

# Certificate II in Population Health (HLT20907)



## Health Promotion Support

Course Code	HP02
Course Duration	Self-paced
Course Delivery	Correspondence (distance education) delivery.
Prerequisites	None
Course Fee	\$795.00
Accreditation	HLT20907 Certificate II in Population Health is a nationally recognised qualification. Occupational titles for these workers may include: Peer Health Educator or Health Support Officer. For more details about this qualification go to <a href="http://www.ntis.gov.au">www.ntis.gov.au</a>

Partial fulfillment of Certificate III in Population Health (HLT32207), Certificate IV in Population Health (HLT42307) and Diploma of Population Health (HLT51007).

Course Assessment	Assessment is via simulated workplace written assignments. Individuals currently working in a relevant field will have the opportunity to develop and present a Professional Development Manual based on actual population health and health promotion projects as part of their assessment.
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**Course tutor and assessor:** Kristen Beck, Postgraduate Diploma in Human Nutrition, Postgraduate Certificate in Education Studies (Higher Education), Bachelor of Health Science, Diploma of Nutrition, Certificate IV in Workplace Training and Assessment.

**Course Rationale:** The Certificate II in Population Health is designed to provide the workplace skills to work and provide support in a variety of group, workplace and community settings including schools, childcare, sporting and recreational clubs, workplace and community health promotion roles. The course is a unique blend of population health and practical study of current health and nutrition guidelines.

This course will allow learners to apply relevant health and nutrition frameworks and guidelines for workplace needs as well as train peers. This course is suitable for individuals who wish to develop their knowledge of health and nutrition within a public health framework and is best suited to individuals working in areas where health and nutrition frameworks are present. For example, teachers, school canteen managers, weight loss staff working for registered organizations or members of staff wishing to implement and manage simple workplace health promotion projects.

### Delivery Sequence

Subjects in the [Certificate II in Population Health](#) (listed in order of planned delivery sequence).

1. [Introduction to Population Health](#)
2. [Principles of Nutrition and Diet: Healthy Eating Principles](#)

**Delivery Details:** The Certificate II in Population Health will make use of online and Audiovisual features, as well as printed course texts and workbooks.

- Self-paced, distance (correspondence) study
- Comprehensive course texts, CD-rom or other digital media and online features
- Learning activities
- Phone, email and online support from professional course tutor to answer your questions.
- Online learning and research tools via the Beck Health & Nutrition website student pages.

**Additional Reading/Activities:** Links to additional readings and learning facilities will be posted on website for this course throughout the term.

**Units of Competency covered in the Certificate II in Population Health.**

Attainment of the HLT20907 Certificate II in Population Health qualification requires successful completion of the following 12 units of competency.

The following table maps the subjects offered in the Certificate II in Population Health course with the competencies required for the HLT20907 Certificate II in Population Health qualification.

Competency Code	Competency Name	Projected hours to achieve UOC
HLTPOP301B	Work effectively in the population health sector	20
HLTOHS200A	Participate in OHS processes	10
CHCORGG1B	Follow the organization’s policies, procedures and programs	6
CHCD13C	Work within specific communities	15
CHCNET1C	Participate in networks	14
CHCHPROM1A	Share health information	15
CHCCD1B	Support community participation	15
CHCGROUP1B	Support the activities of existing groups	15
HLTNA302B	Plan and evaluate meals and menus to meet recommended dietary guidelines	15
SRFFIT015A	Provide nutrition advice to clients in accordance with recommended guidelines	20
CUFWRT04A	Write presentation material	10
CUFWRT05A	Write content and/or copy	10

# Introduction to Population Health Training and Assessment Strategy

Subject title	Introduction to Population Health
Subject code	PH02
Subject type	Core
Study hours	150
Subject leader	Mrs Kristen Beck, <i>Registered Nutritionist</i> Bachelor of Health Science, Postgraduate Diploma of Human Nutrition, Postgraduate Certificate in Education (Higher Education), Cert IV Workplace Training and Assessment. 02 9981 6228, kbeck@beckhealth.com.au
Academic year	2010
Mode of Delivery	Distance format (correspondence)

## Rationale:

Introduction to Population Health is designed to introduce key theories of population health.

