



Do you want to improve your health as well as get credit for General Education units in your degree? This interactive course will improve your health and change your life.

About the course

This is a dynamic course that will provide students with the opportunity to learn skills and strategies that impact health behavioural change as well as provide an understanding of the theories and models of behaviour change. Students will gain the social, problem-solving, and communication skills necessary to manage their own health in a variety of situations. Particular emphasis is placed on improving communication skills and decision-making to assist with health concerns. As students progress through the course, they will develop a more sophisticated level of knowledge, attitudes, values, and skills to address health issues and play an active role in enhancing their own health and that of their community. Classes will be fun and involve a variety of activities including lectures, case studies, real-life scenarios, presentations, small group exercises, and films.

What previous students said about the course?

“The content learnt was very helpful in everyday life. It was very eye-opening. It helped me to motivate myself, find motivation to help others and has also improved the way I react to adversities in my life.”

“Hassan was so enthusiastic and really seemed to care that we got the most out of the course and learnt things that were useful in our lives and would help improve our health and the health of those around us. He was very approachable and created an atmosphere in lectures and tutorials that really encourage people to open up and share about their experiences and perceptions.”

“Very friendly, good contact with the students, really open to help with difficulties, gave many examples, provided clear learning intentions, set a good context to understand content, gave a lot of opportunity to ask and analyse content, very engaging and enthusiastic! I really liked participating in his lectures and I felt more confident in engaging in class discussions”

“The ability to learn and complete the course online was so convenient and made life simple - was perfect! He gave us the information we needed and was always there to respond to emails within minutes!”

Semester 1 2017 Timetable Information

Classes – Mondays – Lecture 9.00-11.00am
Tutorial – Mondays – 11.00-2.00pm or 12.00-1.00pm

The course is also available ONLINE. Check the [UNSW Class Timetable](#) for room information.

Enrolment

Non-Medicine students can enrol now on [myUNSW](#).

Further Information

Dr Hassan Hosseinzadeh

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Hassan is a qualified lecturer with extensive online and face-to-face teaching experience at both undergraduate and postgraduate levels. He believes that learning should be an active process in which students can construct new ideas based on their current and past knowledge. In addition to being knowledgeable about the subjects he teaches, he communicates well, inspires trust and confidence, and motivates students, as well as understands the students' educational and emotional needs. To ensure a healthy pipeline of potential leaders, he always applies well-articulated and explicit teaching methods to boost the skills and leadership behaviours necessary for high achievements.