



HEALTH PROMOTION

80997

Educational institution	TALLINN HEALTH CARE COLLEGE
Code of educational institution	70003980
Title of the curriculum	<i>TERVISEDENDUS</i>
Title of the curriculum in English	HEALTH PROMOTION
Higher education level	Professional higher education
Curriculum code in the Estonian Education Info-System (EHIS)	80997
Data about the right for conducting studies in the curriculum	Curriculum belongs to the “Health Care” curriculum group in which the right to conduct studies has been granted by the Government of Estonia in 18.12.2008 with Decree no 178.
Primary registration of the curriculum	30.05.2007
Approval date of the version of the curriculum in the educational institution	The curriculum has been approved electronically by the Council of Health Promotion Curriculum on 16.05.2018. The curriculum has been approved by the Tallinn Health Care College Council with Decision No 2.1 from 22.05.2018.

Study area	Health and well-being
Field of studies	Health
Curriculum group	Health Care
Main field of study (or studies) of the curriculum and their volume (ECTS)	Health Promotion 180 ECTS
Minor field (or fields) of study and other possible specializations in the curriculum and their volume (ECTS)	The curriculum has no minor fields of study or specializations
Forms of study	Daytime learning; period study
Nominal length of studies	3 years
Volume of the curriculum in European credit point system (ECTS)	180
Volume of compulsory subjects (ECTS)	170
Volume of elective subjects (ECTS)	10

Study language	Estonian
Other languages needed for achieving the learning outcomes	English
Admission requirements	Certificate of the secondary or vocational secondary education or equivalent qualification.
Aim of the curriculum is to provide the students with internationally recognised quality professional higher education for working in the field of public health, and to enable the student to acquire necessary competencies for professional work and continuing their education on Master degree level.	

Learning outcomes of the curriculum

1. Has basic knowledge about health promotion, development of public health, global population health and skills for planning interventions and implementing them in health promotion.
2. Has an overview about the basics of scientific work and research, contemporary epidemiology and research methods in health promotion, and knows how to determine the interdisciplinary connections in different fields and how to implement them in professional activities.
3. Is able to correctly express himself or herself in Estonian and English, both orally and in writing, and to draw up specific information for the public and is able to contribute to professional discussions, including on topics, such as health policy and population empowerment.
4. Shows initiative on initiating health promoting projects and conducting them, and has the leadership and teamwork skills necessary for their work.
5. Is able to associate and apply the acquired knowledge and skills in professional work, including solving the problem of inequality in general population's health, based on ethical principles.
6. Is able to critically analyse and evaluate the results of their professional activities upon solving the problems of the general population's health.
7. Acquires principles of lifelong learning and values application of them in professional development as a health promotion specialist.

Conditions of fulfilling the curriculum

Curriculum contains
7 modules (180 ECTS)

Basics of Health Promotion	28 ECTS
Applied Health Promotion	66 ECTS
Population Health Globally	19 ECTS
Basics of Organism Vital Functions	19 ECTS
Professional Development	18 ECTS
Research Methodology	20 ECTS
Elective Subjects	10 ECTS

Volume of Practical Training	42 ECTS
Volume of Graduation Thesis	5 ECTS
Volume of Elective subjects	10 ECTS

Options for passing the curriculum	Students will choose elective subjects to the extent of 10 ECTS. Elective subject may be chosen from the module of Elective Subjects of their curriculum, or from the elective module of other curriculum offered by the College. Instead of the module the student may choose the elective subjects out of their curriculum to the extent of same volume.
Graduation requirements	Completing the curriculum in full and receiving a positive grade in defending the graduation thesis.
Type of diploma issued upon graduation	<i>Rakendus kõrghariduse diplom</i> Diploma of Professional Higher Education
Documents issued upon graduation	Diploma of Professional Higher Education with academic transcript and Diploma Supplement in English.
Possibilities for continuing studies	Master`s studies
Access to labour market	Has acquired the learning outcomes for working as a health promotion specialist.
Additional information	http://www.ttk.ee/et/kontaktileht

LETTER OF EXPLANATION FOR THE CURRICULUM OF HEALTH PROMOTION

Since the academic year 2018/2019, the following changes for improving the quality and increasing the volume of practical training have been introduced to the Curriculum of Health Promotion based on the feedback of the students, teachers and employers:

