



## HEALTH PROMOTION

Course title	Course overview	Target audience	Learning outcomes
<p><b>Introduction to Health Promotion</b> One day</p>	<p>A one-day introduction course designed to equip participants with an overview of health promotion. This course provides an insight into the theory models and application of health promotion.</p>	<p>The course is designed for professionals working within the wider public health arena or those who have a role in promoting positive lifestyle choices and would like to gain a better insight into the basics of health promotion.</p>	<ul style="list-style-type: none"> <li>• A basic understanding of health promotion</li> <li>• Awareness of the models commonly used</li> <li>• Explore health promotion in practice</li> </ul>
<p><b>Level 2 Award in Health Promotion</b> Four days</p>	<p>This course provides a basic qualification in Health Promotion and is <b>accredited by the Royal Society of Public Health</b>. Delivered over four days participants will be required to complete a reflective journal and health promotion project as part of the accreditation process.</p>	<p>The course is designed for professionals working both directly within the public health and the wider public health arena who want a basic recognised qualification in health promotion.</p>	<ul style="list-style-type: none"> <li>• A more in-depth understanding of health promotion, models used and influences on health</li> <li>• Importance of effective communication, behaviour change and ethics within health promotion</li> <li>• Understand the stages of effectively planning a health promotion intervention</li> </ul>

	Dates	Times	Portsmouth workforce	Outside Portsmouth
<b>Introduction</b>	Tues 19 June 2012	9.30am - 4pm	No charge	£100
<b>Level 2 Award</b>	<p><b>course 1</b> Tues 27 March 2012 &amp; Weds 28 March 2012 &amp; Tues 24 April 2012 &amp; Weds 25 April 2012</p>	9.30am - 4pm	£120	£240
	<p><b>course 2</b> Tues 18 September 2012 &amp; Weds 19 September 2012 &amp; Tues 23 October 2012 &amp; Weds 24 October 2012</p>	9.30am - 4pm	£120	£240

To book a place on a course please complete a [booking form](#) or email [sorted@portsmouthcc.gov.uk](mailto:sorted@portsmouthcc.gov.uk)  
For any further information please contact the training co-ordinator on 023 9284 1714