

Short Courses in Health Promotion

Department of Health Promotion
Faculty of Applied Sciences
Rajarata University of Sri Lanka

Short Courses in Health Promotion

The Department of Health Promotion (DHP) intends to offer a varying degrees of short courses to fulfill the growing demand for learning Health Promotion. The health Promotion discipline is known for its inherent ability to address many public health problems that need human behavior change through active engagement and involvement of communities. Globally, many public health challenges are successfully addressed by adopting strategies and methods of Health Promotion. It has been emphasized that achievement of Sustainable Development Goals (SDGs) could be effectively done through Health Promotion which aimed on empowering people with a focus of improving wellbeing of all.

The Health Promotion study program of the Rajarata University of Sri Lanka was established 14 years ago to fill the vacuum of Health Promotion teaching and capacity building in the country and also in the region. During this period the degree programme has achieved many successes locally, regionally and globally. Developing the approach community based health promotion (CBHP), introducing health promotion for many government and non-government agencies work in the area of public health and participating in organizing 9th Global Health Promotion Conference representing South Asia are some highlights. During this period we were able to create strong technical partnerships with several national and international agencies including foreign universities through MOUs.

Presently there are many requests to study Health Promotion as a subject from various groups in and out of Sri Lanka. These short courses are designed to provide an opportunity for participants from different disciplines to acquire knowledge on principles of community-based health promotion with foundational knowledge on concepts strategies and methods through real examples. The participants are expected to receive practical exposure with community-based interventions in selected locations.

The course focuses on addressing leading public health issues such as -substance use, child wellbeing (early childhood care and development, adolescent wellbeing and child maltreatment), family and community wellbeing, nutrition, and suicide. There will be group work, interactive sessions and field visits to facilitate the development of Health Promotion skills. The participants are allowed to enroll for separate courses of the certificate programme listed below.

Overall aim of short courses

To create an opportunity for individuals (both local and foreign) in upgrading their academic/career development through improving the competencies in applying the health promotion principles in different communities.

Overview of short courses

The content of short courses (03) which teach Health Promotion in varying degrees. This is to meet the kinds of demand emerging from potential candidates from both local and international agencies.

| Short Course 01 - Foundations in Health Promotion | | |
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| Duration | One week (Fulltime) | |
| Course objectives | End of the course participants will be able to, <ul style="list-style-type: none">▪ understand the concept of health promotion▪ identify the characteristics of community-based health promotion approach.▪ improve skills to analyze common health issues and to identify determinants leading to health problems.▪ learn from successful health promotion interventions that used community based approaches to address selected health issues in different communities | |
| Course content | Days | Areas to be covered |
| | Day 1 | Introduction to the course Health promotion concept and its applications in different scenarios Community examples for the successfulness of the Community Based Health Promotion (CBHP) Model The major principles of the CBHP model applied in Sri Lanka |

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| | | Process of applying the CBHP principles |
| | Day 2 | How to initiate a Health promotion process in a novel setting Different phases of the health promotion process and learn to apply their own settings |
| | Day 3 | Field visit -CBHP model has been successfully implemented |
| | Day 4 | Lessons to learn in the Field as groups Understanding on addressing determinants |
| | Day 5 | Different aspects of the community worked on promoting their wellbeing Discussions- lessons learned by the field visit |
| | Day 6 | How to initiate our own health promotion programmes? |
| | Day 7 | Submission of the final report and the presentation Awarding certificates |
| Schedule | | The course consists of lectures/interactive classroom activities, group works, field visits, and short field activities. |
| Evaluation strategy | | At the end of the course, participants will be evaluated as follows. Individual report – 50% Individual presentation – 50% |
| Language | | The course will be delivered in English. Translation facilities will be provided for the applicants during the field visit. |
| Module fee | | Local – LKR 10,000 International – USD 75 |
| Admission criteria | | Should have either completed or currently registered at least an undergraduate degree program Work experience in a public health/health promotion related research/projects in Sri Lanka or any other country. |

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| | Proficiency in spoken and written English |
| Application procedure | <p>Application forms can be downloaded from the Department website (https://aps.rjt.ac.lk/department-of-health-promotion/) or can be directly emailed to the department (hp@as.rjt.ac.lk) together with the following documents. The completed application should be submitted two months before the start of the course.</p> <ul style="list-style-type: none">• A one-page letter of motivation• Copies of current certificates• Documents to prove working experiences• Recent CV with a list of research projects and publications |

