential.

The main areas of activity of a health promotion specialists are: 1) developing of the capacity of communities and groups to deal with local problems, 2) influencing various policy decisions and legislation to achieve health-promoting decisions, 3) development of partnerships between different sectors and institutions to address health problems, 4) development of public health awareness and skills, 5) starting of support groups to create a supportive environment for vulnerable groups and, 6) creation of health and counseling services and analysis of the health situation of the population.

According to the Public Health Act (SG I 1995, 57, 978), functions of health promotion lie at the national level, on the local government level, on the non-profit system and on the private sector.

Opportunities to work in the field of health promotion are: as a health promotion specialist in county and local governments, as a specialist or project manager for the Institute for Health Development and Estonian Health Insurance Fund, as a specialist in the Ministry of Social Affairs and as a project manager for non-profit organizations and private companies.

The studies can be further resumed in the Master's study curricula.

Upon completion of the curriculum in its full capacity, the graduates can apply for the qualification of health promotion specialist.

THE BASES OF THE CURRICULUM AND ORGANIZATION OF INTERNSHIP

The competencies acquired in the curriculum of health promotion are based on the Health Promotion Specialist, professional standard level III professional qualification that was approved on 4 December 2008, with the Health and Social Work Professional Council Decision No 36. Upon compilation of the professional standards, due regard has been paid to British NVQ (National Vocational Qualifications) qualification requirements and the basic requirements for the professional training of a health promotion specialists prepared by European Union Member States' experts (EUMAHP).

The curriculum provides knowledge of the determinants of health, population health and demography, the application of health promotion at the community level, health management and basics of research in the area of health promotion.

Principles of the curriculum:

1. The health promotion program has been prepared in accordance with the good practices of European Public Health Schools Association and the Estonian Health Promotion Association.
2. In the health promotion curriculum, emphasis has been given to applied work of the student at the community level.
3. During the study, problem solution based learning methods are used that motivate students to learn skills for independent work.
4. Alongside the skills to solve community health problems, students acquire knowledge and skills to address the global health problems.

Teaching consists of contact teaching, internship and independent work. Out of the entire theoretical training, contact study comprises no more than 50% and independent work no less than 50%.

Internships take place in the work environment. Internships account for 21% of the amount of studies determined in the curriculum (988 hours). In the curriculum, the theoretical knowledge and practical skills of the profession are closely integrated into each other and support the achievement of learning outcomes. In order to achieve the objectives of the internship, specific tasks of the internship which form the basis for evaluation of the internship have been drawn up.

Observation internships take place in county governments and local governments under the supervision of health promotion specialists and in state agencies under the supervision of the specialist in the field. Internships are designed to introduce the daily work of the health promotion specialist and involve them in performing their duties.

Elective internships in state agencies take place in the Ministry of Social Affairs, in the National Institute for Health development, Estonian Health Insurance Fund and the Health Board under specialist supervision. The internships are designed to introduce the topic areas of public health, the work organization of departments and the daily works of specialists at the national level.

Internships in county and local governments are carried out as assistants of a health promotion specialist. The objective of the internship is to involve students in qualitative and quantitative research in the field or in health promotion planning (community needs analysis, compilation and evaluation of development and implementation plans).

Internships in organizations take place in businesses, non-profit organizations, nursery schools, schools, hospitals and other local government and state agencies. The objective of the internship is to involve students in planning for health promotion at the organizational level.

Legislative acts and the basic documents of the field of activities:

1. Republic of Estonia Education Act (30.03.1992)
2. Higher Education Institutions Act (16.07.1998)
3. Standard of Higher Education (01.01.2009)
4. III, IV, V professional standard of Health Promotion Specialist (04.12.2008)
5. Universities Act (18.02.1995)

6. Tallinn Health Care College Statutes (29.01.2009)
7. Tallinn Health Care College Curriculum Statute (19.04.2011)

REQUIREMENTS SET FOR THE CURRICULUM AND THE QUALITY OF STUDIES

The curriculum is consistent with the policies of the College resulting from the development plan and the statutes of the College. Conducting of the study process is consistent with the internal quality standards of the institution of education and national and international quality standards. The objectives and learning outcomes of the curriculum are equivalent and comparable to the learning outcomes of academic levels stage I. Based on the goals and learning outcomes of the curriculum the knowledge and skills of the curriculum can be evaluated. The teaching methods used support achievement of the objectives of the curriculum.

The required quality of teaching and the professional competency of the graduates are ensured by:

1. Curriculum design and compliance with professional standards.
2. Continuous development of curriculum content.
3. Raising of the professional and teaching competence of the lecturers by way of carrying out various refresher courses and working as an exchange lecturer.
4. Ensuring the internationalization of the curriculum through academic and student mobility and university cooperation.

