

HLT140 Think Health

School: School of Health - Public Health

2026 | Trimester 1

UniSC Sunshine Coast
UniSC Moreton Bay
UniSC Caboolture

**BLENDED
LEARNING**

Most of your course is on campus but you may be able to do some components of this course online.

Online

ONLINE

You can do this course without coming onto campus, unless your program has specified a mandatory onsite requirement.

Please go to usc.edu.au for up to date information on the teaching sessions and campuses where this course is usually offered.

1. What is this course about?

1.1. Description

In this course you will develop knowledge about your role as a health practitioner in contributing to the health and wellbeing of individuals, communities and populations in a comprehensive primary health care context. You will develop and apply skills in interprofessional collaboration and reflection and will explore the meaning and relevance of the social gradient and health equity, ethics, health literacy and cultural self-awareness.

1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
BLENDED LEARNING			
Tutorial/Workshop 1 – Workshop - on-campus	2hrs	Week 1	12 times
Learning materials – Independent structured learning materials	2hrs	Week 1	12 times
Seminar – HLT140 skills and concepts	1hr	Week 3	2 times
ONLINE			
Learning materials – Independent structured learning materials.	2hrs	Week 1	12 times
Tutorial/Workshop 1 – Workshop - online.	2hrs	Week 1	12 times
Seminar – HLT140 skills and concepts	1hr	Week 3	2 times

1.3. Course Topics

What is health?

Global, national and local health policy, systems and structures

United Nations Sustainable Development Goals

Comprehensive primary health care

Interprofessional collaborative practice and health disciplines

The social gradient in health

Health inequities

Ethical practice

Cultural self-awareness

Health literacy

Groupwork

Introduction to sourcing and referencing credible literature

Reflective practice and writing

2. What level is this course?

100 Level (Introductory)

Engaging with discipline knowledge and skills at foundational level, broad application of knowledge and skills in familiar contexts and with support. Limited or no prerequisites. Normally, associated with the first full-time study year of an undergraduate program.

3. What is the unit value of this course?

12 units

4. How does this course contribute to my learning?

COURSE LEARNING OUTCOMES		GRADUATE QUALITIES MAPPING	PROFESSIONAL STANDARD MAPPING *
On successful completion of this course, you should be able to...		Completing these tasks successfully will contribute to you becoming...	International Union for Health Promotion and Education
1	Describe health science concepts within a comprehensive primary health care context.	Knowledgeable Information literacy	A.1, B.2, B.4
2	Describe and apply interprofessional collaborative practice in reference to health disciplines.	Empowered Communication Collaboration	B.9, 4.1
3	Apply reflection skills to explore your cultural self.	Engaged Communication Information literacy	A.3, B.4, 4.1

* Competencies by Professional Body

CODE	COMPETENCY
INTERNATIONAL UNION FOR HEALTH PROMOTION AND EDUCATION	
A.1	Health as a human right, which is central to human development
B.2	The concepts of health equity, social justice and health as a human right as the basis for health promotion action
A.3	Respect for all aspects of diversity including gender, sexual orientation, age, religion, disability, ethnicity, race, and cultural beliefs
B.4	The impact of social and cultural diversity on health and health inequities and the Implications for health promotion action
B.9	The communication processes and current information technology required for effective health promotion action

4.1 Use effective communication skills including written, verbal, nonverbal, and listening skills

5. Am I eligible to enrol in this course?

Refer to the [UniSC Glossary of terms](#) for definitions of “pre-requisites, co-requisites and anti-requisites”.

5.1. Pre-requisites

Not applicable

5.2. Co-requisites

Not applicable

5.3. Anti-requisites

Not applicable

5.4. Specific assumed prior knowledge and skills (where applicable)

Not applicable

6. How am I going to be assessed?

6.1. Grading Scale

Standard Grading (GRD)

High Distinction (HD), Distinction (DN), Credit (CR), Pass (PS), Fail (FL).

6.2. Details of early feedback on progress

You will receive early feedback in Week 1. You can use this feedback to inform your approach to Assessment Task 1.

