



# PBHL11002 *Public Health and Chronic Disease*

## Term 2 - 2023

Profile information current as at 29/04/2024 08:40 pm

All details in this unit profile for PBHL11002 have been officially approved by CQUniversity and represent a learning partnership between the University and you (our student). The information will not be changed unless absolutely necessary and any change will be clearly indicated by an approved correction included in the profile.

## General Information

### Overview

Chronic diseases such as diabetes, asthma and heart disease are the leading causes of death and disability in Australia. From a public health perspective, the prevention of chronic disease is of fundamental importance and is a core skill set for any public health professional. This unit provides an introduction to public health and chronic disease. It will examine biological determinants, the influence of social factors on incidence and prevalence, and behavioural and environmental factors found to be conducive to the development and growth of chronic disease in Australia. Students will also explore individual and population level interventions aimed at reducing chronic disease.

### Details

Career Level: *Undergraduate*

Unit Level: *Level 1*

Credit Points: 6

Student Contribution Band: 8

Fraction of Full-Time Student Load: 0.125

### Pre-requisites or Co-requisites

There are no requisites for this unit.

Important note: Students enrolled in a subsequent unit who failed their pre-requisite unit, should drop the subsequent unit before the census date or within 10 working days of Fail grade notification. Students who do not drop the unit in this timeframe cannot later drop the unit without academic and financial liability. See details in the [Assessment Policy and Procedure \(Higher Education Coursework\)](#).

### Offerings For Term 2 - 2023

- Online

### Attendance Requirements

All on-campus students are expected to attend scheduled classes – in some units, these classes are identified as a mandatory (pass/fail) component and attendance is compulsory. International students, on a student visa, must maintain a full time study load and meet both attendance and academic progress requirements in each study period (satisfactory attendance for International students is defined as maintaining at least an 80% attendance record).

### Website

[This unit has a website, within the Moodle system, which is available two weeks before the start of term. It is important that you visit your Moodle site throughout the term. Please visit Moodle for more information.](#)

## Class and Assessment Overview

### Recommended Student Time Commitment

Each 6-credit Undergraduate unit at CQUniversity requires an overall time commitment of an average of 12.5 hours of study per week, making a total of 150 hours for the unit.

### Class Timetable

#### [Regional Campuses](#)

Bundaberg, Cairns, Emerald, Gladstone, Mackay, Rockhampton, Townsville

#### [Metropolitan Campuses](#)

Adelaide, Brisbane, Melbourne, Perth, Sydney

### Assessment Overview

#### 1. **Group Discussion**

Weighting: 20%

#### 2. **Online Quiz(zes)**

Weighting: 30%

#### 3. **Written Assessment**

Weighting: 50%

### Assessment Grading

This is a graded unit: your overall grade will be calculated from the marks or grades for each assessment task, based on the relative weightings shown in the table above. You must obtain an overall mark for the unit of at least 50%, or an overall grade of 'pass' in order to pass the unit. If any 'pass/fail' tasks are shown in the table above they must also be completed successfully ('pass' grade). You must also meet any minimum mark requirements specified for a particular assessment task, as detailed in the 'assessment task' section (note that in some instances, the minimum mark for a task may be greater than 50%). Consult the [University's Grades and Results Policy](#) for more details of interim results and final grades.

## CQUniversity Policies

**All University policies are available on the [CQUniversity Policy site](#).**

You may wish to view these policies:

- Grades and Results Policy
- Assessment Policy and Procedure (Higher Education Coursework)
- Review of Grade Procedure
- Student Academic Integrity Policy and Procedure
- Monitoring Academic Progress (MAP) Policy and Procedure – Domestic Students
- Monitoring Academic Progress (MAP) Policy and Procedure – International Students
- Student Refund and Credit Balance Policy and Procedure
- Student Feedback – Compliments and Complaints Policy and Procedure
- Information and Communications Technology Acceptable Use Policy and Procedure

This list is not an exhaustive list of all University policies. The full list of University policies are available on the [CQUniversity Policy site](#).