The content and development of the curriculum is directed by the council of the curriculum, composed of health promotion lecturers, students and practicing health promotion specialists, lecturers of health promotion of other institutions of higher education and outside experts. The council of the curriculum will monitor and analyze developments in the field of health promotion and where appropriate make proposals to the Chair to supplement and change the curriculum and develop the learning environment. Employer involvement in the council of the curriculum provides feedback on the operation of the curriculum from outside the College and by taking into account the needs of employers.

Curriculum development is ensured by: a continuous feedback questionnaire upon completion of a course, regular feedback survey from the alumni after some years of post-graduation work experience, internal and external assessment according to the needs and feedback from employers and mentors.

Conducting studies upon completion of the curriculum is fully covered with teaching staff with higher education. The graduation thesis defense committee is chaired by a representative of the employer or a representative of a professional association, who holds a doctoral degree or is a PhD candidate. The training of mentors is regularly conducted. The sustainability of the lecturers and the existing teaching staff of the specialty are ensured by inclusion of alumni and professionals in the teaching process and by their regular refresher training.

The organization of the learning process is provided by the Rules of Organization of Studies of the Tallinn Health Care College. Studies are carried out by semesters, according to which the student has to pass the modules/subjects in the sequence provided by the curriculum. The timetable governs the students contact learning load across study weeks and the academic year and has been prepared in a

learner centered way. For conducting the studies, the College has modern teaching aids and teaching classes.

The curriculum has been approved by the council of curriculum of health promotion on 01.06.2009.

The curriculum has been approved by the Tallinn Health Care College Council Decision No 1-2/15 p.1.1 on 16.06.2009

The curriculum changes have been approved by the council of health promotion curriculum on 06.05.2011.

The curriculum changes have been approved by the Tallinn Health Care College Council Decision 10.1 on 7.05.2011.

CURRICULUM MODULES, THEIR OBJECTIVES AND LEARNING OUTCOMES

Name of the module: RESEARCH AND DEVELOPMENT METHODOLOGY		Capacity: 25 ECTS Code: 8UAM09
Objectives	<ol style="list-style-type: none">1. To provide an overview of methodological starting points of research and methods of research.2. To provide basic knowledge of epidemiology and biostatistics.3. To introduce information technology opportunities and to teach practical skills of information processing.4. To achieve the ability of correct expression of oneself in the Estonian language in both speaking and writing and to teach proper English terminology related to health and health promotion.5. To teach analytical and associative skills by performing an independent research project.	
Learning outcomes	<p>Upon completion of the module, the student:</p> <ol style="list-style-type: none">1. Has an overview of research and evaluation methodologies used in health promotion.2. Is able to plan and execute scientific research activities (including development) and to analyze results.3. Is able to analyze and evaluate the published scientific research papers.4. Is familiar with the principles of planning epidemiology research and the foundations of statistics.5. Is able to efficiently use office software.6. Can use a variety of databases and information technology opportunities for the production and dissemination of health information.7. Is able to properly express themselves in the Estonian language in both speaking and writing and to communicate specific information to the public.8. Masters professional terminology in English in both speaking and writing and is able to communicate in English with health and health promotion specialists of other countries.	
Evaluation of the module: The module is assessed according to a subject-based method		

Subjects		
Code	Name of the subject	Capacity
8UAM11/TA	BASICS OF RESEARCH WORK	9 ECTS
Objectives	1. To provide an overview of methodological starting points of research work and research papers and of the methods of research work. 2. Provide an overview of qualitative and quantitative data analysis.	
Learning outcomes	1. Has an overview of research methodologies used in health promotion. 2. Is able to independently set up a sample and prepare a research questionnaire. 3. Has knowledge of the principles of conducting an interview and is able to independently carry out interviews and analyze the results. 4. Is able to analyze and evaluate the published scientific articles and research papers. 5. Has knowledge for planning research and is able to prepare a research project. 6. Has knowledge of the requirements for preparation and formalization of student papers.	
Code	Name of the subject	Capacity
8UAM11/EB	EPIDEMIOLOGY AND BIOSTATISTICS	5 ECTC
Objective	To provide basic knowledge of epidemiology and biostatistics.	
Learning outcomes	1. Knows the basic concepts of epidemiology. 2. Can calculate and interpret epidemiological indicators. 3. Is able to explain and critically evaluate the types of epidemiological studies and knows the policy of planning thereof. 4. Is able to analyze the published epidemiological studies. 5. Knows the statistical principles and the bases of statistical data analysis.	
Code	Name of the subject	Capacity
8UAM11/IT	INFORMATION TECHNOLOGY	4 ECTS
Objective	Provide an overview of the information society and information technology resources and practical skills for information searching and processing.	
Learning outcomes	1. Is able to efficiently use office software. 2. Can duly execute written work and various documents on the computer. 3. Is able to find and use professional information sources and databases. 4. Can use software tools to process and present statistical data. 5. Knows copyright laws and respects the rights of the author of	

