



NUI Galway
OÉ Gaillimh



Postgraduate Certificate in Health Promotion: Workplace Wellness

A Postgraduate Certificate in Health Promotion in Workplace Wellness has been jointly developed by NUI Galway and the Departments of Health, and Business, Enterprise and Innovation under the Healthy Ireland Framework. The course is suitable for a variety of professions and settings. It is particularly suited to those working in Health Promotion, Human Resources, Management, Public Health, Nursing, Occupational Health and Safety, and the ever-growing corporate wellness industry.

The programme guides students through the stages of effective intervention design, such as needs analysis, planning, implementation, and evaluation. This will be embedded in an understanding of the fundamentals of Health Promotion and framed around real world experience and examples. Course participants will gain skills and competencies for the effective implementation of evidence-based Health Promotion interventions and project management. Specialists in workplace health and wellbeing will become essential agents of change within organisations throughout the world.

Course Level: National Qualification Framework Level 9

Duration: 1 academic year, part-time

Entry Requirements: A primary degree. Each applicant is assessed individually on relevant professional experience, level of motivation and suitability as per personal statement submitted via online application

Places Available: This programme has an intake every September subject to a prescribed minimum registering

Fees: Please see www.nuigalway.ie/courses/fees-and-funding/#art

Applying: www.nuigalway.ie/adult-learning/how-to-apply/online-applications/



An Roinn Gnó, Fiontar agus Nuálaíochta
Department of Business, Enterprise and Innovation



HPRC
Health Promotion Research Centre

Postgraduate Certificate in Health Promotion: Workplace Wellness (Course Code: 1PCW1)

Discipline of Health Promotion

The Discipline was established in 1990 at the National University of Ireland Galway. It is part of the College of Medicine, Nursing and Health Sciences. The Discipline is the only one of its kind in Ireland and was established with the support of the Department of Health. Its function is to develop training and education courses in the field of Health Promotion and to undertake relevant research through the Health Promotion Research Centre, a World Health Organization Collaborating Centre for Health Promotion research.

Course Duration

The Postgraduate Certificate in Health Promotion in Workplace Wellness is a part-time course of one academic year duration. The programme runs from September to the following May.

Course Delivery

This is a blended learning programme, with a combination of teaching techniques employed to support learning. This includes participatory workshops, project work, self-paced learning using instructional materials, as well as other resources such as articles, websites and research reports. Academics in the Discipline of Health Promotion, together with contributions from practitioners in the specialist field of study, deliver the lectures and workshops. This course takes place at the NUI Galway campus.

Continued Professional Development

This is a Level 9 programme comprising of 30 European Credit Transfer System (ECTS) points in total. Each module is worth 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 15 ECTS.

Programme Structure

The programme comprises three modules. 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.

1. Concepts and Principles of Health Promotion

This module includes:

- Definitions of health and Health Promotion
- Health Promotion programme development
- Current issues and discourse in Health Promotion policy and practice
- Communication training and facilitation skills.

2. Specialism Module

This module includes:

- Creating a healthy work environment
- Organisational culture change
- Psychosocial health interventions
- Corporate social responsibility.

3. Project Development

This module includes:

- Students are guided through the process of designing an intervention in the area of workplace Health Promotion.

Further Information

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What our Students say ...

This programme helped to build my knowledge and expertise on Health Promotion in the workplace and in gaining a greater insight into the psychosocial work environments. It has been a great compliment to my existing work; I found it engaging interesting and varied, I found the networking and knowledge sharing with other candidates from a range of different disciplines on this course an added complimentary component.

(Nollaig, Exercise Psychologist & Community Facilitator, Healthy Ireland Initiative).

This programme has given me plenty of opportunity to practice and discuss various ways of improving the health of our working populations. The course material itself is an invaluable resource in guiding and directing the implementation of a workplace wellness programme. Because I work full-time, the flexibility of monthly workshops and independent online reading and learning materials made the course more accessible and manageable.

(Mary, Wellbeing Co-ordinator & Staff Engagement Officer, Central Statistics Office).