## Previous Student Feedback

### Feedback, Recommendations and Responses

Every unit is reviewed for enhancement each year. At the most recent review, the following staff and student feedback items were identified and recommendations were made.

#### Feedback from Student unit evaluation, unit coordinator reflection

##### Feedback

Provide additional content within lectures that describe the impact of chronic disease on the Australian population

##### Recommendation

New content will be added to the weekly lectures for 2023 regarding the impact of chronic diseases on the Australian population, including public health action to address these.

#### Feedback from Student unit evaluation

##### Feedback

Well-structured unit with a reasonable and manageable weekly learning workload

##### Recommendation

Continue with the current level of support offered to students to help them with meeting unit milestones and assessment deadlines.

## Unit Learning Outcomes

### On successful completion of this unit, you will be able to:

1. Describe risk factors and aetiology for lifestyle related chronic diseases.
2. Collaborate with others to explain the impact of chronic diseases in the context of individual and population health.
3. Identify and analyse primary, secondary and tertiary prevention approaches for lifestyle related chronic diseases.
4. Identify and analyse upstream determinants of health impacting on lifestyle related chronic diseases.

## Alignment of Learning Outcomes, Assessment and Graduate Attributes



### Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes			
	1	2	3	4
1 - Group Discussion - 20%	•	•	•	•
2 - Online Quiz(zes) - 30%	•			
3 - Written Assessment - 50%			•	•

### Alignment of Graduate Attributes to Learning Outcomes

## Alignment of Assessment Tasks to Graduate Attributes

[illegible]

## Textbooks and Resources

### Textbooks

PBHL11002

#### Supplementary

##### **Pathophysiology made incredibly visual**

Edition: Third (2016)

Authors: Lippincott Williams & Wilkins

Lippincott Williams & Wilkins

Philadelphia , PA , USA

ISBN: ISBN 9781496321671

Binding: Paperback

#### **Additional Textbook Information**

This textbook is recommended as a supplementary textbook for the unit. Students may purchase this textbook if they wish to however, any other textbook or online resource that adequately covers the pathophysiology of preventable chronic diseases will be sufficient for the unit.

[View textbooks at the CQUniversity Bookshop](#)

### IT Resources

**You will need access to the following IT resources:**

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)
- ZOOM

## Referencing Style

**All submissions for this unit must use the referencing styles below:**

- [Harvard \(author-date\)](#)
- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

For further information, see the Assessment Tasks.

## Teaching Contacts

**Anthea Oorloff** Unit Coordinator

[a.oorloff@cqu.edu.au](mailto:a.oorloff@cqu.edu.au)

## Schedule

### **Week 1 - 10 Jul 2023**

Module/Topic	Chapter	Events and Submissions/Topic
Introduction to unit: understanding chronic diseases from biological, social, economic and political perspectives	Refer to week 1 eReading list via Moodle	

### **Week 2 - 17 Jul 2023**

Module/Topic	Chapter	Events and Submissions/Topic
History of chronic diseases becoming medically and politically relevant	Refer to week 2 eReading list via Moodle	

**Week 3 - 24 Jul 2023**

Module/Topic	Chapter	Events and Submissions/Topic
Cardiovascular diseases	Workbook Chapter 1	

**Week 4 - 31 Jul 2023**

Module/Topic	Chapter	Events and Submissions/Topic
Cancer	Workbook Chapter 2	Quiz related to cardiovascular diseases

**Week 5 - 07 Aug 2023**

Module/Topic	Chapter	Events and Submissions/Topic
Type 2 Diabetes	Workbook Chapter 3	Quiz related to cancer

**Vacation Week - 14 Aug 2023**

Module/Topic	Chapter	Events and Submissions/Topic
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**Week 6 - 21 Aug 2023**

Module/Topic	Chapter	Events and Submissions/Topic
Asthma and COPD	Workbook Chapter 4	Quiz related to Type 2 Diabetes