	software. 6. Is able to use the e-learning opportunities in the learning environment.	
Code	Name of the subject	Capacity
8UAM09/KO	LANGUAGE TEACHING	5 ECTC
Objective	1. To provide students with knowledge of the correct use of the Estonian language in speech and science related texts. 2. To teach professional terminology in English for reading English language literature for preparing reports and for oral presentations thereof.	
Learning outcomes	1. Values the Estonian language, the importance of words in the communication process and the correct use of language. 2. Knows the requirements set for scientific language, following them when these texts are used upon abstracting, quoting and referring. 3. Knows the English language professional terminology. 4. Prepares reports in English and presents them in the correct English.	
Code	Name of the subject	Capacity
8UAM09/KT	COURSE PAPER	2 ECTS
Objectives	1. Deepens the student's level of professional knowledge and skills, and provides experience for independent scientific and methodological research. 2. To develop creative thinking, analysis and associated skills by carrying out independent research.	
Learning outcomes	1. Is able to see research problems in the context of his or her specialty, formulate them and find possible solutions. 2. Is able to use professional scientific literature and empirical material. 3. Is able to use profession related scientific literature databases. 4. Is able to prepare written papers according to requirements.	

Name of the module: PROFESSIONAL DEVELOPMENT		Capacity: 15 ECTS Code: 8PA09		
Objectives	<ol style="list-style-type: none"> 1. To introduce theories of learning, self-assessment and lifelong learning policies and to develop analytical skills to find the relationship between learning and teaching. 2. To introduce the European philosophical approach to humans and to design analysis and thinking skills. 3. To provide knowledge of ongoing economic processes in society, people's economic behavior. 4. To teach the basic skills of administration. 5. To provide an overview of the Estonian higher education system, opportunities for international cooperation and organization of studies at Tallinn Health Care College. 			
Learning outcomes	<p>Upon completion of the module, the student:</p> <ol style="list-style-type: none"> 1. Is able to assess and reflect on their learning, to identify differences between various theories of learning and teaching and inter-relationships between learning and development. 2. Appreciates the importance of lifelong learning in the professional development of a health promotion specialist. 3. Is cognizant of the ways of philosophical discussion and is able to apply them in their professional challenges. 4. Has acquired knowledge of the values and ethical principles characteristic to the profession of health promotion. 5. Is familiar with the activities of the enterprise and has an overview of the support systems supporting entrepreneurship and of the regulatory law. 6. Is familiar with the general principles of administration and the basics of preparation of project proposals. 7. Is able to organize and conduct meetings and training sessions and to prepare project financing applications. 8. Has an overview of the Estonian higher education system, opportunities for international cooperation and organization of studies at Tallinn Health Care College. 			
Evaluation of the module: The module is assessed according to a subject-based method				
Subjects				
<i>Code</i>	<i>Name of the subject</i>	<i>Capacity</i>		
8PA09/SO	INTRODUCTION TO LEARNING	2 ECTS		
Objectives	<ol style="list-style-type: none"> 1. To provide an overview of the Estonian higher education system, of the position of Tallinn Health Care College in the Estonian education and health care landscape. 			

	<p>2. To introduce the organization of studies at the school, the policies of information retrieval and library use.</p> <p>3. To provide an overview of international co-operation opportunities.</p>	
Learning outcomes	<p>1. Has an overview of the Estonian higher education system, of the position of Tallinn Health Care College in the Estonian education and health care landscape.</p> <p>2. Knows the organization of studies of Tallinn Health Care College.</p> <p>3. Is aware of the opportunities for international cooperation in the framework of the existing higher education programs.</p> <p>4. Can use appropriate information sources for learning.</p> <p>5. Can use electronic access to the library and find electronic opportunities for the use of catalogs and magazines offered by the library.</p>	
Code	Name of the subject	Capacity
8PA11/EV	BUSINESS	3 ECTS
Objectives	<p>1. To provide an overview of the principles of economics and its relation to business.</p> <p>2. To introduce the basic concepts related to business and the business-related problems.</p>	
Learning outcomes	<p>1. Knows the basic concepts of economics and business, and understands the ethical aspects of the subjects participating in economic activities.</p> <p>2. Is able to analyze situations occurring in business and to offer their own solutions.</p> <p>3. Is able to participate in discussions on business related problems and prepare a simpler business plan.</p> <p>4. Has developed team-building skills.</p>	
Code	Name of the subject	Capacity
8PA11/HO	ADMINISTRATIVE SKILLS	2 ECTS
Objective	To teach a variety of records management skills and preparation of project proposals and budgets.	
Learning outcomes	<p>1. Can produce official correspondence, minutes of meetings and presentations.</p> <p>2. Is able to organize and conduct meetings and training sessions.</p> <p>3. Is able to prepare applications for project financing.</p>	
Code	Name of the subject	Capacity
8PA11/FS	PHILOSOPHY	3 ECTS
Objectives	<p>1. To teach a variety of philosophical orientations and their implications for science.</p> <p>2. To provide detailed knowledge of the philosophy of science to better understand the theories and to plan personal research.</p>	

