**CHS 382 practical assignment**

**First semester/ 1436-1437**

**For this semester you will be given an assignment about the models and Approaches used in Health Promotion,** relating it to any health condition or health-damaging behaviors of your choice. You are expected to choose one of the models and approaches used in health promotion and apply it to your chosen health condition. The paper should be a minimum of two pages and written as an ESSAY. Questions you can consider for writing the paper **include but are not limited to:**

* Background information about the chosen health condition\behavior
* Why did you choose this particular health condition\behavior and why is it important to change this behavior
* What could be done to improve health/ change behavior in relation to the chosen health condition\behavior
* What actions that have been done before to tackle this problem and do you agree or disagree with what was done?
* Choose the most appropriate theory that can produce the best health benefits; these theories include:

1-Caplan and Holland’s model of health promotion (1990)

2-BEATTIE’S TYPOLOGY (BEATTIE – 1991)

3- TANNAHILL’S MODEL OF HEALTH PROMOTION (DOWNIE *et al –*1990)

4-THE CONTRIBUTION OF EDUCATION TO HEALTH PROMOTION (TONES *et al –* 1990) Tones and Tilford’s (1994) model of health promotion

* Explain in your own words the model you choose, the advantages and disadvantages of this model, and finally, why you chose this particular model and why do you think it best fits your chosen health condition\behavior
* Apply the model to your health condition\behavior
* Explain how are you going to measure success (evaluation)

**Paper guidelines:**

* Your name/ college ID no., and title of the paper should be stated clearly in the cover page of the paper
* Font: 12, Times New Roman
* Line space: 2 (double)
* Margins: 1" all sides.
* The majority of this paper should be written **in your own words** (except for definitions).
* This essay should be cited using one of these referencing styles only (Vancouver, Harvard)
* Paper should be submitted on time (deadline for submission 10-12-2015) any assignment submitted pass the deadline will be marked as ZERO.
* The assignment should be handed both a soft and a hard copy to the practical course instructor- Mrs. Basma kattan, office no. 218.

**You will be marked based on (total mark 10):**

* Covering all of the points mentioned above
* Whether you chose the most appropriate theory for your health condition
* Any content copy/pasted or not cited properly will be taken out of your total grade
* Plagiarism will be marked as ZERO