**Week 7 - 28 Aug 2023**

Module/Topic	Chapter	Events and Submissions/Topic
Arthritis and musculoskeletal conditions	Workbook Chapter 5	Quiz related to asthma and COPD

**Week 8 - 04 Sep 2023**

Module/Topic	Chapter	Events and Submissions/Topic
Mental health	Workbook Chapter 6	Quiz related to arthritis and musculoskeletal conditions

**Week 9 - 11 Sep 2023**

Module/Topic	Chapter	Events and Submissions/Topic
Dementia	Workbook Chapter 7 Refer to week 9 eReading list	Quiz related to mental health

**Week 10 - 18 Sep 2023**

Module/Topic	Chapter	Events and Submissions/Topic
Primary, secondary and tertiary prevention and upstream determinants of health	Refer to week 10 eReading list	<b>Group Discussion</b> Due: Week 10 Monday (18 Sept 2023) 11:45 pm AEST

**Week 11 - 25 Sep 2023**

Module/Topic	Chapter	Events and Submissions/Topic
Common lifestyle behaviours targeted in prevention schemes	Refer to Week 11 eReading list	

**Week 12 - 02 Oct 2023**

Module/Topic	Chapter	Events and Submissions/Topic
Policy approaches to prevention of chronic diseases	No readings this week	

**Review/Exam Week - 09 Oct 2023**

Module/Topic	Chapter	Events and Submissions/Topic
		<b>Written Assessment</b> Due: Review/Exam Week Monday (9 Oct 2023) 11:45 pm AEST

**Exam Week - 16 Oct 2023**

Module/Topic	Chapter	Events and Submissions/Topic
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## Assessment Tasks

### 1 Group Discussion

**Assessment Type**

Group Discussion

**Task Description**

Submit your four (4) best discussion board posts from weeks 3-9 (up to 2000 words in total). Each post must be from a different week and demonstrate how you have contributed to the learning of others regarding the impact of chronic diseases.

**Assessment Due Date**

Week 10 Monday (18 Sept 2023) 11:45 pm AEST

Submit all four posts in a word document, plus a cover page and reference list.

**Return Date to Students**

Week 12 Tuesday (3 Oct 2023)

2 weeks from submission

**Weighting**

20%

**Minimum mark or grade**

50%

**Assessment Criteria**

Your discussion posts will be marked according to their relevance to the content in weeks 3-9 and to their consistency to the conversation within the discussion board to promote learning of self and others. At least 2 of your 4 discussion forum posts must be completed and posted to the discussion forums by Friday of week 7. See the Moodle site for a detailed marking rubric.

**Referencing Style**

- [Harvard \(author-date\)](#)
- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

**Submission**

Online

**Learning Outcomes Assessed**

- Describe risk factors and aetiology for lifestyle related chronic diseases.
- Collaborate with others to explain the impact of chronic diseases in the context of individual and population health.
- Identify and analyse primary, secondary and tertiary prevention approaches for lifestyle related chronic diseases.
- Identify and analyse upstream determinants of health impacting on lifestyle related chronic diseases.

**Graduate Attributes**

- Communication
- Problem Solving
- Critical Thinking
- Team Work
- Information Technology Competence
- Cross Cultural Competence
- Ethical practice

### 2 Online Quiz(zes)

**Assessment Type**

Online Quiz(zes)

**Task Description**

There are six (6) quizzes conducted throughout the term related to content in weeks 3-8. Each quiz is open-book and contains ten (10) multiple-choice questions. Completion of each quiz is done online. Each quiz contributes a possible 5 marks (5%) towards the final grade for the unit.

Only one attempt is possible on each quiz.

Quiz 1 - **closes Friday of week 4**

Quiz 2 - **closes Friday of week 5**  
Quiz 3 - **closes Friday of week 6**  
Quiz 4 - **closes Friday of week 7**  
Quiz 5 - **closes Friday of week 8**  
Quiz 6 - **closes Friday of week 9**

**Number of Quizzes**

6

**Frequency of Quizzes**

Other

**Assessment Due Date**

Friday at 11.45pm in Weeks 4, 5, 6, 7, 8, 9

**Return Date to Students**

Results will be released immediately after the close of each quiz.