Learning outcomes	<ol style="list-style-type: none"> 1. Has an overview of the meaning of philosophy. 2. Knows the basic concepts and values of philosophy. 3. Knows the central concepts and theories of ethics and the trends in philosophy. 4. Is able to analyze, discuss and argue their positions. 	
Code	Name of the subject	Capacity
8PA11/ÖÖ	LEARNING AND TEACHING	3 ECTS
Objectives	<ol style="list-style-type: none"> 1. To provide knowledge of different teaching and learning theories, to develop analytical skills to find the relationship between learning and teaching. 2. To teach self-assessment and reflection skills, following lifelong learning principles. 	
Learning outcomes	<ol style="list-style-type: none"> 1. Can describe key learning and teaching theories and basic principles, outlines the basic differences thereof. 2. Is able to analyze the relationship between learning and teaching, brings out the relationship between learning and development. 3. Is able to assess and reflect on their learning. 4. Is able to analyze the relationship between their activities and lifelong learning. 5. Values the skills of co-operation with their group fellows. 6. Is able to reflect on the situation/activity. 	
Code	Name of the subject	Capacity
8PA11/RTE	ETHICS OF PUBLIC HEALTH AND PROFESSIONAL CONDUCT	2 ECTS
Objectives	<ol style="list-style-type: none"> 1. To provide an overview of the historical development of ethical principles and moral standards and their links to contemporary health promotion. 2. To introduce universal health promotion profession specific values. 3. Upon planning and implementation of health-promoting interventions to pay attention to underlying values of health policy and ethical conduct principles of a health promotion specialist. 	
Learning outcomes	<ol style="list-style-type: none"> 1. Has an overview of the historical development of ethical principles and moral standards and their links to contemporary health promotion. 2. Has knowledge of the values and ethical principles characteristic to the profession of health promotion. 3. Is cognizant of the basic values of planning and execution of health-promoting interventions and the ethical conduct principles of a health promotion specialist. 4. Is able to analyze, argue and evaluate a variety of public health related problems based on ethical principles. 	

Name of the module: BASICS OF THE LIFE OF AN ORGANISM		Capacity: 10 ECTS Code: 8OEA09		
Objectives	<ol style="list-style-type: none"> 1. To provide general knowledge of human anatomy and physiology. 2. To familiarize the different periods of human development from the psychological, sociological and biological perspective. 3. To provide an overview of the principles of a balanced and nutritious diet. 4. To teach life-saving first aid skills. 			
Learning outcomes	<p>Upon completion of the module, the student:</p> <ol style="list-style-type: none"> 1. Has knowledge of the structure and functions of the biological structures of a human body. 2. Has an overview of the different stages of human biological, psychological and social development. 3. Is able to explain human performance in various stages of life in the socioeconomic environment. 4. Is able to analyze and evaluate the links between health and nutritional behavior. 5. Is able to provide first aid and is able to provide operational requirements to other providers of first aid. 			
Evaluation of the module: The module is assessed according to a subject-based method				
Subjects				
<i>Code</i>	<i>Name of the subject</i>	<i>Capacity</i>		
8OEA11/AFE	ANATOMY, PHYSIOLOGY AND FIRST AID	6 ECTS		
Objectives	<ol style="list-style-type: none"> 1. To give students the capability to understand the mechanisms regulating the structure and the functioning of the human body and the activity of the organ system based on the physical processes taking place therein. 2. To teach the skills and opportunities of paramedic assistance. 			
Learning outcomes	<ol style="list-style-type: none"> 1. Has knowledge of the biological structures of a human body and the basic terminology. 2. Has knowledge of the development and operation of human body. 3. Is able to explain the processes taking place in the body, based on the physical processes taking place in the body. 4. Has general knowledge of paramedic aid opportunities. 5. Is able to perform first aid techniques. 			
<i>Code</i>	<i>Name of the subject</i>	<i>Capacity</i>		
8OEA09/IA	HUMAN DEVELOPMENT	2 ECTS		
Objective	The objective of the subject is to present the different periods of human development from the psychological, sociological and biological			

	perspective, and the functioning of the human in the cultural, social, economic and political environment and the judicial area.	
<i>Learning outcomes</i>	1. Knows the different stages of human biological, psychological and sociological development. 2. Understands the human functioning in a different periods of life in cultural, social, economic and political environments and the judicial area.	
<i>Code</i>	<i>Name of the subject</i>	<i>Capacity</i>
8OEA09/TO	NUTRITION	2 ECTS
<i>Objectives</i>	1. To provide an overview of the essential components of human food, of their role in the body. 2. To shape an ability in the future health promotion specialist to eat in a healthy and balanced way and to use the acquired knowledge in future professional work.	
<i>Learning outcomes</i>	1. Has knowledge of the main nutrients of the body and of their role in the body. 2. Is familiar with nutrition related terminology. 3. Has knowledge of the basics of healthy eating and is able to implement them in their professional work.	

