

臺灣大學公共衛生研究所九十四學年度第二學期

健康促進特論
(845 D1220)

教學目標：

學生先經由各種管道收集與健康促進相關的教材及文獻；然後依據發展演進、理論基礎、實務運用、介入倫理、評價研究、及未來發展等類目，完成歸納和整理在確定每次上課的日程與主題後，師生於課堂上共同就研讀資料之內容，進行深入討論及心得分享。期望藉著不斷的腦力激盪與互動過程中，培養學生獨立思考與批判論證的能力，也期望透過此課程強化學生日後從事健康促進教學、研究與實務的信心與熱誠。

授課學分：選修，二學分。

負責教師：李蘭教授（Dr. Lee-Lan Yen 電話：3322-8062）

授課對象：衛生政策與管理研究所博士班研究生。

授課方式：

1. 學生必須先完成相關資料與文獻之收集和整理。
2. 學生於課前應仔細研讀教材並歸納重點和提出問題。
3. 學生於課堂上針對特定議題需做心得分享和批判論證。
4. 每位學生於學期末必須完成一篇書面的專題報告。

參考資料：

1. Abelin T. Health Promotion.
2. Breslow L. A health promotion primer for the 1990s.
3. Bunton R & Macdonald G (ed.). Health promotion: disciplines, diversity, and developments (2nd Edition). London; New York: Routledge, 2002.
4. Cribb A & Duncan P. Health promotion and professional ethics. Oxford; Malden, MA: Blackwell Science, 2002.
5. Bunton R, Nettleton S, Burrows R. The sociology of health promotion: critical analyses of consumption, lifestyle and risk. London; New York: Routledge, 1995.
6. DiClemente RJ, Crosby RA, Kegler MC (ed.). Emerging theories in health

promotion practice and research: strategies for improving public health (1st Edition). San Francisco: Jossey-Bass, 2002.

7. Green LW & Johnson KW. Health education and health promotion.
8. Whitehead D. Health promotion and health education: advancing the concepts. [Review] [78 refs] Journal of Advanced Nursing. 47(3):311-20, 2004 Aug.
9. Whitehead D. Health promotion and health education viewed as symbiotic paradigms: bridging the theory and practice gap between them. [Review] [106 refs] Journal of Clinical Nursing. 12(6):796-805, 2003 Nov.
10. Health Promotion Throughout the Lifespan
11. Flynn BC. Healthy Cities: toward worldwide health promotion. [Review] [59 refs] Annual Review of Public Health. 17:299-309, 1996.
12. Ashton J. The Healthy Cities Project: a challenge for health education. [Review] [28 refs] Health Education Quarterly. 18(1):39-48, 1991.
13. 李蘭、晏涵文、高松景：營造無菸學校：一個以學校為基礎之健康促進計畫。醫學教育 2006; (印製中)。
14. Deschesnes M, Martin C & Hill AJ. Comprehensive approaches to school health promotion: how to achieve broader implementation? [Review] [67 refs] Health Promotion International. 18(4):387-96, 2003 Dec.
15. Michaud PA. Prevention and health promotion in school and community settings: a commentary on the international perspective.[see comment]. [Review] [45 refs] [Journal Article. Review] Journal of Adolescent Health. 33(4):219-25, 2003 Oct.

上課時間： 每週一上午 10：20 - 12：10。

上課地點： 公共衛生大樓 610 室。

九十四學年度第二學期課程進度表

健康促進特論

Date	Subject	Material
02/20	Introduction	
02/27	Bibliography Confirm	
03/20	Origins & Developments	1 2
03/27	Critical Perspectives (I)	3 – ch. 12 4 – ch. 2, 5
04/10	Critical Perspectives (II)	5 – ch. 4, 7, 13, 15
04/17	Theories (I)	6 – ch.1, 3, 4
04/24	Theories (II)	6 – ch. 5, 6
05/01	Theories (III)	6 – ch. 7, 8, 9
05/08	Theories (IV)	6 – ch. 10, 11, 13
05/15	Health Promotion vs. Health Education	7 8 9
05/22	Health Promotion Throughout the Lifespan	10 – ch. 15, 20
05/29	Healthy Cities	11 12
06/05	Healthy Campus (Health Promotion School)	13 14 15
06/12	Course Review & Evaluation	