



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

Tel: +27 12 004 8389 · Mobile: +27 65 077 6310

Email: apply@aatikd.co.za · Website: www.aatikd.co.za

COURSE BROCHURE

Engage In Basic Health Promotion Training

Health Sciences and Social Services / Promotive Health and Developmental Services

Unit Standard 119563 · NQF Level 1 · 8 Credits · 5 Days

COURSE OVERVIEW

This course equips learners with the foundational knowledge and skills to promote basic health practices in the workplace and community. It covers key health promotion principles, communication strategies, and practical interventions to enhance well-being and prevent disease.

Category	Health Sciences and Social Services
Subfield	Promotive Health and Developmental Services
Unit Standard	119563
Accreditation	SAQA Accredited · NQF Level 1 · 8 Credits
Duration	5 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Explain the principles and importance of basic health promotion.
- Identify common health risks and factors affecting health in the community.
- Apply effective communication strategies to promote health awareness.
- Demonstrate basic health promotion activities and interventions.
- Evaluate the impact of health promotion efforts on individual and community well-being.

WHO SHOULD ATTEND

- This course is designed for employees, supervisors, and community health workers who need to understand and apply basic health promotion techniques in their daily roles.

COURSE OUTLINE

Day 1: Foundations of Health Promotion

- Definition and historical development of health promotion.
- The Ottawa Charter and its application in South Africa.
- Social, economic, and environmental determinants of health.
- Ethical principles: confidentiality, informed consent, and respect.
- Overview of the South African healthcare system.
- Roles and responsibilities of a health promoter.

Day 2: Communication and Facilitation Skills

- Verbal and non-verbal communication.
- Active listening and empathy.
- Barriers to effective communication.
- Group facilitation techniques.
- Handling difficult questions and conflicts.
- Adapting messages for diverse audiences.

Day 3: Health Education and Behaviour Change

- Common communicable and non-communicable diseases.
- The Health Belief Model and Transtheoretical Model.
- Principles of adult learning.
- Planning a health education session.
- Creating flipcharts, posters, and handouts.
- Evaluating learning outcomes.

Day 4: Community Engagement and Resource Mobilisation

- Community mapping and needs assessment.
- Stakeholder engagement and partnerships.
- Mobilising community volunteers.
- Referral systems to clinics and social services.
- Budgeting and resource management.
- Monitoring and reporting on activities.

Day 5: Practical Integration and Assessment

- Group presentations of planned activities.
- Simulated health education session.
- Self-assessment and peer feedback.
- Compiling evidence for assessment.
- Review of unit standard outcomes.
- Action plan for continuous improvement.

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **8 NQF credits** at **NQF Level 1**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 23,000.00	R 23,000.00
1	In-House	R 29,900.00	R 29,900.00
1	On-Campus (Pretoria)	R 34,500.00	R 34,500.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	14 Aug 2026	On-Campus	Durban, South Africa
10 Aug 2026	14 Aug 2026	On-Campus	Abu Dhabi, UAE
10 Aug 2026	14 Aug 2026	On-Campus	Pretoria, South Africa
10 Aug 2026	14 Aug 2026	On-Campus	Dubai, UAE
10 Aug 2026	14 Aug 2026	On-Campus	Cape Town, South Africa
10 Aug 2026	14 Aug 2026	On-Campus	Mauritius
17 Aug 2026	21 Aug 2026	On-Campus	Dubai, UAE
17 Aug 2026	21 Aug 2026	On-Campus	Pretoria, South Africa

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

- 1. Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 119563) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
- 2. Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
- 3. Apply by phone or WhatsApp:** call +27 12 004 8389 or WhatsApp +27 65 077 6310 and we will prepare your quotation and reserve your seats.
- 4. Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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