Name of the module: PRINCIPLES OF HEALTH PROMOTION		Capacity: 40 ECTS Code: 8TA09		
Objectives	<ol style="list-style-type: none"> 1. To provide an overview of the concepts of health, health promotion and community, the basic principles, the development trends, approaches and theories of health promotion, of community theory and application possibilities in influencing the populations health. 2. To introduce the role of a health promotion specialist at various levels of society. 3. To provide a thorough knowledge of important health factors and their interaction to human health. 4. To introduce the principles and the implementation methods of disease prevention. 5. To provide the general knowledge of the basic concepts and theories of sociology and psychology and the relationship between health and social inequalities. 6. To introduce the contents of daily work of the health promotion specialist and involve them in the performance of their duties. 			
Learning outcomes	<p>Upon completion of the module, the student:</p> <ol style="list-style-type: none"> 1. Has knowledge of commonly used concepts of health and health promotion and development of health promotion. 2. Has acquired the skills necessary to analyze the effects of health factors and their causal relations to health and the quality of life. 3. Has knowledge of trends in disease prevention and the methods of prevention applicable today in cases of infectious and chronic non-infectious diseases. 4. Has knowledge of the basic concepts and theories of sociology and psychology and their main approaches. 5. Knows the community theories, the dynamics and the principles of inclusion of health-promoting processes; opportunities for social change and community capacity building and empowerment. 6. Recognizes and is able to analyze the socio-psychological problems at the individual and societal level. 7. Has an overview of the work of a health promotion specialist at various levels. 8. Has a positive attitude towards the diversity of different attitudes and values in the community. 			
Evaluation of the module: The module is assessed according to a subject-based method				
Subjects				
Code	Name of the subject	Capacity		
8TA09/ST	INTRODUCTION TO HEALTH PROMOTION	6 ECTS		
Objectives	<ol style="list-style-type: none"> 1. To provide general knowledge of the key concepts of health and health promotion and of the links between health and quality of life. 2. To introduce the role of a health promotion specialist at various levels of society. 			

	3. To introduce the historical development of public health and the health systems.	
Learning outcomes	1. Has an overview of the population health status and its dynamics in comparison with other countries. 2. Has knowledge of health and health promotion concepts and different approaches to health promotion. 3. Relates the importance of health promotion and health promotion in the society. 4. Knows the historical development of public health. 5. Is able to distinguish between health and health care systems.	
Code	Name of the subject	Capacity
8TA09/TM	HEALTH DETERMINANTS	10 ECTS
Objective	To provide knowledge about the most important health determinants of various levels and the influence of various combinations thereof on health and quality of life.	
Learning outcomes	1. Has knowledge of social, cultural, political, economic, demographic, behavioral, biological and environmental determinants on health and quality of life. 2. Is able to analyze the cause and effect relationships of health determinants. 3. Is able to explain and critically evaluate the content of the main models of the health determinants. 4. Understands the importance of the quality and availability of health care services as health determinants in the population of health development. 5. Is able to propose activities for influencing health determinants of different levels.	
Code	Name of the subject	Capacity
8TA09/HE	DISEASE PREVENTION	3 ECTS
Objectives	1. To introduce the principles and the implementation methods of disease prevention. 2. To provide an overview of various Estonian national public health strategies.	
Learning outcomes	1. Has knowledge of the concepts related to disease prevention and of the network of institutions in Estonia dealing with disease prevention. 2. Has an overview of various infectious diseases and chronic non-infectious diseases and is aware of these risk factors and prevention methods. 3. Is cognizant of the disease prevention priorities and projects set by the Estonian Health Insurance Fund. 4. Has an overview of Estonian national public health strategies and activities undertaken within the context thereof for disease	

	<p>prevention.</p> <ol style="list-style-type: none"> 5. Has an overview of the disease prevention activities carried out in school and throughout occupational health entities. 6. Has an overview of the occurrence of injuries and their prevention opportunities in Estonia. 	
Code	Name of the subject	Capacity
8TA11/PT	PSYCHOLOGY AND HEALTH PROMOTION	7 ECTS
Objective	To provide an overview of the basic concepts, approaches and key issues, research methods of personality and social psychology and its involvement in the field of health promotion.	
Learning outcomes	<ol style="list-style-type: none"> 1. Has knowledge of the basic concepts, main approaches and key issues of personality and social psychology. 2. Understands the nature and causes of social behavior of an individual. 3. Is familiar with potential conflict situations and knows the solution techniques. 4. Knows and is able to use personality and social psychology research methods. 5. Knows a variety of communication techniques and is able to implement them in their professional activity. 6. Knows moral values and is able to use the principles of team work. 7. Can use the principles derived from the disciplines of personality and social psychology in their professional activities. 8. Is able to use the contemporary professional literature and the necessary databases. 	
Code	Name of the subject	Capacity
8TA11/ST	SOCIOLOGY IN HEALTH PROMOTION	6 ECTS
Objectives	<ol style="list-style-type: none"> 1. To provide the general knowledge of the basic concepts and theories of sociology and of the relationship between health and social inequalities. 2. To introduce the role of the sociology in health promotion theory and practice. 	
Learning outcomes	<ol style="list-style-type: none"> 1. Has an overview of the starting points of the sociological sense of the world. 2. Understands the balance between health and illness in the context of sociology. 3. Is able to create links between the common beliefs, social stratification and social demographic characteristics with the health of population, population groups and an individual. 4. Knows the major sociological theories used in health promotion. 	