1. The volume of modules has been changed:
 - 1.1. Basics of Health Promotion 28 ECTS (previously 32 ECTS).
 - 1.2. Applied Health Promotion 66 ECTS (61 ECTS).
 - 1.3. Population Health Globally 19 ECTS (18 ECTS).
 - 1.4. Basics of Organism Vital Functions 19 ECTS (20 ECTS).
 - 1.5. Professional Development 18 ECTS (19 ECTS).
2. The volume of subjects has been changed:
 - 2.1. Introduction to Health Promotion 5 ECTS (previously 6 ECTS).
 - 2.2. Health Factors 6 ECTS (9 ECTS).
 - 2.3. Planning of Health Promotion 5 ECTS (4 ECTS).
 - 2.4. Diseases and Injuries Prevention 3 ECTS (4 ECTS).
 - 2.5. Health Policy and Management 5 ECTS (4 ECTS).
 - 2.6. Health Supporting Nutrition and Physical Activity 3 ECTS (5 ECTS).
 - 2.7. Mental Health and Addictive Behaviour 3 ECTS (2 ECTS).
 - 2.8. Learning and Teaching 2 ECTS (3 ECTS).
3. Wording has been changed:
 - 3.1. The aim of Introduction to Health Promotion: To provide general knowledge of the historical development in the field of *health promotion*, health systems, public health status and key concepts of health and health promotion, and to explain the role of the health promotion specialist in the society. (previously “public health”).
 - 3.2. Introduction to Health Promotion learning outcome: 1. Knows the historical development of *health promotion* and is able to distinguish between health and health care systems. (previously “public health”).
 - 3.3. Practical Training in Localities learning outcome: 1. Has an overview about the structure of the *institution at a locality level* and about its organization of work. (previously “locality”).
 - 3.4. Practical Training in Organisations learning outcome: 2. Plans, manages and assesses programs *in the field of health promotion*, the process of development plans and operational programs. (previously “health promotion”).
4. Project-Based Practical Training has been changed and it is a compulsory subject (previously elective subject). The aim and learning outcomes have been added.
5. The subjects Tutor Training 5 ECTS and Magazine Club 5 ECTS are offered as elective subjects.

In the Curriculum of Health Promotion, the title of the curriculum, admission requirements, nominal length and the volume of studies and study language have not been changed.

THE EXPECTED FIELD OF ACTIVITY OF THE GRADUATES

A health promotion specialist is a specialist with professional higher education, whose activities are directed at development of the health and quality of life of individuals, groups, organizations and the general population. The aim of his/her activities is to contribute towards creation of a supportive environment for health and equal opportunities for different social groups for comprehensive development of their health potential.

The main areas of activity of a health promotion specialist are: 1) developing of the capacity of communities and groups to deal with local problems; 2) influencing various policy decisions and legislation to achieve health-promoting decisions; 3) development of partnerships between different sectors and institutions to address health problems; 4) development of public health awareness and skills; 5) starting of support groups to create a supportive environment for vulnerable groups; and 6) creation of health and counselling services and analysis of the health situation of the population.

According to the Public Health Act (RT I 1995, 57, 978) functions of health promotion lie at the national level, on the local government level, on the non-profit system and on the private sector.

Opportunities to work in the field of health promotion are: as a health promotion specialist in local governments, in public authorities (ministries, state agencies), in the National Institute for Health Development, in Estonian Health Insurance Fund, at schools, in child care institutions, in private companies and for non-profit organizations.

It is possible to continue education in Master`s studies.

Upon completion of the curriculum in its full capacity, the graduates can apply for the professional qualification of health promotion specialist.

BASES OF THE CURRICULUM AND ORGANIZATION OF PRACTICAL TRAINING

Curriculum of Health Promotion of Tallinn Health Care College was accredited by *International Union for Health Promotion and Education, IUHPE* in 2014 until the year 2018. Curriculum of Health Promotion is in accordance with *Core Competencies and Professional Standards for Health Promotion* according to international accreditation.

The competencies acquired in the Curriculum of Health Promotion are based on the health promotion specialist professional standard level 6 professional qualification approved by Estonian Qualifications Authority (www.kutsekoda.ee/et/kutseregister/kutsestandardid/10515907).

During completion of the curriculum the knowledge of the determinants of health, population health and demography, the application of health promotion at the community level, health management and basics of research in the area of health promotion are acquired, and skills how to apply the acquired knowledge.

Principles of the curriculum:

- the health promotion program has been prepared in accordance with the good practices of European Public Health Schools Association and the Estonian Health Promotion Association;
- in the Curriculum of Health Promotion, the emphasis has been given to applied work of the student at the community level;
- during the studies, problem-solving based learning methods are used to motivate students to learn skills for independent work;
- with the skills to solve community health problems, the students acquire knowledge and skills to address the global health problems, too.

Teaching consists of classroom teaching, practical training and independent work. Out of the entire theoretical training, contact study comprises no more than 50% and independent work no less than 50%.

Practical training takes place in the work environment. Practical training accounts for 23% of the amount of studies determined in the curriculum. In the curriculum, the theoretical knowledge and practical skills of the profession are closely integrated into each other and support the achievement of learning outcomes. In order to achieve the aims of the practical training, specific tasks of the practical training, which form the basis for evaluation of the practical training, have been drawn up.