6.3. Assessment tasks

DELIVERY MODE	TASK NO.	ASSESSMENT PRODUCT	INDIVIDUAL OR GROUP	WEIGHTING %	WHAT IS THE DURATION / LENGTH?	WHEN SHOULD I SUBMIT?	WHERE SHOULD I SUBMIT IT?
All	1	Quiz/zes	Individual	20%	1 hour (each)	Throughout teaching period (refer to Format)	Online Test (Quiz)
All	2	Written Piece	Individual	40%	Two (2) worksheets.	Week 7	Online Assignment Submission with plagiarism check
All	3	Written Piece	Individual	40%	800 words	Week 12	Online Assignment Submission with plagiarism check

All - Assessment Task 1: Online quiz

GOAL:	To demonstrate your understanding of health science concepts.		
PRODUCT:	Quiz/zes		
FORMAT:	Multiple quizzes via Canvas based on course learning materials. Quiz open and close dates will be available on Canvas at the commencement of the trimester.		
CRITERIA:	No. 1 Demonstrated understanding of health science concepts		Learning Outcome assessed 1
GENERIC SKILLS:	Information literacy		

All - Assessment Task 2: Interprofessional Collaborative Practice Worksheets

GOAL:	To demonstrate your understanding of interprofessional collaborative practice in reference to health professions and your skills in collaboration and sourcing credible literature.	
PRODUCT:	Written Piece	
FORMAT:	You will complete two (2) provided worksheets relating to interprofessional collaborative practice. One worksheet will require attendance at a workshop.	
CRITERIA:	No.	Learning Outcome assessed
	1 Identification and description of an interprofessional collaborative practice example.	2
	2 Application of collaboration skills.	2
	3 Sourcing and referencing appropriate credible literature.	2
GENERIC SKILLS:	Communication, Collaboration	

All - Assessment Task 3: Structured reflection

GOAL:	To demonstrate your cultural self-awareness and skills in reflection.	
PRODUCT:	Written Piece	
FORMAT:	You will describe your cultural self and consider this in reference to working as a health professional. You will apply a structured, reflection framework.	
CRITERIA:	No.	Learning Outcome assessed
	1 Description of cultural self.	3
	2 Application of reflection skills.	3
	3 Communication using correct spelling and grammar.	3
	4 Integration and referencing appropriate, credible literature.	3
GENERIC SKILLS:	Communication, Information literacy	

6.4. Assessment to competency mapping

PROGRAMME DELIVERY MODE	ASSESSMENT TYPE	TITLE	COMPETENCY	TEACHING METHODS
THE COMPHP CORE COMPETENCIES FRAMEWORK FOR HEALTH PROMOTION 2011				
All delivery modes	Quiz/zes	Online quiz	4.1	Taught, Practiced, Assessed
	Written Piece	Interprofessional Collaborative Practice Worksheets	B.4	Taught, Practiced, Assessed
		Structured reflection	A.3	Taught, Practiced, Assessed

7. Directed study hours

A 12-unit course will have total of 150 learning hours which will include directed study hours (including online if required), self-directed learning and completion of assessable tasks. Student workload is calculated at 12.5 learning hours per one unit.

8. What resources do I need to undertake this course?

Please note: Course information, including specific information of recommended readings, learning activities, resources, weekly readings, etc. are available on the course Canvas site– Please log in as soon as possible.

8.1. Prescribed text(s) or course reader

There are no required/recommended resources for this course.

8.2. Specific requirements

Nil

9. How are risks managed in this course?

Health and safety risks for this course have been assessed as low. It is your responsibility to review course material, search online, discuss with lecturers and peers and understand the health and safety risks associated with your specific course of study and to familiarise yourself with the University's general health and safety principles by reviewing the [online induction training for students](#), and following the instructions of the University staff.

10. What administrative information is relevant to this course?

10.1. Assessment: Academic Integrity

Academic integrity is the ethical standard of university participation. It ensures that students graduate as a result of proving they are competent in their discipline. This is integral in maintaining the value of academic qualifications. Each industry has expectations and standards of the skills and knowledge within that discipline and these are reflected in assessment.

Academic integrity means that you do not engage in any activity that is considered to be academic fraud; including plagiarism, collusion or outsourcing any part of any assessment item to any other person. You are expected to be honest and ethical by completing all work yourself and indicating in your work which ideas and information were developed by you and which were taken from others. You cannot provide your assessment work to others. You are also expected to provide evidence of wide and critical reading, usually by using appropriate academic references.