	5. Is able to analyze the suitability of the models and theories used in health promotion programs for solving problems. 6. Upon solving of practical health promotion problems is able to use appropriate sociological theories and models.	
Code	Name of the subject	Capacity
8TA09/KOT	COMMUNITY SCIENCE	5 ECTC
Objective	To give an overview of the essential community concepts, theories, methods and application possibilities of influencing the health of the population.	
Learning outcomes	1. Has knowledge of the concepts of community and the community development theories. 2. Knows the community participatory methods, their strengths and weaknesses. 3. Is able to recognize the application potential of community theories in influencing the population's health. 4. Knows the community participatory methods, their strengths and weaknesses. 5. Knows the community movements and civil society initiatives taking place in Estonia. 6. Has a positive attitude towards the diversity of different attitudes and values in the community.	
Code	Name of the subject	Capacity
8TA11/P-I	OBSERVATION INTERNSHIP	3 ECTS
Objectives	1. To deepen the knowledge and skills acquired in the theoretical course. 2. To develop vocational and professional attitudes and values. 3. To introduce the contents of daily work of the health promotion specialist and involve them in the performance of their duties.	
Learning outcomes	1. Recognizes the health determinants covered in national health strategies and the corresponding action plans. 2. Is able to perform analysis on the health determinants of a community group. 3. Knows the attitudes, values and ethical principles characteristic to the profession of health promotion and values the importance of cooperation of the specialists of various fields. 4. Is familiar with the everyday work of the health promotion specialist. 5. Has had experience in organization of local events.	

Name of the module: APPLIED HEALTH PROMOTION	Capacity: 65 ECTS Code: 8RT09
Objectives	<ol style="list-style-type: none"> 1. To provide an overview of the organizational arrangements of public health in Estonia, at the international level and of the legislation in the health, labor and social field. 2. To give an overview of the different strategies and methods used in health promotion. 3. To teach compilation of health promotion projects, programs, developing and implementing plans and the planning of evaluations. 4. To introduce the principles of health-promoting institutions and movements and planning of health promotion in different institutions. 5. To provide general knowledge of the principles of development of health policy and the opportunities of implementation thereof in development of population health. 6. To provide an overview of assessment of environmental health impact. 7. To deepen the knowledge acquired in the theoretical course, to provide practical professional skills and to develop vocational and professional attitudes and values.
Learning outcomes	<p>Upon completion of the module, the student:</p> <ol style="list-style-type: none"> 1. Has knowledge of public health system in Estonia, the European Union and of the functions of various institutions involved in public health. 2. Has an overview of the legislation governing the health, labor and social field in force in Estonia. 3. Has an overview of the different strategies and methods used in health promotion. 4. Is able to plan and prepare health promotion projects, programs, development and implementation plans and carry out their assessment. 5. Has gained knowledge of the principles of development of health policy and the opportunities of implementation thereof in development of the population's health. 6. Has acquired the skills for planning and implementation of the activities of health-promoting institutions and joining international health promotion networks. 7. Has a positive attitude towards the diversity of different attitudes and values. 8. Has an overview of the impact of environmental hazards on health, of major living environmental problems in Estonia and has a basic knowledge of assessment of the environmental impact on health. 9. Is capable of forming working groups for health promotion involving the concerns of various people, can perform an assessments of the health needs of an organization/community and prepare the relevant health promotion development plan.
Evaluation of the module: The module is assessed according to a subject-based method	
Subjects	

Code	Name of the subject	Capacity
8RT09/RO	PUBLIC HEALTH ORGANIZATION	4 ECTS
Objectives	<ol style="list-style-type: none"> 1. To provide an overview of the organizational arrangements of the public health in Estonia and the European Union. 2. To introduce the system of legislation, the legislative process and health, labor and social legislation. 3. To provide skills to navigate in local and international health structures. 	
Learning outcomes	<ol style="list-style-type: none"> 1. Has knowledge of the public health system in Estonia, the European Union and of the functions of various institutions involved in public health. 2. Has a systematic overview of the relationships of the institutions belonging to various sectors and levels. 3. Has an overview of the legislation governing the health, labor and social field in force in Estonia. 4. Has an understanding of what looks like a legislative procedure from the concept of a legal act all the way to approval of the act by a competent institution. 5. Is able to solve the problems of solution based tasks using the corresponding legislation. 	
Code	Name of the subject	Capacity
8RT11/TEP	PLANNING OF HEALTH PROMOTION	7 ECTS
Objectives	<ol style="list-style-type: none"> 1. To introduce the principles of health promotion planning. 2. Provide a comprehensive overview of all stages of planning of health promotion programs/development plans. 3. To provide the skills of writing health promotion projects. 	
Learning outcomes	<ol style="list-style-type: none"> 1. Has an understanding of the principles and the need for health promotion planning process. 2. Knows the contents of the various phases of health planning. 3. Has the general skills for preparing a community health profile. 4. Is able to plan and prepare community development plans, programs and their implementation plans. 5. Is capable of planning the process of community programs/development plans and evaluation of the results thereof. 	
Code	Name of the subject	Capacity
8RT11/SM	STRATEGIES AND METHODS	15 ECTS
Objectives	<ol style="list-style-type: none"> 1. To give an overview of the different strategies and methods used in health promotion. 2. To provide knowledge of environmental health impact assessments. 	

