



Erasmus+

**MODULE TITLE:**

Incorporating the THEWS protocol into the Health Program of Companies.

**RESPONSIBLE FOR THE MODULE:**

NAME	Hilde Grønningsæter	
POSITION	Associate Professor	
SECTOR	Department of Practical, Physical and Aesthetic Education	
OFFICE	Exercise, nutrition and Health	
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CO-INSTRUCTORS	T. Thoresen, Assistant Professor	

<http://www.arbeidstilsynet.no/binfil/download2.php?tid=77839>

**HOURS :**

1

**LANGUAGE OF TEACHING:**

GREEK [ ]

ENGLISH [X]





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**AIM OF THE MODULE** (content and acquired skills)

The aim of this module is to present the Norwegian HES/HMS model. (i.e which laws and rules are regulating the corporate health intervention “market”). The topic in this module include marketing, strategic analysis, presentations /information and implementation of THEWS. The students will learn how to sell, implement, conduct/manage and evaluate the THEWS program.

**MODULE CONTENTS** (outline – subtitles of the lectures)

1. The Norwegian HES(HMS) model.
2. What is the legal Act (Work Environment Act) and Internal Control Regulation
3. Responsibilities, rights and obligations for managers, employees and their representatives.
4. Marketing THEWS for the management – finding the right contact in to the company.
5. Information and implementation.
6. Goals and objectives: for the company (cost and productivity) and the individual (less pain, quality of life). Long term – short term
7. Project management.
8. Evaluation

**TEACHING METHOD** (lectures – labs – practice etc)

Lectures and practical training

**LEARNING OUTCOMES**

Upon the completion of this module the student will be able to:

- Incorporate the THEWS protocol into the health program of companies.

**LEARNING OUTCOMES - CONTINUED**

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load ( hours)</i>
<ul style="list-style-type: none"> <li>• To understand the health policies/strategies in different companies</li> <li>• To do marketing analysis for THEWS (health intervention programs).</li> <li>• To implement and conduct the THEWS program</li> <li>• To understand project management</li> <li>• To know how and why evaluating the THEWS project</li> </ul>	Lectures, slides, group discussions, study at home	Intermediate control tests with written assessment of cognitive appraisal	20
•		<b>Total</b>	<b>20</b>

**OBLIGATORY & SUGGESTED BIBLIOGRAPHY:**



St. Anna Hospital





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1. "Workplace health promotion" (2013): Division of Population Health/Workplace Health Promotion Centers for Disease Control and Prevention.  
<http://www.cdc.gov/workplacehealthpromotion/businesscase/index.html>



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