

# Diploma of Population Health (HLT51007)



## Nationally recognised qualification in Population/Public Health Promotion

**Course Code** HP05

**Course Duration** 18 months part time.

**Course Delivery** Correspondence (distance education) delivery.

**Prerequisites** None

**Accreditation** HLT51007 Diploma of Population Health is a nationally recognised qualification. Occupational titles for these workers may include: Community Development Worker, Community Health Worker, Health Sponsorship Coordinator, Area Manager; Health Promotions, Health Promotion Coordinator, project Manager, Regional Coordinator, Senior Project Officer. For more details about this qualification go to [www.ntis.gov.au](http://www.ntis.gov.au)

**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.

**Course tutor and assessor:** Kristen Beck, PG Cert. Hum Nutrition, PG Cert Education, BHSc, Dip. Nut, Cert IV in workplace training and assessment.

**Qualification Rationale:** This qualification provides entry level for population health work or as an additional qualification to those with existing specialist/clinical health qualifications. It covers workers who would contribute to the implementation of population health projects/programs by applying significant judgment in carrying out broad plans set out by population health professionals. It also prepares students in some aspects of workplace management and media/communication management. The course is a unique blend of population health and practical study of current health and nutrition guidelines.

Subjects in the Diploma of Population Health

- Principles of Population Health \$1050.00
- Public Health Nutrition and Nutrition Promotion \$1200.00
- Principles of Nutrition and Diet \$345.00
- Nutrition Elective (sports nutrition, childhood nutrition, body weight management) \$345.00 - \$385.00

**Qualification Delivery Details:** The Diploma of Population Health is a mixed modality unit making use of online and Audiovisual features, as well as printed course texts and workbooks.

- Self-paced, distance (correspondence) study
- Comprehensive course texts, electronic files and online features
- Learning activities

- Phone, email and online support from professional course tutors to answer your questions.  
Online learning and research tools via the Beck Health & Nutrition website student pages.

**Competency Mapping Grid:** 22 competency units are required for award of the HLT51007 Diploma of Population Health qualification:

Competency Code	Competency Name	Corresponding Subject Name(s)	Projected hours to achieve UOC
HLTPOP501B	Apply a population health framework	Population Health: Principles and Applications Health and Nutrition Promotion	10
HLTPOP502B	Work with the community to identify health needs	Population Health: Principles and Applications	15
HLTPOP503B	Plan a population health project	Population Health: Principles and Applications Principles of Nutrition and Diet	20
HLTPOP504B	Evaluate a population health project	Population Health: Principles and Applications	20
CHCCD19A	Establish and maintain community, government and business partnerships	Population Health: Principles and Applications Health and Nutrition Promotion	20
HLTPOP505B	Build capacity to promote health	Population Health: Principles and Applications Health and Nutrition Promotion	15
CHCAD3A	Undertake systems advocacy	Population Health: Principles and Applications	10
HLTOHS300A	Contribute to OHS processes	Population Health: Principles and Applications	5
HLTOHS500A	Manage OHS processes	Population Health: Principles and Applications	8
CHCORG6B	Coordinate the work environment	Population Health: Principles and Applications	5
CHCAD4A	Provide advocacy and representation	Population Health: Principles and Applications Health and Nutrition Promotion	10
LGACOM502B	Devise and conduct community consultations	Population Health: Principles and Applications	20
BSBATS1W515A	Secure funding	Population Health: Principles and Applications Health and Nutrition Promotion	10
HLTPOP405B	Use media to disseminate information	Population Health: Principles and Applications Health and Nutrition Promotion	15
HLTPOP508B	Write a grant application	Population Health: Principles and Applications	10
CHCCD2B	Provide community education projects	Population Health: Principles and Applications Health and Nutrition Promotion Principles of Nutrition and Diet	20
CHCHPROM1A	Share health information	Population Health: Principles and Applications Health and Nutrition Promotion Principles of Nutrition and Diet	15
CUFWRT04A	Write presentation material	Health and Nutrition Promotion	10

CUFWRT05A	Write content and/or copy	Health and Nutrition Promotion	10
BSBMKG407A	Make a presentation	Health and Nutrition Promotion	8
HLTNUT610A	Provide basic dietary advice	Principles of Nutrition and Diet	30
CHCPOL2A	Contribute to policy development	Population Health: Principles and Applications Health and Nutrition Promotion	10

# Population Health; Principles and Application Training and Assessment Strategy

<i>Subject title</i>	Population Health; Principles and Application
<i>Subject code</i>	PH501
<i>Subject type</i>	Core
<i>Study hours</i>	100
<i>Subject fee</i>	\$1050.00
<i>Subject leader</i>	Kristen Beck <i>Bachelor of Health Science, Post. Grad. Cert. Human Nutrition, Post. Grad. Cert. Education (Higher Ed), Diploma of Nutrition, Cert IV Workplace Training and Assessment.</i> Contact details: + 61 2 9981 6228, kbeck@beckhealth.com.au
<i>Academic year</i>	2009
<i>Mode of Delivery</i>	Distance format (correspondence)

## Rationale:

Population Health; Principles and Applications studies key theories of population health and vital workplace skills for the population/public health sector. This subject provides a comprehensive study of public health, its origins and applications in both Australia and internationally. Determinants of population health, public health strategies, planning, implementation and program evaluation.

