



SOCB311

Behavioural Change and Health Promotion

General information

Awards	Subject type	Study year	Study Semester
Bachelor of Complementary Medicine	Core	Year 3	Semester 5

EFTSL: 0.187

Delivery mode: Online

Co-requisites: Nil

Pre-requisites: SOCS221

Subject overview

This subject provides an introduction to health promotion, prevention, and behavioural change models, which are designed to assist in making positive health and lifestyle changes in individuals of differing sociocultural backgrounds. Upon completion of the subject students are expected to have a contemporary understanding of the key issues in the area, and an appreciation for a number of evidence-based multimodal health management strategies aimed at maximising helpful behavioural patterns. Students will also understand the fundamental guiding principles that inform public policy, as well as explore the economic and ethical influences that shape public policy.