**Weighting**

30%

**Assessment Criteria**

Each multiple choice question will be worth 0.5 mark.

**Referencing Style**

- [Harvard \(author-date\)](#)
- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

**Submission**

Online

**Learning Outcomes Assessed**

- Describe risk factors and aetiology for lifestyle related chronic diseases.

**Graduate Attributes**

- Problem Solving
- Information Literacy
- Information Technology Competence

## 3 Written Assessment

**Assessment Type**

Written Assessment

**Task Description**

Undertake a Fact Check on a current Public Health issue. Details of this issue will be provided on the unit Moodle site. Your Fact Check needs to include answers to the following questions:

- What evidence is there for the claim?
- What evidence disputes the claim?
- What are alternative explanations?
- Is it true, false or possible/plausible?

Your Fact Check should be **1500-2000 words** (references excluded from the word count).

**Assessment Due Date**

Review/Exam Week Monday (9 Oct 2023) 11:45 pm AEST

**Return Date to Students**

Exam Week Tuesday (17 Oct 2023)

Two week return to students.

**Weighting**

50%

**Assessment Criteria**

Your Fact Check will be marked according to the level of critical analysis of relevant sources; consistency of argument in regards to alternative explanations and conclusions. See the Moodle site for a detailed marking rubric.



**Referencing Style**

- [Harvard \(author-date\)](#)
- [American Psychological Association 7th Edition \(APA 7th edition\)](#)

**Submission**

Online

**Learning Outcomes Assessed**

- Identify and analyse primary, secondary and tertiary prevention approaches for lifestyle related chronic diseases.
- Identify and analyse upstream determinants of health impacting on lifestyle related chronic diseases.

**Graduate Attributes**

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Team Work
- Information Technology Competence
- Cross Cultural Competence
- Ethical practice

## Academic Integrity Statement

As a CQUniversity student you are expected to act honestly in all aspects of your academic work.

Any assessable work undertaken or submitted for review or assessment must be your own work. Assessable work is any type of work you do to meet the assessment requirements in the unit, including draft work submitted for review and feedback and final work to be assessed.

When you use the ideas, words or data of others in your assessment, you must thoroughly and clearly acknowledge the source of this information by using the correct referencing style for your unit. Using others' work without proper acknowledgement may be considered a form of intellectual dishonesty.

Participating honestly, respectfully, responsibly, and fairly in your university study ensures the CQUniversity qualification you earn will be valued as a true indication of your individual academic achievement and will continue to receive the respect and recognition it deserves.

As a student, you are responsible for reading and following CQUniversity's policies, including the [Student Academic Integrity Policy and Procedure](#). This policy sets out CQUniversity's expectations of you to act with integrity, examples of academic integrity breaches to avoid, the processes used to address alleged breaches of academic integrity, and potential penalties.

### What is a breach of academic integrity?

A breach of academic integrity includes but is not limited to plagiarism, self-plagiarism, collusion, cheating, contract cheating, and academic misconduct. The Student Academic Integrity Policy and Procedure defines what these terms mean and gives examples.

### Why is academic integrity important?

A breach of academic integrity may result in one or more penalties, including suspension or even expulsion from the University. It can also have negative implications for student visas and future enrolment at CQUniversity or elsewhere. Students who engage in contract cheating also risk being blackmailed by contract cheating services.

### Where can I get assistance?

For academic advice and guidance, the [Academic Learning Centre \(ALC\)](#) can support you in becoming confident in completing assessments with integrity and of high standard.

### What can you do to act with integrity?



#### Be Honest

If your assessment task is done by someone else, it would be dishonest of you to claim it as your own



#### Seek Help

If you are not sure about how to cite or reference in essays, reports etc, then seek help from your lecturer, the library or the Academic Learning Centre (ALC)



#### Produce Original Work

Originality comes from your ability to read widely, think critically, and apply your gained knowledge to address a question or problem