

# Department of Health Promotion and Community Health

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Departmental courses are designed to introduce students to the theory and concepts of the field of Health Promotion and Community Health, with an emphasis on the socio-cultural aspects of health behavior change. The Department of Health Promotion and Community Health contributes courses to undergraduate programs. The department also contributes courses to and coordinates a Teaching Diploma in Health Education with the Department of Education at the Faculty of Arts and Sciences.

The department hosts the Health Education Resource Unit (HERU), which was established in 1986 to act as the service arm of the Department. HERU is a community-oriented initiative that serves as a health promotion resource for Lebanon and the Arab region by developing health education materials, training health promotion professionals, networking, and conducting service-related research in response to community needs.

## Course Description

### **HPCH 200      Global Public Health      3.0; 3 cr.**

In this course, students will receive an introduction to global public health issues with special emphasis on developing countries and through the framework of liberal education. As such, students will learn basic principles of public health in ways that encourage them to become more civically responsible. This will be accomplished through readings from the sciences, social sciences, and the humanities on public health issues which influence the region. Students will be trained in the course to critically evaluate health problems, identify contributory causes, propose solutions and think about strategies to improve health.

### **HPCH 201      Health Awareness      3.0; 3 cr.**

A course that aims to increase understanding of the social dimensions of health and illness and the factors that relate to healthy living. This course tackles common health concerns as they relate to the individual, with an emphasis on prevention and wellness lifestyle behavior. This course is open to students from all faculties.

<sup>P</sup> Part time

**HPCH 202                    Sexuality and Health****2.0; 2 cr.**

This course aims to provide students with an overview of human sexuality and its dimensions within a framework of health and wellness. Through discussions, lectures and assignments, students will learn about the interaction between the biological, social, and health/medical aspects of sexuality and discourses surrounding sexuality in our part of the world. Some of the issues include: (1) Development of sexuality and sexual and gender identities, (2) Sexuality and reproductive health, (3) Sexuality and Arab culture, (4) Sexuality expressions/behaviors and public health, (5) Sexuality and gender-based violence.

**HPCH 203                    Health Communication****2.2; 3 cr.**

An introductory course covering the key elements and functions of interpersonal and group communication process and the assumptions we make about ourselves, the other and the communication transaction. The course addresses factors that contribute to improving effective communication skills at the personal and professional levels and aims at enhancing writing and oral presentation skills. The course attempts to highlight the connection between communication concepts and everyday life by using interactive methods that allow students to explore concepts in relation to their own personal experiences. The course is offered in both blended and face to face format; the blended section includes active engagement with online media. *Students cannot receive credit for both HPCH 203 and EDUC 238.*

**HPCH 209                    Socio-Cultural Factors in Health and Illness****3.0; 3 cr.**

An introductory course on the social and behavioral theories and concepts that apply to the analysis of health-related behaviors. Emphasis is placed on core concepts relating to health and illness, and on the main models relating to the study of health behavior at the personal, familial, institutional, and cultural levels.

**HPCH 237                    Theories and Practice of Health Promotion****3.0; 3 cr.**

This course will introduce students to an ecological perspective of health, specifically how health is shaped by different determinants. Case studies of current public health problems will be discussed to enhance understanding of how these determinants interact with one another and contribute to public health problems of interest. The importance of health behavior as a contributor to public health problems and the role of health promotion and health education in addressing these problems will be emphasized.

This course includes a “service learning” component through which students will engage with a predetermined organization to identify and address a public health problem. This opportunity will allow students to “share” and “receive” knowledge and expertise leading to enhanced learning among students and benefit to the chosen organization. *Students cannot receive credit for both HPCH 237 and EDUC 237.*