Introductory Practical Training in Health Promotion takes place in organisations at locality/county level under the supervision of health promotion specialists or under the supervision of the specialist in the field. The aim of the practical training is to get acquainted with the contents of daily work of health promotion specialist/other specialist, to take part of completing their daily duties.

Practical training – Practical Training in State Agency takes place in ministries (e.g. Ministry of Social Affairs, Ministry of the Interior, Ministry of Justice), and in public offices (e.g. Health Board, Labour Inspectorate, National Institute for Health Development) under the supervision of the specialists in the field. Aim of the practical training is to get acquainted with thematic areas of public health at national level, the work organization of departments and the daily work of specialists.

Practical training in localities is carried out as assistants under the guidance of a health promotion specialist or of a specialist in the field. Aim of the practical training is to involve students in health promotion planning (community needs analysis, compilation and evaluation of development and implementation plans).

Practical training in organisations takes place in companies, non-profit organizations, nursery schools, schools, hospitals and other local government or state agencies. Aim of the practical training is to involve students in planning for health promotion on their own at the organizational level or the community level.

The aim of the Project-Based Practical Training is to gain practical project work experience through the professional project, which can be implemented in real life.

Legislative acts and the basic documents of the field of activities:

- Republic of Estonia Education Act (RT 1992, 12, 192)
- Institutions of Professional Higher Education Act (RT I 1998, 61, 980)
- Universities Act (RT I 1995, 12, 119)
- Standard of Higher Education (RT I 2008, 57, 322)
- Professional standard of Health Promotion Specialist, level 6 (May 29th, 2014)
- A code of ethics for public health promotion (June 21st, 2011)
- Statute of Tallinn Health Care College (RT I 2015, January 7th, 5)
- Tallinn Health Care College Outcome Based Curriculum Statute (April 19, 2011).
- Statute of Health Education Centre (April 16, 2018)
- Public Health Act (RT I 1995, 57, 978)

REQUIREMENTS SET FOR THE CURRICULUM QUALITY

The curriculum is consistent with the policies of the College resulting from the development plan and the statutes of the College. Conducting of the study process is consistent with the internal quality standards of the institution of education and national and international quality standards. Aims and learning outcomes of the curriculum are equivalent and comparable to the learning outcomes of the first stage of academic levels. Based on the aims and learning outcomes of the curriculum the knowledge and skills of the graduate of the curriculum can be evaluated. The teaching methods used support achievement of the aims of the curriculum.

The required quality of teaching and the professional competency of the graduates are ensured by:

- curriculum design and compliance with professional standards;
- continuous development of curriculum content;
- raising of the professional and teaching competence of the lecturers by way of carrying out various refresher courses and working as an exchange lecturer;
- ensuring the internationalization of the curriculum through academic and student mobility and cooperation between universities.

The contents and development of the curriculum are guided by the Curriculum Council, which consists of representatives of teachers of Health Promotion Curriculum, health promotion students, practicing health promotion specialists and lecturers of health promotion of other institutions of higher education. The Curriculum Council is guiding and supporting, and where appropriate makes proposals to supplement and change the curriculum and to develop the learning environment. Employer involvement in the Curriculum Council provides feedback on the operation of the curriculum from outside the College and takes into account the needs of the employers.

The evolvement of the curriculum is guaranteed with: continuous student feedback surveys at the end of each subject, regular feedback survey from the alumni after some years of post-graduation work experience, internal and external evaluation meeting the actual needs, and with feedback from employers and mentors.

Carrying out of studies in the frames of completing the curriculum is fully covered with teachers having higher education. The Chairman of the Graduation Thesis Defence Committee is a representative of the employer or a representative of a professional association who holds at least a Master's degree. The training of mentors is regularly conducted. The sustainability of professional teachers is guaranteed by including alumni and specialists into teaching and with regular advanced training of them and the teaching staff.

The organization of the learning process is provided by the Rules of Organization of Studies of the Tallinn Health Care College. Studies are carried out by semesters, according to which the student has to pass the modules/subjects in the sequence provided by the curriculum. The timetable regulates the students contact learning load across study weeks and the academic year and has been prepared in a learner-centred way. For conducting the studies, the College has modern teaching aids and classes.