Short Course 02 – Principles, strategies and application of Health Promotion

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| Duration | | Two weeks (Fulltime) |
| Course objectives | | <p>End of the course participants will be able to,</p> <ul style="list-style-type: none"> ▪ understand the principles and strategies of health promotion ▪ learn the characteristics of a community-based health promotion approach. ▪ improve skills to analyze common public health issues and to identify determinants leading. ▪ learn from health promotion interventions which applied community-based approaches to address selected public health issues in different communities. ▪ understand the community empowerment in addressing health issues in different communities. |
| Course content | Days | Areas to be covered |
| | Day 1 | <p>Introduction to the course.</p> <p>Background of the health promotion concept and its applications in different scenarios</p> <p>Field visit and learning through facilitator meetings</p> |
| | Day 2 | <p>Principles and strategies of health promotion and introduction to the group work to a common understanding of the principles of the health promotion approach</p> <p>Group work - identifying how principles are applied in work to understand how the principles are reflected in communities</p> <p>Group sharing session to understand how the principles are reflected in communities</p> <p>Grouping and introduction to the next day</p> |

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| | Day 3 | <p>Group visit to the field settings</p> <p>Discussion with community group - mature setting to understand how principles are reflected in the community the using observation/interaction tools</p> <p>Discussion in a control area to understand the differences between the communities</p> |
| | Day 4 | <p>Field visit to learn from community groups in developing community based tools to address their own health issues</p> <p>Homework: Preparation of group presentations</p> |
| | Day 5 | <p>Presenting group experiences about the previous day</p> <p>Introduction to the session and group exercise on how to explain "what is health" to different communities - a potential starting point for a process in a community</p> <p>Mock exercise - explaining "what is health" to the audience</p> |
| | Day 6 | <p>Demonstration and discussion: starting and maintaining a health promotion process/dialog in the community (using "what is health" as an entry point)</p> <p>Group exercise - starting a process with communities based on given case scenarios, practicing facilitation</p> <p>Groups facilitate mock sessions based on their group exercises</p> |
| | Day 7 | <p>Field visit</p> <p>Starting a process with an actual community</p> <p>Feedback on group's facilitation</p> <p>Group exercise- What are the things we can "start, stop, continue" when</p> |

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| | | facilitating a community |
| | Day 8 | Discussions to prepare an individual report and group report and final presentations |
| | Day 9 | Community-based monitoring Group work - Making an inventory of tools observed that are being used by the communities for monitoring of outcomes Group presentations |
| | Day 10 | Starting and nurturing a process in the community using gender-based violence as an entry point Starting and nurturing a process in the community using Nutrition and ECCD as an entry point |
| | Day 11 | Starting and nurturing a process in the community using alcohol and tobacco prevention as an entry point Group work |
| | Day 12 | Health Promotion in Sri Lanka: Why is it important, lessons for Asia Region and documenting the evidence Options for programme/project designs within the context of ECCD and incorporating the methodology into existing programmes |
| | Day 13 | Sharing experiences on success stories |
| | Day 14 | Final presentations |
| Schedule | | This is two-weeks, full-time module. The module consists of lectures/interactive |

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| | classroom activities, group works, field visits and, short field activities. |
| Evaluation strategy | At the end of the course, participants will be evaluated as follows. Assignments – 20% Individual report – 30% Individual presentation – 50% |
| Language | The course will be delivered in English. Translation facilities will be provided for the applicants during field visits. <hr/> |
| Module fee | Local – LKR 15000 International – 100 USD |
| Admission criteria | Should have either completed or currently registered at least an undergraduate degree program Work experience in a public health/health promotion related research/projects in Sri Lanka or any other country. Proficiency in spoken and written English |
| Application procedure | Application forms can be downloaded from the Department website (https://aps.rjt.ac.lk/department-of-health-promotion/) or can be directly emailed to the department (hp@as.rjt.ac.lk) together with the following documents. The completed application should be submitted two months before the start of the |

course.

- A one-page letter of motivation
- Copies of current certificates
- Documents to prove working experiences
- Recent CV with a list of research projects and publications

Short Course 03 – Practical Health Promotion

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| Duration | | One month (Fulltime) |
| Course objectives | | <p>End of the course participants will be able to,</p> <ul style="list-style-type: none"> ▪ understand the concept of health promotion and identify and analyze the characteristics of a community-based health promotion approach. ▪ improve skills to analyze common health issues and to identify determinants leading to health problems. ▪ learn from health promotion interventions which applied community-based approaches to address the identified health issues in different communities ▪ design health promotion interventions to promote wellbeing of people in different communities |
| Course content | Days | Areas to be covered |
| 1st week | Day 1 | <p>Introduction to the course</p> <p>Health promotion principles and its applications</p> <p>Community examples</p> |
| | Day 2 | <p>Introduction to the CBHP model</p> <p>Process of applying CBHP principles</p> <p>How to initiate a Health promotion process in a novel setting</p> |
| | Day 3 | Field visit |
| | Day 4 | <p>Lessons to learn in the Field as groups</p> <p>Understanding on addressing determinants</p> |
| | Day 5 | <p>The Health Promotion process implemented by Health Promotion students in different settings</p> <p>Different phases of the health promotion process and learn to apply their own</p> |