## Prescribed texts:

1. Beck, K, 2009, *Population Health: Principles and Applications Course Notes*, Beck Health & Nutrition, Edited by Dr Samantha Frappell.
2. Community Services and Health Industry Skills Council, Population Health Resource Project, Certificate II in Population Health Learner Guide

## Subject readings:

3. Ottawa charter for Health Promotion, 1986, available at:  
[http://www.who.int/hpr/NPH/docs/ottawa\\_charter\\_hp.pdf](http://www.who.int/hpr/NPH/docs/ottawa_charter_hp.pdf)

## Assessment Program:

Assessment is via simulated workplace written assignments (completion of written activity tasks, theory assignment and practical assignment). Individuals currently working in a relevant field will have the opportunity to develop and present a Professional Development Manual based on actual population health and health promotion projects as part of their assessment.

## Feedback and Evaluation:

Feedback and evaluation for this subject will take place at the completion of your subject and assessment.

**Units of Competency:** The following Units of Competency will be addressed in Introduction to Population Health:

<b>UOC code</b>	<b>UOC title</b>	<b>Prerequisites or co-requisites?</b>	<b>Special assessment/delivery requirements?</b>
HLTPOP301B	Work effectively in the population health sector	Nil	Assignment. Case –studies.
CHCHPROM1A	Share health information	Nil	Simulation or on the job.
CHCD13C	Work within specific communities	Nil	Simulation or on the job.
CUFWRT04A	Write presentation materials	Nil	On the job or simulated workplace projects.
CUFWRT05A	Write content and/or copy	Nil	On the job or simulated workplace projects.
HLTPOP301B	Work effectively in the population health sector	Nil	Assignment. Case –studies.
HLTOHS200A	Participate in OHS processes	Nil	Analysis of actual workplace.
CHCORGG1B	Follow the organisation’s policies, procedures and programs		On the job or simulated workplace projects.
CHCNET1C	Participate in networks	Nil	On the job or simulated workplace projects
CHCCD1B	Support community participation	Nil	On the job or simulated workplace projects.
CHCGROUP1B	Support the activities of existing groups	Nil	On the job or simulated workplace projects.

# Principles of Nutrition and Diet

## Training and Assessment Strategy

Subject title Principles of Nutrition and Diet  
 Subject code NUT01  
 Study hours 30

Subject leader Mrs Kristen Beck, *Registered Nutritionist*  
 Bachelor of Health Science, Postgraduate Diploma of Human Nutrition,  
 Postgraduate Certificate in Education (Higher Education), Cert IV Workplace  
 Training and Assessment.  
 02 9981 6228, kbeck@beckhealth.com.au

Academic year 2010

Mode of Delivery Distance format (correspondence)

### Rationale:

Principles of Nutrition explores the latest health and nutrition research and population health dietary guidelines. Understand how nutrition can impact health and vitality while learning practical diet and lifestyle strategies to optimise health and prevent disease.

### Prescribed texts:

1. Beck K, 2010, *Principles of Nutrition and Diet*, Beck Health & Nutrition, Edited by Dr Samantha Frappell

### Recommended Reading:

2. National Health & Medical Research Council, 2003, *Food for health: Dietary Guidelines for Australian Adults*, Commonwealth of Australia, Canberra.
3. Applicable Australian health and nutrition guidelines, reports and frameworks including Physical Activity Guidelines, Australian Guide to Healthy Eating, Acting on Australia's Weight, NSW Healthy Canteen Strategy.

### Assessment Program:

Assessment for this subject consists of one online quiz and two written assessments (one open book exam and one case-study assignment).

### Feedback and Evaluation:

Feedback and evaluation for this subject will take place at the completion of your subject and assessment.

**Units of Competency:** The following Units of Competency will be addressed in Principles of Nutrition.

- SRFFIT015A Provide nutrition advice to clients in accordance with recommended guidelines
- HLTNA302B Plan and evaluate meals and menus to meet recommended guidelines

Training and assessment requirements for Units of Competency in Principles of Nutrition and Diet

UOC code	UOC title	Prerequisites or co-requisites?	Special assessment/delivery requirements?
SRFFIT015A	Provide nutrition advice to clients in accordance with recommended guidelines	Nil	Written questioning over at least 3 different occasions.
HLTNA302B	Plan and evaluate meals and menus to meet recommended dietary guidelines	Nil	

