

Course Name	Health Promotion
Course Number	OATHF33
Credits	1.0 Credits
Adaptation years	1, 2 Year
Class hold days	FallAB Tue2
Instructor	Tokie Anne
Overview	This course aims to equip students with an understanding of the theories and practices of health promotion, advocacy, communication and empowerment, as well as various research evidences.
Remarks	Lectures are conducted in English. Online (Synchronous)
Course Type	lectures
Relation to Degree Program Competences	Social Behavior Science Application
Course Objectives (Learning Outcomes)	This course aims to equip students with an understanding of the theories and practices of health promotion, advocacy, communication and empowerment, as well as various research evidences.
Class Schedule	Upon completion of this course, students will be able to examine current health promotion issues through various disciplines 1. Oct 3 2class Tokie Anne Theories of health promotion 2. Oct 10 2class Tokie Anne International trend inhealth promotion 3. Oct 17 2class Tokie Anne Methods of healthpromotion 4. Oct 24 2class Tokie Anne Technologies of healthpromotion 5. Oct 31 2class Tokie Anne Theories of empowerment 6. Nov 4 2class Tokie Anne Methods of empowerment 7. Nov 21 2class Tokie Anne Healthpromotion and advocacy 8. Dec 5 2class Tokie Anne Healthpromotion and communication 9. Dec 12 2class Tokie Anne Workshop of healthpromotion practice 1 10. Dec 19 2class Tokie Anne Workshop of healthpromotion practice 2
Course Prerequisites	Class attendance and participation (>2/3) , Report (>60 point).
Grading Philosophy	Class attendance and participation; Report.
Course Hours	lecture 70%、practice 30%
Breakdown and Out-of-Class Learning	Read the materials which gives students one week before the class and join the discussion in the class.
Textbooks, References, and Supplementary Materials	Textbook: Anne T. Empowerment based Co-Creative Action Research: Towards A World of Possibilities for Sustainable Society, 2021 (PDF available by manaba) Reference book: Anne T. Empowerment Sciences for Professionals: Enhance Inclusion and A World of Possibilities, Shoniji Press, 2018
Office Hours and Contact Information	Tokie Anne anmet@md.tsukuba.ac.jp anmet at md.tsukuba.ac.jp <a href="http://plaza.umin.ac.jp/~empower/anme/">http://plaza.umin.ac.jp/~empower/anme/</a>
Other (Behavioral expectations and points to note for students during coursework)	

Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	TA 2
Course Keywords	Health Promotion Empowerment SDGs