Department of Health Promotion and Community Health

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Instructor: Kanj, Mayada F.

Departmental courses are designed to introduce students to the theory and concepts of the field of Health Promotion and Community Health, with an emphasis on the socio-cultural aspects of health behavior change. The Department of Health Promotion and Community Health contributes courses to undergraduate programs. The department also contributes courses to and coordinates a Teaching Diploma in Health Education with the Department of Education at the Faculty of Arts and Sciences.

The department hosts the Health Education Resource Unit (HERU) which was established in 1986 to act as the service arm of the Department. HERU is a community oriented initiative that serves as a resource for health promotion for Lebanon and the Arab region by developing health education materials, training health promotion professionals, networking, and conducting service related research in response to community needs.

The following courses are offered by the Department:

**HPCH 200**  **Global Public Health**  **3.0; 3 cr.**
In this course, students will receive an introduction to global public health issues with special emphasis on developing countries and through the framework of liberal education. As such, students will learn basic principles of public health in ways that encourage them to become more civically responsible. This will be accomplished through readings from the sciences, social sciences, and the humanities on public health issues which influence the region. Students will be trained in the course to critically evaluate health problems, identify contributory causes, propose solutions and think about strategies to improve health.

**HPCH 201**  **Health Awareness**  **3.0; 3 cr.**
A course that aims to increase understanding of the social dimensions of health and illness and the factors that relate to healthy living. This course tackles common health concerns as they relate to the individual, with an emphasis on prevention and wellness lifestyle behavior. This course is open to students from all faculties.

*Part-time*
HPCH 202  Sexuality and Health  2.0; 2 cr  
This course aims to provide students with an overview of human sexuality and its dimensions within a framework of health and wellness. Through discussions, lectures and assignments, students will learn about the interaction between the biological, social, and health/medical aspects of sexuality and discourses surrounding sexuality in our part of the world. Some of the issues include: (1) Development of sexuality and sexual and gender identities, (2) Sexuality and reproductive health, (3) Sexuality and Arab culture, (4) Sexuality expressions/behaviors and public health, (5) Sexuality and gender-based violence.

HPCH 203  Health Communication  2.2; 3 cr.  
A course that provides an introduction to the assumptions we make about communication and key elements of the communication process. Factors that inhibit communication as well as some of the functions of communication as they relate to increasing positive health behavior and group effectiveness are dealt with. This course aims to enhance writing and oral presentation skills, as well as effective interaction skills with peers and supervisors at work. **Students cannot receive credit for both HPCH 203 and EDUC 238.**

HPCH 209  Socio-Cultural Factors in Health and Illness  3.0; 3 cr.  
An introductory course on the social and behavioral theories and concepts that apply to the analysis of health-related behaviors. Emphasis is placed on core concepts relating to health and illness, and on the main models relating to the study of health behavior at the personal, familial, institutional, and cultural levels.

HPCH 237  Theories and Methods of Health Education  3.0; 3 cr.  
A course that introduces students to the major theories of health behavior and health promotion. Emphasis is placed on the application of health behavior theories to health promotion and education practice. **Students cannot receive credit for both HPCH 237 and EDUC 237.**