	<ul style="list-style-type: none"> 3. To introduce the functioning of the various institutions as social structures and the principles of health-promoting movements. 4. To provide skills to carry out planning of health promotion in various institutions. 	
Learning outcomes	<ul style="list-style-type: none"> 1. Has acquired knowledge of the principles of community organization, political, communication, health education related management strategies and opportunities for using thereof. 2. Has an overview of the impact of environmental hazards on health and of major living environmental problems in Estonia. 3. Has basic knowledge of environmental health impact assessments. 4. Has knowledge of the importance of various institutions (family, kindergarten, school, workplace, etc.) as social structures, their operating principles and opportunities of implementation of health promotion. 5. Knows a variety of health-promoting institutional networks. 6. Has acquired the skills for planning and implementation of the activities of health-promoting institutions and joining international health promotion networks. 	
Code	Name of the subject	Capacity
8RT09/TJ	HEALTH POLICY AND MANAGEMENT	4 ECTS
Objective	<ul style="list-style-type: none"> 1. To introduce the principles of formation of health policy and the role of different sectors in health policy. 2. To provide knowledge of the basics of health policy management. 3. To provide an overview of different methods of analysis of health effects of policy decisions. 	
Learning outcomes	<ul style="list-style-type: none"> 1. Has acquired knowledge of the principles of public health policy-making. 2. Has an overview of implementation of health policy options in development of population health. 3. Knows the political processes and the role of different sectors of health policy. 4. Knows the basis for health policy management. 5. Has acquired the knowledge of the ways to influence political processes, and of the analysis of the health impact assessment of policy decisions. 	
Code	Name of the subject	Capacity
8RT11/P-RO	INTERNSHIP IN STATE INSTITUTIONS	2 ECTS
Objectives	<ul style="list-style-type: none"> 1. To deepen the knowledge acquired in the theoretical course, to provide practical professional skills and to develop vocational and professional attitudes and values. 2. To introduce the topic areas of public health, the work of organization of departments and the daily works of specialists at the national level. 	

Learning outcomes	1. Has acquired an overview of the structure and the organization of work of public health institutions. 2. Possesses the communication skills necessary for work. 3. Shows initiative and sense of responsibility in the development and teamwork.	
8RT11/P-II	INTERNSHIP IN COUNTY AND LOCAL GOVERNMENTS	11 ECTS
Objectives	1. To deepen the knowledge acquired in the theoretical course, to provide practical professional skills and to develop vocational and professional attitudes and values. 2. To introduce the topic areas of public health, the work organization of the departments of county and local governments and the daily works of specialists. 3. To involve students in qualitative and quantitative research in the field and in health promotion planning (community needs evaluation, analysis, compilation and evaluation of implementation plans).	
Learning outcomes	1. Has an overview of the structure and organization of work of county and local government. 2. Is able to perform a community health needs assessment. 3. Has acquired the experience of carrying out applied research. 4. Possesses the communication skills necessary for work. 5. Shows initiative and sense of responsibility in development and teamwork.	
Code	Name of the subject	Capacity
8RT11/P-III	INTERNSHIP IN ORGANISATIONS	22 ECTS
Objectives	1. To deepen the knowledge acquired in the theoretical course, to provide practical professional skills and to develop vocational and professional attitudes and values. 2. To be involved in health planning at the organizational level (organizational needs analysis, compilation and evaluation of development and implementation plans).	
Learning outcomes	1. Is capable of forming, in an organization, health promotion working groups involving a wide range of participants. 2. Is able to carry out the organization/community health needs assessments and prepare a needs-based health promotion development plan. 3. Is capable of planning the process of organization/community health promotion programs/development plans and evaluation of the results thereof. 4. Shows initiative and sense of responsibility in the development and teamwork.	

