

# Build your health promotion career

“The certificate in health promotion set me on my path to diploma, post grad and beyond.”

*Wiki Kahuwhariki Shepherd-Sinclair*

This long-established foundations course introduces students to the principles, concepts and practice of health promotion.

## For further information:

Health Promotion Forum

T: (09) 09 300 3071

F: (09) 09 377 4250

E: [emma@hauora.co.nz](mailto:emma@hauora.co.nz)

Website: <http://www.hauora.co.nz/how-to-pay.html>

Manukau Institute of Technology

T: (09) 968 8736 Extn 8334

F: (09) 968 8709

E: [kay.atasani@manukau.ac.nz](mailto:kay.atasani@manukau.ac.nz)

Website: [www.manukau.ac.nz](http://www.manukau.ac.nz)



Runanga Whakapiki Ake i te Hauora o Aotearoa  
Health Promotion Forum of New Zealand

# Certificate of Achievement: Introducing Health Promotion



<http://www.hauora.co.nz/certificate.html>

[www.manukau.ac.nz](http://www.manukau.ac.nz)



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## Foundations in health promotion

This part-time short course relates theory to students' own experiences, knowledge and skills.

In-class sessions are run in two four-day blocks.

Gain a deeper understanding of the role and importance of health and health promotion – in both in a community and national setting.

### Course content

- What is health promotion?
- Determinants of health
- Application of Te Tiriti o Waitangi to health promotion
- Ottawa Charter
- Overview of key health promotion strategies and skills
- Values and ethics
- Learning and study skills

- Have fun while gaining a deeper understanding of health promotion.
- First time studying since you left school? No worries! We are set up to support all learners and will work with you to ensure your success.
- Meet like-minded colleagues from other areas.
- Gain greater confidence in your work.
- Use your knowledge to secure greater engagement from your clients and colleagues.

### The detail....

Level 4	10 Manukau Institute of Technology (MIT) credits
Duration	Two weeks preparation, two weeks on-course and eight weeks self-directed learning = 100 hours
Dates	Check dates of next course here: <a href="http://www.hauora.co.nz/certificate.html">http://www.hauora.co.nz/certificate.html</a>

### Entry Requirements

Students in paid employment will be required to present written endorsement from their employer to attend the course.

All ESOL students must have written and oral English with a minimum of IELTS 6.0 (or equivalent).

### Enrol now: three easy steps!

At least three weeks before the start date:

1. Complete the registration and application forms online at Health Promotion Forum  
<http://www.hauora.co.nz/how-to-pay.html>
2. Send us a copy of your ID (passport, birth certificate) endorsed by a justice of the peace.

Then, on day one of the course:

3. A Manukau Institute of Technology (MIT) registration and enrolment form will be given to you to fill out on day one of the course. This will complete the enrolment process.