MODULES AND SUBJECTS OF THE CURRICULUM, AIMS AND LEARNING OUTCOMES

Module title: Basics of Health Promotion		Volume: 28 ECTS
Aim	To provide an overview of the concepts of health promotion, the basic theories, the role and activities of a health promotion specialist on reducing inequality in health and in empowering the community.	
Learning outcomes	<ol style="list-style-type: none"> 1. Is able to explain commonly used concepts of health and health promotion and development of health promotion, and to make a connection with the importance of health promotion in a society. 2. Is able to analyse the effects of health factors and their causal relations to health and the quality of life. 3. Evaluates the social cohesion of the community and applies the community empowerment theories in the learning process. 4. Is able to analyse the socio-psychological problems at the individual and societal level; understands the meaning of basic terminology in the field. 5. When solving practical health promotion tasks, is able to use appropriate theories and models of sociology. 6. Is able to explain the role and work assignments of a health promotion specialist at different levels of society, uses modern principles of teamwork in learning process and accepts different attitudes and values. 	
Evaluation of module: subject-based method		
Subjects		
Code	Subject title	Volume
8TA18/ST	Introduction to Health Promotion	5 ECTS
Aim	To provide general knowledge of the historical development in the field of health promotion, health systems, public health status and key concepts of health and health promotion, and to explain the role of the health promotion specialist in the society.	
Learning outcomes	<ol style="list-style-type: none"> 1. Knows the historical development of health promotion and is able to distinguish between health and health care systems. 2. Has an overview of the population health status and its dynamics in comparison with other countries. 3. Analyses the concepts of health and health promotion and different approaches in health promotion. 4. Relates the roles of health promotion and health promotion specialist in the society. 	
Code	Subject title	Volume
8TA18/TM	Health Factors	6 ECTS
Aim	To provide basic knowledge about the most important health factors of various levels and the influence of various combinations thereof on health and quality of life, and skills to analyse and assess critically the contents of	

	main health factor models.	
Learning outcomes	<ol style="list-style-type: none"> 1. Is able to explain the influence of social, cultural, political, economic, demographic, behavioural, biological and environmental determinants on health and quality of life. 2. Is able to compare causal links of health factors. 3. Is able to analyse the contents of main health factor models. 4. Is able to propose activities for influencing health determinants of different levels. 	
Code	Subject title	Volume
PSU17	Psychology	3 ECTS
Aim	To acquire knowledge of psychology and provide readiness for understanding the needs of a patient/client.	
Learning outcomes	<ol style="list-style-type: none"> 1. Has knowledge about concepts of psychology (including developmental, personality and social psychology) and main approaches. 2. Understands the nature and causes of an individual's development and social behaviour. 3. Is able to apply different communication techniques and knows teamwork principles. 	
Code	Subject title	Volume
8TA17/SP	Social Psychology	2 ECTS
Aim	To develop an overview about the main terminology used in social psychology, its main approaches and specific reality of the field.	
Learning outcomes	<ol style="list-style-type: none"> 1. Is able to explain the main terminology used in social psychology and its main approaches. 2. Is able to use social psychology research methods when solving the study tasks. 3. Is able to apply the principles derived from social psychology in their professional activities. 	
Code	Subject title	Volume
8TA17/STE	Sociology and Health Promotion	4 ECTS
Aim	To acquire basic knowledge about the main terminology and theories used in sociology, and of the links between health and social inequalities, and is able to value the role of sociology both in theory and practice of health promotion.	
Learning outcomes	<ol style="list-style-type: none"> 1. Is able to explain the main terminology used in sociology, to analyse the major sociological theories used in health promotion, and understands the starting points of the sociological sense of the world. 2. Is able to create links between the common beliefs, social stratification and social demographic characteristics with the health of population, population groups and an individual. 3. When solving practical health promotion tasks, is able to use appropriate theories and models of sociology. 	

Code	Subject title	Volume
8TA17/KT	Community Science	4 ECTS
Aim	To get an overview of the essential community concepts, theories, methods and application possibilities on influencing the public health.	
Learning outcomes	<ol style="list-style-type: none"> 1. Knows the community concepts and the theories of community development. 2. Is able to explain the community participatory methods, to highlight their strengths and weaknesses. 3. Evaluates the social cohesion of the community and applies the participatory strategy to empower the community. 4. Maps various community movements and initiatives in Estonia. 	
Code	Subject title	Volume
8TA17/PrST	Introductory Practical Training in Health Promotion	4 ECTS
Aim	To get acquainted with the contents of daily work of the specialist in the field of health promotion and relate the acquired theory to practical training.	
Learning outcomes	<ol style="list-style-type: none"> 1. Is able to describe the health promoting activities and the daily work of the specialist in the field of health promotion. 2. Has an active participation in organizing health promoting events. 3. Values the attitudes and ethical principles specific to health promotion, and cooperation between the specialists of various professions. 	

