

Justice Institute of British Columbia COURSE OUTLINE

Course Code: COUNS145

Course Title: Creating Healthy Communities

Prerequisite Courses:

Sponsoring Division: Community and Social Justice Division, Centre for Counselling and Community Safety

Previous Course Code & Title:

Course Effective Date:

# of Credits:	1.0
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Course Description:

This course will provide you with an overview of the field of prevention and health promotion. It examines several theories that will assist in the design and evaluation of a prevention plan. Topics include: choosing target populations, evaluating readiness for change, defining a concept of prevention, strategies for prevention and health promotion, and evaluation. Prevention is often not given the emphasis it deserves. Learn why “an ounce of prevention” really is worth “a pound of cure.”

Course Goal(s):

By the end of this 14 hour course, participants will be able to identify their concept of prevention and choosing a model for planning, formulate a prevention plan for a target population.

Course Learning Objectives:

1. Upon successful completion of this course, the learner will be able to:
2. Contrast two planning models for prevention and health promotion
3. Describe five prevention strategies
4. Formulate a prevention plan
5. Discuss the relevance of a target population's readiness for change and choose appropriate prevention strategies accordingly
6. Develop a plan for evaluation for at least three health promotion strategies

Course Topics/Content:

- Planning models: the Precede Proceed Model of Prevention Planning, Social Marketing and the Logic Model for Program Planning and Evaluation
- Choosing target populations using the Risk Continuum and level of involvement
- Deciding population readiness
- Transtheoretical Model, Diffusion of Innovations Model and Theory of Planned Behaviour
- Prevention strategies including public awareness and education; policy and legislation; asset and
- Capacity building; environmental design; and community mobilization

- Evaluation methods

Text and Resource Materials: Use APA style; specify chapters where applicable. ([APA Style Guidelines](#))

Required:

Recommended:

Course Level:

X	First Year		Second Year		Third Year		Fourth Year
	Other (describe):						

Equivalent Course(s) within the JIBC:

Class Delivery Methods:

Some courses are delivered using a range of methods within one class (course section) or alternative methods in different classes. Please outline the most common delivery options used for this course. The total class hours should be the same for each option.

Delivery Methods	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion	14.0			
Simulation/Lab	N/A			
Practicum/Fieldwork	N/A			
Online	N/A			
Correspondence	N/A			
Total Class Hours	14.0			

Comments on Delivery Methods:

Related Program(s): (where applicable)

Credit Transfer exists at: (List Institutions with official transfer agreements and name equivalent courses)

Course Grading System:

Check the system that applies to this course:

	Letter Grades		Percentage		Pass/Fail	X	Credit/No Credit
	Complete/Incomplete		Attendance Only		Not Applicable		

Passing Grade:	Credit Granted
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JIBC Standard Grading Scale for Letter, Grade Point and % Grades:

Letter Grade	Grade Points	% Range
A+	4.33	90-100
A	4.00	85-89
A-	3.67	80-84
B+	3.33	76-79
B	3.00	72-75
B-	2.67	68-71

Letter Grade	Grade Points	% Range
C+	2.33	64-67
C	2.00	60-63
C-	1.67	56-59
D	1.00	50-55
F	0.00	0-49

Evaluation Activities and Weighing: (complete the %'s which apply – total must equal 100%)

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	100%	Other	%
Quizzes/Test	%	Simulations	%	Practicum	%	TOTAL	100%

Comments on Evaluation:

100% attendance in all classes.

Active contribution to small and large group discussions and activities.

Other Course Guidelines, Procedures and Comments:

View the Justice Institute of BC Policies listed below at:

<http://www.jibc.bc.ca/studentServices/main/AcademicServices/policies.htm>

Access Policy
Harassment Policy
Prior Learning Assessment Policy
Student Code of Conduct

Academic Appeals Policy
Intellectual Property Rights Policy
Research on Human Subjects: Ethics
Student Records