## Subject texts and readings:

1. Beck, K, 2008, Population Nutrition; Principles and Applications, Beck Health & Nutrition, Edited by Dr Samantha Frappell.
2. To ensure that course texts and reading are continually kept up to date, all accompanying course texts and readings will be provided in your course pack at time of enrolment (either in print or electronic format). All course materials are covered in subject course fee.

## 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 Population Health; Principles and Applications

Competency Code	Competency Name	Prerequisites or co-requisites?	Special assessment/delivery requirements?
HLTPOP501B	Apply a population health framework	Nil	Simulated projects with access to a range of government and workplace documents, reports and procedures. Portfolio/CV, work experience or Case-study/written assignments
HLTPOP502B	Work with the community to identify health needs	Co requisites: HLTPOP503B HLTPOP504B	Case-study/written assignments
HLTPOP503B	Plan a population health project	Co-requisites HLTPOP502B HLTPOP504B	Case-study/written assignments
HLTPOP504B	Evaluate a population health project	Co-requisites HLTPOP502B HLTPOP503B	Case-study/written assignments
CHCCD19A	Establish and maintain community, government and business partnerships	Nil	Case-study/written assignments
HLTPOP505B	Build capacity to promote health	Nil	Case-study/written assignments
CHCAD3A	Undertake systems advocacy	Nil	On the job or simulated workplace projects
HLTOHS300A	Contribute to OHS processes	Nil	On the job or simulated workplace projects
HLTOHS500A	Manage OHS processes	Nil	On the job or simulated workplace projects
CHCORG6B	Coordinate the work environment	Nil	On the job or simulated workplace projects
CHCAD4A	Provide advocacy and representation	Nil	On the job or simulated workplace projects
LGACOM502B	Devise and conduct community consultations	Nil	On the job or simulated workplace projects/written assignments
BSBATSIW515A	Secure funding	Nil	Case-study/written assignments
HLTPOP508B	Write a grant application	Nil	Case-study/written assignments
CHCPOL2A	Contribute to policy development	Nil	Case-study/written assignments

# Health and Nutrition Promotion Training and Assessment Strategy

<i>Subject title</i>	Health and Nutrition Promotion
<i>Subject code</i>	PH502
<i>Subject type</i>	Core
<i>Study hours</i>	100
<i>Subject fee</i>	\$1200.00
<i>Subject leader</i>	Kristen Beck <i>Bachelor of Health Science, Post. Grad. Cert. Human Nutrition, Post. Grad. Cert. Education (Higher Ed), Diploma of Nutrition, Cert IV Workplace Training and Assessment.</i> Contact details: + 61 2 9981 6228, kbeck@beckhealth.com.au
<i>Academic year</i>	2009
<i>Mode of Delivery</i>	Distance format (correspondence)

## Subject Rationale:

Effective population health and group health promotion strategies are reliant on effective communication techniques and a thorough understanding of public health. Health and Nutrition Promotion focuses on specialized communication strategies for health promotion including an in depth study of media management and social marketing principles to optimise population and group health and nutrition messages, campaigns and projects. The subject also incorporates trends in international dietary consumption patterns, food supply and contemporary issues in public health and nutrition.

## Subject texts and readings:

1. Beck, K, 2009, Health and Nutrition Promotion Beck Health & Nutrition, Edited by Dr Samantha Frappell.
2. To ensure that course texts and reading are continually kept up to date, all accompanying course texts and readings will be provided in your course pack at time of enrolment (either in print or electronic format). All course materials are covered in subject course fee.

## Assessment Program:

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.

Assignment will consist of two written projects that simulate workplace projects.