Module title: Applied Health Promotion		Volume: 66 ECTS
Aims	<ol style="list-style-type: none"> 1. To get an overview about different strategies and methods used in health promotion, and to acquire skills to analyse public health policy and programs. 2. Is able to apply strategic planning of health promotion, evaluate the effectiveness of interventional activities and coordinate the development processes of public health. 3. To fix the knowledge acquired in theoretical studies, to acquire practical professional skills and to develop professional attitudes and ethical values. 	
Learning outcomes	<ol style="list-style-type: none"> 1. Analyses and applies the principles of disease prevention and injury prevention and modern methods of prevention and occupational safety. 2. Is able to make connections between the subjects of the module and puts them into practice. 3. Uses strategic planning to promote the activities of health promotion institutions/communities and applies the principles of communication and marketing when solving public health promotion tasks. 4. Demonstrates skills of communication and teamwork necessary for the work, and has a positive attitude towards the diversity of different attitudes and values. 	
Evaluation of module: subject-based method		
Subjects		
Code	Subject title	Volume
8RT17/TS	Health Legislation	3 ECTS
Aim	To get an overview about health care legislation system, the legislative process, and skills to orientate in the field of legal acts regarding health, work and social sphere.	
Learning outcomes	<ol style="list-style-type: none"> 1. Counts and characterises the legal acts regulating health, work and social sphere, valid in Estonia, and the legislative and processing processes of these acts. 2. Solves tasks based on problem-solving using relevant legal acts in learning process. 	
Code	Subject title	Volume
8RT17/TPA	Basics of Planning of Health Promotion	3 ECTS
Aim	To get an overview and basic skills of planning health promotion.	
Learning outcomes	<ol style="list-style-type: none"> 1. Explains the principles, basics and the process of planning health promotion. 2. Is able to verbalize the aims and measures of the health programs and health development plans. 	

Code	Subject title	Volume
8RT18/TP	Planning of Health Promotion	5 ECTS
Aim	To acquire strategic planning skills in health promotion.	
Learning outcomes	<ol style="list-style-type: none"> 1. Plans health promoting activities and implements the evaluation of the results and the process. 2. Creates a plan of health promoting project/program/development plan. 	
Code	Subject title	Volume
8RT18/HVE	Diseases and Injuries Prevention	3 ECTS
Aim	To get acquainted with the principles of disease prevention and injury prevention, applying the methods, and with Estonian organizations and national strategies related to prevention.	
Learning outcomes	<ol style="list-style-type: none"> 1. Knows preventable communicable diseases and non-infectious chronic diseases and prevention methods implementable at various levels. 2. Describes different types of injuries and prevention methods implementable at various levels. 3. Has an overview about topics related to health promotion in Estonian national strategies, and the activities conducted within their framework, and principles on how to prevent diseases and injuries. 4. Knows prevention organizations at national level. 	
Code	Subject title	Volume
8RT17/SM	Strategies and Methods	8 ECTS
Aim	To acquire skills for using different strategies and methods of health promotion and to understand their applying possibilities.	
Learning outcomes	<ol style="list-style-type: none"> 1. Analyses and chooses evidence-based strategies and methods used in health promotion, including principles of community, organisational, political, communication, health education and management strategies, and ways for using them. 2. Integrates empowerment strategy into community interventions. 3. Assesses critically the importance of different institutions as social structures, the principles of their functioning, and suggests solutions, which are based on implementing options of health promotion. 4. Demonstrates skills for planning and putting into force the activities of health promotion related institutions. 	
Code	Subject title	Volume
TO17	Occupational Safety	3 ECTS
Aim	To acquire first aid skills, ability to act safely in the work environment and in case of fire hazard.	
Learning outcomes	<ol style="list-style-type: none"> 1. Knows the principles of quality and risk management in health care organization. 2. Is able to assess risk factors in the work environment and develop a risk 	

	analysis. 3. Knows, how to use ergonomic job methods and promote health at workplace. 4. Is able to give first aid without any medical devices. 5. Is able to act in case of fire hazard.	
Code	Subject title	Volume
8RT17/TTT	Health Marketing and Health Communication	3 ECTS
Aim	To get an overview and the basics about the principles of health marketing and health communication, and of ways of implementing them in the field of public health promotion.	
Learning outcomes	1. Has basic knowledge about terminology used in health marketing and health communication, about processes and models. 2. Is able to apply the knowledge acquired in health communication and in public health promotion.	
Code	Subject title	Volume
8RT17/PrRA	Practical Training in State Agency	4 ECTS
Aim	To fix the knowledge acquired in theoretical studies in working environment about the structure of public health, organization of work in state agencies, and about the contents of daily work of the specialists in the field.	
Learning outcomes	1. Has an overview about organisational arrangements in the field of public health, and about the structure and organization of work of the institution. 2. Finds out the connections between the activities of state agencies.	
Code	Subject title	Volume
8RT18/PrOV	Practical Training in Localities	11 ECTS
Aim	To fix the knowledge acquired in theoretical studies, to acquire practical professional skills in working environment.	
Learning outcomes	1. Has an overview about the structure of the institution at a locality level and about its organization of work. 2. Plans and carries out health promoting activities in the locality, and is able to apply the knowledge acquired in theoretical studies when compiling programs, development plans and operational programs. 3. Has necessary teamwork skills for the work, and ethical professional attitudes.	
Code	Subject title	Volume
8RT18/PrO	Practical Training in Organisations	18 ECTS
Aim	Applying the knowledge acquired in theoretical studies in working environment.	
Learning outcomes	1. Maps and assesses the health needs of the organisation/community. 2. Plans, manages and assesses programs in the field of health promotion, the process of development plans and operational programs. 3. Creates health promotion working groups in organisation/community	

	while including different actors. 4. Is able to critically analyse and evaluate the results of their professional activities upon solving the problems of the organisation.	
Code	Subject title	Volume
8RT18/PrPP	Project-Based Practical Training	5 ECTS
Aim	To gain practical project work experience through the project, which can be implemented in real life.	
Learning outcomes	1. Plans and implements the project related to the field of health care. 2. Analyses and assesses the results of the project.	

