

Module: EW20 Health promotion in settings: Practical work and research transfer in a community based lifestyle intervention program		
Exam: EW20 Health promotion in settings	LV.-No.:	ECTS-Points: 5 CP
Recommended Semester: B Semester	Module: optional	Language: English
Responsible lecturer: Prof. Dr. Heike Englert	Cycle: Winter Term/ Summer Term	Registration information:
Lecturer in charge: Ragna Maria Kranz, Corinna Tigges, Sarah Hussain		
Learning outcomes	<p>The participating students</p> <ul style="list-style-type: none"> • understand in detail how the development/ progress of non-communicable diseases and lifestyle are connected • know the difference between behavioral and proportionate prevention strategies and are able to name the advantages of setting-approaches in health promotion • are able to combine practical and theoretical/ research knowledge in order to work on topic-specific solutions • are able to work on practical issues considering problem-based learning techniques • are able to independently plan, conduct and evaluate research methods • know the concept of “Intervention Mapping” in order to plan, conduct and evaluate practical health promotion programs • learn how to develop and present their own health promotion approach as well as champion it in front of other groups with different interests (expert discussion groups) • are capable of working expediently in interdisciplinary and mixed work groups • learn how complex the planning, conduction and evaluation of a comprehensive lifestyle intervention program is and are capable of developing recommendations for practical and scientific purposes • develop their skills concerning challenges in real-work settings • improve their English skills, esp. regarding presentation and discussion • know, understand and critically reflect current research literature 	
Form of exam	Grouppresentation	
Form of teaching	<ul style="list-style-type: none"> • Seminar • Training • Practical Training 	
Course contents	<ul style="list-style-type: none"> • This module will be integrated in a current EUREGIO-project which aims to improve health and quality of life in communities (settings). This project is all about developing, conducting and evaluating diverse interventions and activities in order to prevent and treat non-communicable diseases. Central health aspects such as nutrition, physical activity, stress management and social support will be covered and different sub-settings in the community (e.g. pre-school, school, small and medium-sized enterprises) will be 	

	<p>addressed in order to combine behavioral and proportionate prevention strategies (setting approach). Therefore, it is ensured that students will be expediently and practically trained to plan, evaluate and work in real-life interventions.</p> <ul style="list-style-type: none"> • The work field of health promotion programs and associated scientific research in different (sub-) settings will be taught on the basis of the “Intervention Mapping”-approach while considering practical examples of the ongoing EUREGIO-project. • Topic-specific student groups will be built in order to independently work on sub-projects – combining the theoretical background with practical needs. The groups will present and discuss their ideas with student-groups of other expertise and interests – and defend their strategy, if necessary. Thus, the students will get to know the work steps needed, challenges, chances and solutions of practical real-life team work. • The groups include the following topics: <ul style="list-style-type: none"> ○ Project management (e.g. time and activity plans, financing, application for grants, definition of goals, validation of feasibility) ○ Planning and conception of specific intervention activities (e.g. needs assessment, review of sustainable effectiveness) ○ Implementation of interventional activities (e.g. how to deal with clients/ patients/ stakeholders, life-coaching, consulting, presentation) ○ Marketing & communication (e.g. strategies, target group-specific communication, financial planning, presentation of contents and results) • Research methodology and evaluation (e.g. assessment of epidemiological and clinical data, result and process evaluation) 	
Workload	Presence (3 SWS): Preparation and Follow-up: Sum:	45 h 105 h 150 h
Requirements	Good english skills	
Literature		