Name of the module: POPULATION HEALTH GLOBALLY	Capacity: 10 ECTS Code: 8RTG09	
Objectives	<ol style="list-style-type: none"> 1. To introduce the demographic processes in the world and their impact factors. 2. To provide an overview of global processes, their impact on population health and to introduce international health organizations, their functions and programs. 3. To introduce global environmental hazards and their effects on health. 	
Learning outcomes	<p>Upon completion of the module, the student:</p> <ol style="list-style-type: none"> 1. Has knowledge of demographic trends and their agents and of characteristics of various demographic groups (general traits). 2. Can use the population data sources and analyze the population processes. 3. Has a general knowledge of global processes and their impact on the health of various nations. 4. Knows the key international health organizations, their areas of activities and the content (the trends) of international health programs. 5. Can find and use the statistical reviews of international organizations. 6. Has an overview of the effects of global environmental hazards on health. 7. Values the behavior of caring for the environment. 	
Evaluation of the module: The module is assessed according to a subject-based method		
Subjects		
Code	Name of the subject	Capacity
8RTG09/RD	PUBLIC HEALTH AND DEMOGRAPHICS	4 ECTS
Objectives	<ol style="list-style-type: none"> 1. To introduce the processes of population change in the world and their impact factors. 2. To teach the analysis of demographic data. 	
Learning outcomes	<ol style="list-style-type: none"> 1. Has an overview of demographic trends and their agents. 2. Has knowledge of the features of various population groups (general traits). 3. Is able to distinguish between different ways of collecting demographic data and to assess their strengths and weaknesses. 4. Can use the population data sources and analyze the population processes. 5. Is able to interpret the demographic indicators. 	
Code	Name of the subject	Capacity
8RTG09/GT	GLOBAL HEALTH	3 ECTS
Objectives	<ol style="list-style-type: none"> 1. To provide an overview of global processes and their impact on population health. 2. To introduce international health organizations, their functions and programs. 	

Learning outcomes	<ol style="list-style-type: none"> 1. Has a general knowledge of global processes and their causal factors. 2. Has an understanding of the impact of global processes on health determinants. 3. Has an overview of global infectious diseases, the reasons for their spread and the prevention and control measures. 4. Has an overview of the global non-infectious chronic diseases, risk factors and the main preventive measures. 5. Knows the key international health organizations, their areas of activities and the content and trends of international health programs. 6. Can find and use the statistical reviews of international health organizations. 	
Code	Name of the subject	Capacity
8RTG09/KKT	ENVIRONMENTAL HEALTH	
Objectives	<ol style="list-style-type: none"> 1. To introduce the environmental risk factors, environmental effects on health and the environment-specific mortality. 2. To provide an overview of the development, the principles and the methodologies of the health analysis of the environmental impact. 3. To provide an overview of the areas of activities and work trends of environmental health, different areas, problems and relationships of the environment. 	
Learning outcomes	<ol style="list-style-type: none"> 1. Has acquired knowledge of the environmental hazards on public health and of the resulting health disorders. 2. Has an overview of the essential problems of the living environment in Estonia. 3. Knows the concepts of environmental protection, population dynamics, influencing factors and the biological bases of nature conservation. 4. Is able to evaluate the environmental factors on human health. 5. Is able to recognize and assess the main environmental hazards to human health and is willing to contribute to reduction of these impacts. 6. Values the behavior of caring for the environment. 	

Name of the module: GRADUATION THESIS	Capacity: 5 ECTS Code: 8LT09
Objective	Deepen the student's level of professional knowledge and skills and provide experience for independent scientific and methodological research.
Learning outcomes	<p>Upon completion of the module, the student:</p> <ol style="list-style-type: none"> 1. Is able to critically assess the health needs of the society, to set clear and defined research problems resulting from the need and to highlight the solutions to them. 2. Possesses the analysis and synthesis of the literature with a scientific content necessary for solving a research problem. 3. Upon conducting research is able to take into consideration the implications of the Personal Data Protection Act. 4. Values the ethical issues of research work. 5. Manages the ways of collection of data and the methods of analysis. 6. Can use a variety of scientific literature databases. 7. Is able to explain the findings of the research and their importance to the science and practice of the profession.
Evaluation: Differential evaluation	

Name of the module: ELECTIVE SUBJECTS	Capacity: 6 ECTS Code: VA11	
Objective	To give students the opportunity to develop in-depth knowledge and skills in different areas of health promotion.	
Learning outcomes	<p>Upon completion of the module, the student:</p> <ol style="list-style-type: none"> 1. Has a thorough knowledge of the chosen elective subjects. 2. Has acquired additional knowledge, skills and values related to the field of health promotion. 3. Is able to explain the importance of the field in health promotion. 	
Evaluation of the module: The module is assessed according to a subject-based method		
Subjects		
Code	Name of the subject	Capacity
VA11/TPÖ	BASICS OF NUTRITION	6 ECTS
VA11/SLS	SMOKING CESSATION STRATEGIES	6 ECTS
VA11/SAN	STATISTICAL DATA ANALYSIS	6 ECTS

Name of the module: OPTIONAL SUBJECTS	Capacity: 4 ECTS Code: VAB11
Objective	To develop the student's general knowledge through freely elected subjects.
Learning outcomes	According to the learning outcomes of the selected subjects.
Evaluation of the module: The module is assessed according to a subject-based method	