Module title: Population Health Globally		Volume: 19 ECTS
Aim	To get an overview about global public health, health policy and about the ways for implementing it, and about the influence of global environmental hazards on one's health.	
Learning outcomes	<ol style="list-style-type: none"> 1. Describes global socioeconomic and demographic processes, the determinants and explains the principles of planning the epidemiology-related research. 2. Explains the areas of activities of the key international health organizations, and the contents of international health programs. 3. Analyses the effects of global environmental hazards on health. 4. Explains the principles of health policy-making and ways for implementing it in public health promotion. 	
Evaluation of module: subject-based method		
Subjects		
Code	Subject title	Volume
8RTG17/RD	Public Health and Demographics	4 ECTS
Aim	To get an overview about the processes of population change in the world and their impact factors, and to analyse demographic data.	
Learning outcomes	<ol style="list-style-type: none"> 1. Has an overview about demographic trends and their agents, and about the features of various population groups (general traits). 2. Is able to distinguish between different ways of collecting demographic data and to assess their strengths and weaknesses. 3. Is able to use the population data sources and analyse the population processes and interprets the demographic indicators. 	
Code	Subject title	Volume
8RTG17/EBS	Epidemiology and Biostatistics	3 ECTS
Aim	To acquire basic knowledge about epidemiology and biostatistics.	
Learning outcomes	<ol style="list-style-type: none"> 1. Knows the main terminology used in epidemiology, the types of epidemiological studies and knows the policy of planning thereof. 2. Knows the biostatistical data collecting principles and the bases of statistical data analysis. 3. Is able to analyse the published epidemiological studies and calculate and interpret the indicators. 	
Code	Subject title	Volume
8RTG17/GT	Global Health	2 ECTS
Aim	To get an overview about the global processes, about their influence on public health and about the functions of international health organizations.	
Learning outcomes	<ol style="list-style-type: none"> 1. Has general knowledge of global processes and their causal factors, and understands the influence of global processes on one's health. 	

	<ol style="list-style-type: none"> 2. Has an overview about global communicable diseases and non-infectious chronic diseases, their spreading causes and main prevention measures. 3. Explains the areas of activities of the key international health organizations, and finds and uses the overviews of statistics of international health organizations. 	
Code	Subject title	Volume
8RTG17/KKT	Environmental Health	3 ECTS
Aim	To get an overview about the fields of activities of environmental health, including about its influence on health.	
Learning outcomes	<ol style="list-style-type: none"> 1. Understands the influence of environmental risk factors on public health, and knows the health problems caused by these factors. 2. Knows major problems of living environment in Estonia, terminology used in environmental protection, population dynamics and the factors influencing it, and biological basis of nature protection. 3. Assesses the influence of environmental factors on human health and values environmentally sound behaviour. 	
Code	Subject title	Volume
8RTG18/TJ	Health Policy and Management	5 ECTS
Aim	To get an overview about the principles of formation of health policy and the basics of health management and about different methods of analysis of health effects of policy decisions.	
Learning outcomes	<ol style="list-style-type: none"> 1. Understands the principles of (incl. public health) health policymaking and the role of different sectors of health policy. 2. Explains the principles of the basics of health management and ways for implementing them in public health promotion. 3. Has the knowledge of the ways to influence political processes, and the analysis of health effects of policy decisions. 	
Code	Subject title	Volume
RaTer17	Public Health	2 ECTS
Aim	To form knowledge about theoretical foundations and functions of public health, public health policy principles, and give an overview of the situation and organizational arrangement of public health in Estonia.	
Learning outcomes	<ol style="list-style-type: none"> 1. Understands the nature of public health field, tasks, public health policy principles, and is able to interact health factors having effect on an individual and the community. 2. Knows most common health problems of population in Estonia and activities within the frames of the National Health Development Plan to prevent diseases and promote health. 3. Has an overview of the organizational arrangement of public health in Estonia and creates connections between activities of different institutional sectors and levels. 	