## 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 Health and Nutrition Promotion.

Competency Code	Competency Name	Prerequisites or co-requisites ?	Projected hours to achieve UOC
HLTPOP501B	Apply a population health framework	Nil	Simulated projects with access to a range of government and workplace documents, reports and procedures.
HLTPOP502B	Work with the community to identify health needs	Nil	Portfolio/CV, work experience or Case-study/written assignments
CHCCD19A	Establish and maintain community, government and business partnerships	Nil	Evidence gathered from the workplace and presented as a portfolio. Competency must be demonstrated in a real work environment, with remainder conducted in simulation projects.
HLTPOP505B	Build capacity to promote health	Nil	Simulated projects with access to a range of government and workplace documents, reports and procedures.
CHCAD4A	Provide advocacy and representation	Nil	Portfolio/CV, work experience or Case-study/written assignments
BSBATSIW515A	Secure funding	Nil	Portfolio/CV, work experience or Case-study/written assignments
HLTPOP405B	Use media to disseminate information	Nil	Portfolio/CV, work experience or Case-study/written assignments Diversity of presentation aids
CHCCD2B	Provide community education projects	Nil	Portfolio/CV, work experience or Case-study/written assignments
CHCHPROM1A	Share health information	Nil	Portfolio/CV, work experience or Case-study/written assignments
CUFWRT04A	Write presentation material	Nil	Portfolio/CV, work experience or Case-study/written assignments
CUFWRT05A	Write content and/or copy	Nil	Portfolio/CV, work experience or Case-study/written assignments
BSBMKG407A	Make a presentation	Nil	Portfolio/CV, work experience or Case-study/written assignments Diversity of presentation aids
CHCPOL2A	Contribute to policy development	Nil	Portfolio/CV, work experience or Case-study/written assignments

# Principles of Nutrition and Diet

## Training and Assessment Strategy

<i>Subject title</i>	Principles of Nutrition and Diet
<i>Subject code</i>	NUT01
<i>Subject type</i>	Core
<i>Study hours</i>	40
<i>Subject fee</i>	\$345.00
<i>Subject leader</i>	Kristen Beck <i>Bachelor of Health Science, Post. Grad. Cert. Human Nutrition, Post. Grad. Cert. Education (Higher Ed), Diploma of Nutrition, Cert IV Workplace Training and Assessment.</i> Contact details: + 61 2 9981 6228, kbeck@beckhealth.com.au
<i>Academic year</i>	2009
<i>Mode of Delivery</i>	Distance format (correspondence)

### Rationale:

Principles of Nutrition and Diet 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.

### Subject texts and readings:

1. Beck K, 2008, Principles of Nutrition and Diet and Health, Beck Health & Nutrition, Edited by Dr Samantha Frappell
2. To ensure that course texts and reading are continually kept up to date, all accompanying course texts and readings will be provided in your course pack at time of enrolment (either in print or electronic format). All course materials are covered in subject course fee.

### Recommended Reading:

1. National Health & Medical Research Council, 2003, *Food for health: Dietary Guidelines for Australian Adults*, Commonwealth of Australia, Canberra.
2. 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 written assessments (one open book exam).

### 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 and Diet.

Competency Code	Competency Name	Prerequisites or co-requisites?	Special assessment/delivery requirements?
CHCHPROM1A	Share health information	Nil	Portfolio/CV, work experience or Case-study/written assignments Diversity of presentation materials
HLTNUT610A	Provide basic dietary advice	Nil	Written questioning over at least 3 different occasions.

# Nutrition Elective

## Training and Assessment Strategy

<i>Subject title</i>	Nutrition Elective
<i>Subject code</i>	Choose from: <ul style="list-style-type: none"><li>• NUT05 Healthy Weight for Life (\$345.00)</li><li>• NUT04 Sports Nutrition (\$345.00)</li><li>• NUT03 Childhood and Adolescent Nutrition (\$385.00)</li></ul>
<i>Subject type</i>	Core
<i>Study hours</i>	40
<i>Subject fee</i>	\$345.00-\$385.00
<i>Subject leader</i>	Kristen Beck <i>Bachelor of Health Science, Post. Grad. Cert. Human Nutrition, Post. Grad. Cert. Education (Higher Ed), Diploma of Nutrition, Cert IV Workplace Training and Assessment.</i> Contact details: + 61 2 9981 6228, kbeck@beckhealth.com.au
<i>Academic year</i>	2009
<i>Mode of Delivery</i>	Distance format (correspondence)

### Rationale:

The Nutrition Elective subject allows students to select a nutrition subject based on their interests, workplace requirements or career goals. Understand how nutrition can impact health and vitality while learning practical diet and lifestyle strategies to optimise health and prevent disease.

### Subject texts and readings:

1. Beck, K, 2009, Health and Nutrition Promotion Beck Health & Nutrition, Edited by Dr Samantha Frappell.
2. To ensure that course texts and reading are continually kept up to date, all accompanying course texts and readings will be provided in your course pack at time of enrolment (either in print or electronic format). All course materials are covered in subject course fee.

### Assessment Program:

Assessment for this subject consists of one written assessments (one open book exam).

### Feedback and Evaluation:

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