



NUI Galway  
OÉ Gaillimh

Discipline of Health Promotion  
National University of Ireland Galway

## Postgraduate Certificate in Health Promotion



## Approaches to Cardiovascular Health and Diabetes Prevention



Established in 1990, the Discipline of Health Promotion, National University of Ireland Galway is the only one of its kind in the Republic of Ireland. It is the national centre for professional training and education in health promotion.

The Discipline of Health Promotion, administers a one year distance education programme Postgraduate Certificate in Health Promotion - Approaches to Cardiovascular Health and Diabetes Prevention, in partnership with the Irish Heart Foundation, Diabetes Ireland and the National Institute for Preventive Cardiology.

### **Programme Aim**

The programme aims to provide candidates with professional education and training in the principles and practice of health promotion as applied to the promotion of cardiovascular health and diabetes prevention. The programme is designed for health care professionals who work in the area of health promotion and in the prevention of cardiovascular disease and diabetes (for example, nurses, public health staff, pharmacists, physiotherapists, doctors, health and exercise promoters, etc.).

### **Programme Award**

Postgraduate Certificate in Health Promotion – Approaches to Cardiovascular Health and Diabetes Prevention, awarded by NUI Galway.

### **Entry Requirements**

For this programme, a primary degree at any level is required. The Programme Board evaluates each applicant's academic record and relevant professional experience and assesses the applicant's level of motivation and suitability as per the Personal Statement submitted as part of the online application.

### **Further information**

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Application can be made online at: [www.nuigalway/apply](http://www.nuigalway/apply)



## Programme Structure

The programme comprises three modules.

### 1. Concepts and Principles of Health Promotion

This module includes:

- Definitions of health and health promotion
- Health promotion programme development
- Current issues and debates in health promotion
- Communication training and facilitation skills

### 2. Specialism Module

This module includes:

- The determinants of cardiovascular health and type 2 diabetes
- Lifestyle factors and health promotion interventions
- Advocacy and policy in the promotion of cardiovascular health and the prevention of type 2 diabetes
- Promoting cardiovascular health through behaviour change
- Skills and competencies for effective practice

### 3. Project Development

Students will be expected to design a health promotion programme in the area of cardiovascular health and the prevention of type 2 diabetes, working with a specific population group.

The first two modules include participation in workshops and self-paced instructional materials with assignments for independent study, while the third module focuses on project work.

## Continued Professional Development

This is a Level 9 programme comprising of 30 European Credit Transfer System (ECTS) points in total. Each module carries 10 ECTS points. Successful graduates who wish to apply to the MA/Postgraduate Diploma in Health Promotion programme offered by NUI Galway can carry forward up to 15ECTS.

Contact:

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