Module title: Basics of Organism Vital Functions		Volume: 19 ECTS
Aim	To acquire basic knowledge about human anatomy, physiology, disease prevention and different aspects of periods of human development.	
Learning outcomes	<ol style="list-style-type: none"> 1. Describes and explains human structure and functioning. 2. Analyses the factors having an influence on human development in different stages of human life cycle. 3. Analyses the causes of common mental and behavioural disorders, and the influence of addictive behaviour on health and is able to describe possible solutions. 4. Explains and analyses the components of creating healthy lifestyle and its conception, relates to health condition and other subjects. 	
Evaluation of module: subject-based method		
Subjects		
Code	Subject title	Volume
AnF17	Anatomy and Physiology	6 ECTS
Aim	To acquire basic knowledge in anatomy and physiology.	
Learning outcomes	<ol style="list-style-type: none"> 1. Uses appropriate anatomy and physiology related terminology. 2. Knows and is able to explain the structure of the human body and the mechanisms regulating its functioning and development. 3. Knows the shape, structure and location of organs in human body by body systems. 	
Code	Subject title	Volume
8OEA17/IA	Human Development	2 ECTS
Aim	To get an overview about psychological, sociological and biological perspective of different stages of human life cycle, and about human functioning in cultural, social, economic and political environment and in the judicial area.	
Learning outcomes	<ol style="list-style-type: none"> 1. Knows the different stages of human biological, psychological and sociological development. 2. Understands the human functioning in different periods of life in cultural, social, economic and political environments and in the judicial area. 	
Code	Subject title	Volume
8OEA18/TETA	Health Supporting Nutrition and Physical Activity	3 ECTS
Aims	<ol style="list-style-type: none"> 1. To acquire knowledge and skills about healthy nutrition, to use correctly the main terminology used in the fields of food and nutrition, and to use the acquired knowledge in their future profession. 2. To acquire knowledge and skills about the principles of formation of physical activity and about general methodology. 	
Learning outcomes	<ol style="list-style-type: none"> 1. Knows basic nutrition-related terminology, and the importance of nutrients to the metabolism of the organism. 	

	2. Explains the influence of physical activity to health and key principles of training and lifelong sport for all. 3. Develops and implements the methodology/plan of training of food behaviour and physical activity.	
Code	Subject title	Volume
HaOp17	Pathology	5 ECTS
Aim	To acquire foundation knowledge about causes and onset of diseases, signs and disease-related changes in the human body.	
Learning outcomes	1. Knows fundamental processes and concepts of general pathology. 2. Knows etiopathogenesis and pathogenesis of most prevalent diseases, and ways to prevent the diseases treating each organ system separately. 3. Has basic knowledge about microbiology and function of the immune system, most common micro-organisms and diseases caused by them affecting human functioning. 4. Knows genetic bases and understands the nature of heredity and mutability, has foundation knowledge about more common chromosomal and genetic diseases, and possibilities to apply genetics in medicine.	
Code	Subject title	Volume
8OEA18/VTSK	Mental Health and Addictive Behaviour	3 ECTS
Aim	Has an overview about common mental health disorders, different types of addictive behaviour and interventions.	
Learning outcomes	1. Understands common mental health disorders and behavioural disorders, their major causes and assesses the influence of addictive behaviour on health and the need of prevention of addictive problems and the need for finding solutions. 2. Has an overview about different addictions and their relations to mental health.	

Module title: Professional Development		Volume: 18 ECTS
Aim	To acquire necessary knowledge and skills for study process related professional development and lifelong learning.	
Learning outcomes	<ol style="list-style-type: none"> 1. Has an overview about Estonian higher education system, international cooperation opportunities, and knows how to plan and manage the studies at Tallinn Health Care College. 2. Knows the principles of organisational behaviour and the management, major theories and has management skills. 3. Is able to implement different communication techniques and principles of teamwork, values the importance of lifelong learning in the professional development of the health promotion specialist. 	
Evaluation of module: subject-based method		
Subjects		
Code	Subject title	Volume
SO17	Introduction to Learning	2 ECTS
Aim	To create possibilities for managing successfully in study process in Tallinn Health Care College.	
Learning outcomes	<ol style="list-style-type: none"> 1. Has an overview of Estonian higher education system and possibilities for international cooperation. 2. Knows organization of studies and practical training, and study counselling system in Tallinn Health Care College. 3. Is able to compose and execute letters and study documents. 4. Knows foundations of studies, teamwork, stress and time management, and career planning. 	
Code	Subject title	Volume
8PA18/ÕÕ	Learning and Teaching	2 ECTS
Aim	To acquire knowledge of different theories of studying and teaching, to develop one's analytical skills to find connections between studying and teaching, and skills to comply with the principles of lifelong learning through self-evaluation and reflection.	
Learning outcomes	<ol style="list-style-type: none"> 1. Analyses the most important theories of studying and teaching and their main principles, highlights their main differences and connections. 2. Is able to assess and reflect their own studying and analyse the connection between their activities and lifelong learning. 3. Has teamwork skills for working with their group colleagues. 	
Code	Subject title	Volume
8PA17/F	Philosophy	2 ECTS
Aim	Has knowledge of variety of philosophical orientations and their implications for science.	

