

Public Health Course Outline

Course Description:

This course introduces students to the fundamental concepts, principles, and practices of public health. It covers determinants of health, health promotion, community health, and the organization of health services to improve population well-being.

Learning Outcomes:

By the end of this course, students should be able to:

1. Explain the concept of health and its determinants.
2. Describe the historical and global perspectives of public health.
3. Understand the roles of community health, family health, and traditional healthcare systems.
4. Apply principles of health promotion, prevention, and education.
5. Recognize the organization and functioning of health services and teams.

Module Breakdown

Module 1: Foundations of Health and Public Health

Lessons:

1. Concept of health
2. Determinants of health
3. Globalization and health
4. Overview of public health
5. Abbreviations of public health
6. Historical markers of public health

Module 2: Health Promotion and Prevention

Lessons:

7. Health promotion and prevention
8. Major disciplines in public health
9. Health and culture
10. Community health, clinical medicine, and public health

Module 3: Family and Community Health**Lessons:**

11. Traditional health care
12. Family health
13. Family planning
14. Personal hygiene

Module 4: Health and Development**Lessons:**

15. Health and development
16. The relationship between health and development

Module 5: Primary Health Care and Services**Lessons:**

17. Primary Health Care
18. Community health service
19. Health education in public health
20. Establishing of health team