

Health Prevention and Promotion

Code: 43422
ECTS Credits: 9

Degree	Type	Year	Semester
4314949 General Health Psychology	OB	1	2

Contact

Name: Maria Álvarez Moleiro
Email: Maria.Alvarez@uab.cat

Use of languages

Principal working language: catalan (cat)

Teachers

Lluís Capdevila Ortis
Mariona Portell Vidal
Jenny Cubells Serra
Teresa Gutiérrez Rosado
Ana Fernandez Sanchez
Sara Valmayor Safont

Prerequisites

There are no prerequisites, but will assume the knowledge and skills acquired throughout modules 1 and 2 of the first semester.

Objectives and Contextualisation

Once finished the module, the student should be able to:

- Conceptually define what is the prevention and promotion of health. Identify the different levels of each of them.
- Identify the different determinants that influence risk behaviors and behaviors promoting health.
- Prepare a psychosocial diagnosis of health problems.
- Apply the main models of planning, design and evaluation of promotion and education programs for individual, group and community health.
- Critically analyze different education, health promotion and prevention programs.

Content

1. Health promotion and disease prevention: introductory aspects.
2. Planning interventions: concepts and stages.
3. Conceptual framework for planning and evaluation interventions.
4. Theoretical approaches for planning interventions.
5. Needs analysis.

6. Establishing objectives and selecting population.
7. Action planning.
8. Program Evaluation.
9. Critical program analysis:
 - 9.1. Strategies in prevention interventions in gender violence
 - 9.2. Occupational Health
 - 9.3. Substance abuse prevention in adolescents.
 - 9.4. Promotion health through physical activity and nutrition.