Learning outcomes	1. Has an overview of the meaning of philosophy, main terminology and is able to analyse, discuss and argue their positions.	
Code	Subject title	Volume
8PA17/REPK	Ethics of Public Health and Professional Behaviour	2 ECTS
Aim	Has an overview about the development of ethical principles of public health and moral standards and their links to contemporary health promotion.	
Learning outcomes	1. Has knowledge of the basic values of planning and execution of health-promoting interventions and ethical principles characteristic to the behaviour of health promotion specialist. 2. Is able to analyse, argue and evaluate a variety of public health related problems based on ethical principles.	
Code	Subject title	Volume
JuEt17	Management and Entrepreneurship	4 ECTS
Aim	To create possibilities for developing basic skills related to organization management and starting enterprise.	
Learning outcomes	1. Can describe an organization and its management process, including personnel management, and associate them with his/her specialty. 2. Knows different forms of enterprise and principles for choosing them. 3. Chooses and analyses a business idea, can develop a business plan, and plan and carry out projects. 4. Has elementary knowledge about foundations of tax system and accountancy, and can apply to financial institutions or funds for getting financing. 5. Knows principles of product and service development, and marketing.	
Code	Subject title	Volume
8PA11/HO	Administration Skills	2 ECTS
Aim	To teach a variety of records management skills and preparation of project proposals and budgets.	
Learning outcomes	1. Can produce official correspondence, minutes of meetings and presentations. 2. Is able to organize and conduct meetings and training sessions. 3. Is able to prepare applications for project financing.	
Code	Subject title	Volume
8PA17/KAE	Specialized Language and Public Speaking	4 ECTS
Aim	To acquire knowledge about terminology in professional Estonian and in professional English, know how to express oneself confidently both orally and in writing, and convincingly defend their position.	
Learning outcomes	1. Has proficiency in professional terminology in Estonian and in English, is able to compile presentations using correct language. 2. Knows common communication situations, types of speeches and the requirements set for public speaking. 3. Uses different audiovisual materials while compiling the persuasive speech.	

Module title: Research Methodology		Volume: 20 ECTS
Aim	To create possibilities and support for conducting research and developing academic writing skills.	
Learning outcomes	<ol style="list-style-type: none"> 1. Can find and use reliable evidence-based scientific sources for the professional research. 2. Can analyse and report information found from different sources. 3. Knows foundations of statistics, can methodically collect data and analyse them properly. 4. Knows ethics in research and can follow this. 5. Can set professional problems, and based on the research, give recommendations for solving them. 	
Evaluation of module: subject-based method		
Subjects		
Code	Subject title	Volume
UTM1-17	Foundations of Research I	5 ECTS
Aim	To create readiness for collecting and analysing evidence-based information.	
Learning outcomes	<ol style="list-style-type: none"> 1. Can apply principles of systematic literature search and record search results. 2. Can independently use scientific data bases and analyse relevant evidence-based materials. 3. Can report professional scientific literature in English and Estonian. 4. Knows foundations of statistics and is able to find and interpret statistics. 5. Can compose and form independent works, and uses scientific language. 	
Code	Subject title	Volume
UTM2-17	Foundations of Research II	5 ECTS
Aim	To create skills for conducting research.	
Learning outcomes	<ol style="list-style-type: none"> 1. Understands concepts and principles of scientific research and differences between types of research. 2. Knows different research methods, and planning the research, can choose the most suitable method for collecting and analysing data. 3. Can collect or find statistical data and relevant evidence-based sources, analyse, report and refer properly them in his/her paper. 4. Understands principles of ethics in science and medicine, is able to pay attention to ethical aspects, when composing his/her research. 	
Code	Subject title	Volume
LP1-17	Graduation Thesis I	5 ECTS

Aim	To acquire skills for using his/her professional knowledge to search independently and analyse critically a particular problem or situation in practice.	
Learning outcomes	<ol style="list-style-type: none"> 1. Is able to independently plan and carry out a research, and present properly its results. 2. Can pay attention to professional problems and research focuses. 3. Is able to give research-based recommendations for solving professional problems. 	
Code	Subject title	Volume
LP2-17	Graduation Thesis II	5 ECTS
Aim	To show a student`s ability to apply his/her knowledge and practical skills, developed across the curriculum, to carry out a research, using different research methods.	
Learning outcomes	<ol style="list-style-type: none"> 1. Understands research ethics and principles of reliability, and considers them when carrying out the research. 2. Is able to go through and analyse scientific literature associated with a research problem. 3. Knows the way of data collection and method of analysis used in the research. 4. Can explain research results and importance of them in specialty. 5. Is able to analyse critically and defend his/her viewpoints presented in the research, and discuss the searched topic. 	

Module title: Elective Subjects		Volume: 10 ECTS
Evaluation of Module: subject-based method		
Subjects		
Code	Subject title	Volume
8VA17/TK	Tutor Training	5 ECTS
8VA18/AK	Magazine Club	5 ECTS