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| | | <p>settings</p> <p>Different aspects of the community worked on promoting their wellbeing</p> <p>Discussions- lessons learned by a field visit</p> |
| | Day 6 | <p>How to initiate own health promotion programmes?</p> <p>Initiation in designing the health promotion intervention to address selected health issue</p> |
| | Day 7 | <p>Homework –Designing a health promotion intervention</p> |
| 2nd week | Day 1 | <p>Principles of health promotion and introduction to the group work to a common understanding of the principles of the health promotion approach</p> <p>Group work - identifying how principles are applied in work to understand how the principles are reflected in communities</p> <p>Group sharing session to understand how the principles are reflected in communities</p> <p>Discussion on the progress of the designed intervention</p> <p>Grouping and introduction to the next day</p> |
| | Day 2 | <p>Group visit to the field settings</p> <p>Discussion with community group - mature setting to understand how principles are reflected in the community the using observation/interaction tools</p> <p>Discussion in a control area to understand the differences between the communities</p> |
| | Day 3 | <p>Field visit to learn from community groups in developing community based tools to address their own health issues</p> <p>Homework: Preparation of group presentations</p> |

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| | Day 4 | Presenting group experiences about the previous day Introduction to the session and group exercise on how to explain "what is health" to different communities - a potential starting point for a process in a community Mock exercise - explaining "what is health" to the audience |
| | Day 5 | Demonstration and discussion: starting and maintaining a health promotion process/dialog in the community (using "what is health" as an entry point) Group exercise - starting a process with communities based on given case scenarios, practicing facilitation |
| | Day 6 | Groups facilitate mock sessions based on their group exercises Opportunity to apply designed health promotion intervention in a selected small group |
| | Day 7 | Group exercise on the progress of the intervention designed to address selected health issue/s |
| 3rd week | Day 1 | Field visit Starting a process with an actual community Feedback on group's facilitation Group exercise- What are the things we can "start, stop, continue" when facilitating a community |
| | Day 2 | Designing activities to address selected underlying factors Designing SMART indicators to assess health promotion application in the community Community involvement in developing activities/indicators Discussions to prepare an individual report and group report and final presentations |

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| | Day 3 | Group presentation about the progress of the fieldwork application |
| | Day 4 | Community-based monitoring Group work - Making an inventory of tools observed that are being used by the communities for monitoring of outcomes Group presentations |
| | Day 5 | Finalizing indicators to assess the intervention implemented by each participant |
| | Day 6 | Assessing the progress of the implemented health promotion intervention |
| | Day 7 | Finalize the changes achieved with the group and planning for the continuation of the designed intervention |
| 4th week | Day 1 | Starting and nurturing a process in the community using gender-based violence as an entry point Starting and nurturing a process in the community using Nutrition and ECCD as an entry point |
| | Day 2 | Starting and nurturing a process in the community using alcohol and tobacco prevention as an entry point Group work |
| | Day 3 | Starting and nurturing a process in the community using suicide prevention as an entry point Group work |
| | Day 4 | Starting and nurturing a process in the community using STI prevention as an entry point |

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| | | Group work |
| | Day 5 | Group discussion on the progress of implemented health promotion intervention |
| | Day 6 | Preparation for the final presentation and presentation on success stories of the intervention |
| | Day 7 | Submission of the final report Final presentation Awarding certificates |
| Schedule | | This is a one month, full-time course. The course consists of lectures/interactive classroom activities, group works, field visits, and short field activities. |
| Evaluation strategy | | At the end of the course, participants will be evaluated as follows. Assignments – 30% (Individual or group) Individual report – 30% Individual presentation – 40% (Percentages can be changed or modified with the course implementation in each batch) |
| Language | | The course will be delivered in English. Translation facilities will be provided for the applicants during field visits |
| Module fee | | Local – LKR 25000 International – USD 200 |
| Admission criteria | | Should have either completed or currently registered at least an undergraduate degree program Work experience in a public health/health promotion related research/projects in Sri Lanka or any other country. |

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Logistics of the certificate course/s

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| Accommodation | Selected participants will be eligible to stay in the University guest house for a concession rate. See the details of the University Guest House here . |
| Visa requirements | All international students need a visa to follow an academic program in Sri Lanka. Requested visa letters will be provided upon request for selected students by the university and it is the responsibility of respective participants to apply and obtain a visa. |

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| Insurance | It is strongly advised for all participants to have health insurance to cover the period of stay in Sri Lanka. |
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Mihintale**