In order to minimise incidents of academic fraud, this course may require that some of its assessment tasks, when submitted to Canvas, are electronically checked through Turnitin. This software allows for text comparisons to be made between your submitted assessment item and all other work to which Turnitin has access.

10.2. Assessment: Additional Requirements

Eligibility for Supplementary Assessment

Your eligibility for supplementary assessment in a course is dependent of the following conditions applying:

- (a) The final mark is in the percentage range 47% to 49.4%; and
- (b) The course is graded using the Standard Grading scale

10.3. Assessment: Submission penalties

Late submissions may be penalised up to and including the following maximum percentage of the assessment task's identified value, with weekdays and weekends included in the calculation of days late:

- (a) One day: deduct 5%;
- (b) Two days: deduct 10%;
- (c) Three days: deduct 20%;
- (d) Four days: deduct 40%;
- (e) Five days: deduct 60%;
- (f) Six days: deduct 80%;
- (g) Seven days: A result of zero is awarded for the assessment task.

The following penalties will apply for a late submission for an online examination:

Less than 15 minutes: No penalty
From 15 minutes to 30 minutes: 20% penalty
More than 30 minutes: 100% penalty

10.4. SafeUniSC

UniSC is committed to a culture of respect and providing a safe and supportive environment for all members of our community. For immediate assistance on campus contact SafeUniSC by phone: [07 5430 1168](tel:0754301168) or using the [SafeZone](#) app. For general enquires contact the SafeUniSC team by phone [07 5456 3864](tel:0754563864) or email safe@usc.edu.au.

The SafeUniSC Specialist Service is a Student Wellbeing service that provides free and confidential support to students who may have experienced or observed behaviour that could cause fear, offence or trauma. To contact the service call [07 5430 1226](tel:0754301226) or email studentwellbeing@usc.edu.au.

10.5. Study help

For help with course-specific advice, for example what information to include in your assessment, you should first contact your tutor, then your course coordinator, if needed.

If you require additional assistance, the Learning Advisers are trained professionals who are ready to help you develop a wide range of academic skills. Visit the [Learning Advisers](#) web page for more information, or contact Student Central for further assistance: +61 7 5430 2890 or studentcentral@usc.edu.au.

10.6. Wellbeing Services

Student Wellbeing provide free and confidential counselling on a wide range of personal, academic, social and psychological matters, to foster positive mental health and wellbeing for your academic success.

To book a confidential appointment go to [Student Hub](#), email studentwellbeing@usc.edu.au or call 07 5430 1226.

10.7. AccessAbility Services

Ability Advisers ensure equal access to all aspects of university life. If your studies are affected by a disability, learning disorder mental health issue, injury or illness, or you are a primary carer for someone with a disability or who is considered frail and aged, [AccessAbility Services](#) can provide access to appropriate reasonable adjustments and practical advice about the support and facilities available to you throughout the University.

To book a confidential appointment go to [Student Hub](#), email AccessAbility@usc.edu.au or call 07 5430 2890.

10.8. Links to relevant University policy and procedures

For more information on Academic Learning & Teaching categories including:

- Assessment: Courses and Coursework Programs
- Review of Assessment and Final Grades
- Supplementary Assessment
- Central Examinations
- Deferred Examinations
- Student Conduct
- Students with a Disability

For more information, visit <https://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching>

10.9. Student Charter

UniSC is committed to excellence in teaching, research and engagement in an environment that is inclusive, inspiring, safe and respectful. The [Student Charter](#) sets out what students can expect from the University, and what in turn is expected of students, to achieve these outcomes.

10.10. General Enquiries

In person:

- **UniSC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **UniSC Moreton Bay** - Service Centre, Ground Floor, Foundation Building, Gympie Road, Petrie
- **UniSC SouthBank** - Student Central, Building A4 (SW1), 52 Merivale Street, South Brisbane
- **UniSC Gympie** - Student Central, 71 Cartwright Road, Gympie
- **UniSC Fraser Coast** - Student Central, Student Central, Building A, 161 Old Maryborough Rd, Hervey Bay
- **UniSC Caboolture** - Student Central, Level 1 Building J, Cnr Manley and Tallon Street, Caboolture

Tel: +61 7 5430 2890

Email: studentcentral@usc.edu.au