



World Institute of Sustainable Development Planners (WISDP) – UNESCO HK Executive Diploma in Healthy Lives and Wellbeing Sustainable Development Education

Programme Title	:	Executive Diploma in Healthy Lives and Wellbeing Sustainable Development Education
Contact Hours	:	50 (3-hour sessions + practicum)
Medium of Instruction	:	Cantonese with English materials

Synopsis

For years, UNESCO has been promoting healthy living and wellbeing and sustainable development (SD) of the society. However, applying sustainability theories to daily teaching plans is never an easy task. The gap between knowledge and practice is also an important factor that accounts for the identification of obesity as an epidemic in some countries and malnutrition in other countries by WHO in recent years. To address this issue, WISDP and UNESCO HK specifically launch this programme to provide knowledge base support for health and physical education professionals. Participants will learn the key SD concepts and theories to better understand the important of healthy lifestyle and the need of prevention and intervention programmes for the battle against both obesity and malnutrition. Particular references will be made to the local context such as in Hong Kong and Mainland China.

This programme is divided into three modules: (1) Definition and assessment of quality of life and wellbeing; (2) Characteristics of different age cohorts and gender; and (3) Effects of environment, cognitive and physical exercises, and life threatening factors/causes of deaths. Applying the theories and practices of these three modules on SD education, the class and practicum will provide critical introduction and examination of insights, perspectives, and experiences to the participants.

Programme Intended Learning Outcomes (PILO)

Upon completion of this course, participants will be able to:

- explain key concepts in sustainable development (mainly in healthy lifestyle, quality of life and wellbeing promotion);
- plan “preventive and intervention” programmes to facilitate SD education for health and physical education professionals; and
- design and present marketing programmes to develop sustainable attitude and behaviors in healthy living and wellbeing for the general public and specific age cohorts and gender

Pedagogical Methods

- Lecture
- Practicum

Case study

Project

Presentation by participants

Syllabus

- Basics in Sustainable Development on Quality of Life and Wellbeing
- Definition of Sustainable healthy lifestyles
- Assessment of Sustainable Quality of life
- Characteristics and needs of differ age cohorts and gender
- Sustainable Prevention programmes
- Sustainable Intervention programmes
- Effective Marketing of the concepts of Sustainable Quality of Life and Wellbeing
- Role of Cognitive and Physical Exercises in Sustainable development of Quality of life and Wellbeing
- Other considerations – Environmental, cultural, economical-social, and education

Assessment

Assessment Tasks	Weighting (%)
a. Class Participation	30%
b. Project (including student presentation)	30%
c. Test (one hour)	40%

Awards:

In addition to passing the assessment items to the satisfactory of the Examiners, participants are also required to achieve at least 80% attendance for the award of the Diploma and other certificates.

On successful completion of the programmes, participants will receive the following awards:

- (1) Executive Diploma in Healthy Living and Wellbeing Sustainable Development Education.



Programme Director - Prof. Frank Fu

Other Teachers – Dr. Judy Ip, Dr. Pink Tso

Other guest speakers may be invited as necessary.

Targeted participants:

Health and Physical Education professionals who are interested in nurturing sustainable attitudes and behaviours in healthy living and wellbeing

Pre-requisite(s): Registration as Associate of WISDP (or 5 years of working experience in related fields)

Date and time: Every Saturday afternoon for 15 weeks from 2.30 – 6.00 pm (50 hrs).

Venue: Dr. Stephen Hui Research Centre for Physical Recreation and Wellness,
Kowloon Toon, HKBU

Fee: \$12,000/person

Application and payment methods:

Application

Complete and send back to the Application Form to e-mail info@wisdp.org.hk

Payment

1. Crossed Cheque.

Make the cheque payable to **World Institute of Sustainable Development Planners Limited**
Send the cheque to the below address .

Attn: Mr. Jason Feng

UNESCO Hong Kong Association

Room 7, 24/F, Tung Che Commercial Centre, 246 Des Voeux Road West, Sai Ying Pun, HK.

2. Transfer and Deposit

Direct transfer to **World Institute of Sustainable Development Planners Limited** bank account No. **012-685-000-29335** at Bank of China (Hong Kong).

Send the bank-in slip to jasonfeng@unesco.hk