



LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Module Code	B	680	M	014	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Health promotion program planning

Prerequisites

Bachelor degree in public health, education, or sport sciences

Course (module) Learning Outcomes

№.	Learning Outcomes	Teaching / Learning Methods	Assessment Methods
1	To provide knowledge on the foundations in health education and promotion, to introduce main theories of behaviour change, health education methods and practical applications. To develop skills to create evidence - based health promotion programs using intervention mapping methodology.	Case analysis (Case study), Discussion, Individual project, Literature analysis, Scientific paper analysis, Seminar	Course work, Project report

Main aim

To provide knowledge and skills for the planning of health promotion programs

Summary

Students are shortly introduced the foundations of health education and promotion, the relatively new scientific literature analyzing behavior change theories, methods and practical applications. Intervention Mapping protocol is introduced for students. This helps them to create evidence based health promotion projects on their chosen topic and based on intervention mapping protocol.

Level of module

Level of programme		Subject group (under the regulation of the area)	Subject level
Cycle	Type		
Second	Master	Mokslo srities pagrindų	Deepening

Group under financial classification

Syllabus

№.	Sections and themes	Responsible lecturer
1.	Modern understanding of health education and health promotion	
2.	The main theories of behavior change, methods and practical applications	
3.	Evidence - based health promotion. Intervention Mapping	
4.	Needs assessment of the target group, analysis of situation	
5.	The creation of the change model	
6.	Connecting behavior change theories and methods with performance objectives	
7.	The development of the program plan	
8.	Planning for program adoption, implementation and sustainability	
9.	The assessment of the program	
10.	The analysis of good practice	

Evaluation procedure of knowledge and abilities:

References

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	Bartholomew, L.K., et al. Planning health promotion programs. An Intervention Mapping Approach. 4th edition, Jossey Bass 2016	613 Mc-01	5	No	
2.	Meeks L, Heit P, Page R. 2011 Comprehensive School Health Education. 7th edition McGraw, Hill Companies, Inc.	613Me51	2	No	
3.	Kok G, Gottlieb NH, Peters GY, et al. A taxonomy of behaviour change methods: An intervention mapping approach. Health Psychology Review. 2016;10(3):297-312.			No	
4.	Kok, G. (2014). A practical guide to effective behavior change: How to apply theory - and evidence - based behavior change methods in an intervention. European Health Psychologist, 16 (5), 156 - 170. doi : 10.31234/osf.io/r78wh			No	

Additional literature

№.	Title
1.	WHO. Growing up unequal: gender and socioeconomic differences in young people's health and well-being. Health Behaviour in School-Aged Children (HBSC) Study: International Report from the 2013/2014 Survey. World Health Organization Regional Office for Europe, Copenhagen, Denmark, 2016. http://www.euro.who.int/__data/assets/pdf_file/0003/303438/HSBC-No.7-Growing-up-unequal-Full-Report.pdf (access

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Professor		66

Subdivision

Entitlement	Code
	40

Study module teaching form №. 1

Semester	Mode of studies	Structure				Total hours	Credits	
		Theory	Seminars	Lab Works	Ind. work			
A	S	D	10	20	0	230	260	10

Languages of instruction:

Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.
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Plan of in-class hours

№. of Themes	Academic hours			№. of Themes	Academic hours		
	Theory	Seminars	Lab Works		Theory	Seminars	Lab Works
1.	1	2	0	6.	1	2	0
2.	1	2	0	7.	1	2	0
3.	1	2	0	8.	1	2	0
4.	1	2	0	9.	1	2	0
5.	1	2	0	10.	1	2	0
Total:					10	20	0

