

## Week 1

### Learning principles

Why is learning important

- To understand human beings we need to understand learning
- We are born with very few instincts
  - o Everything we do is learnt though acquired learning
- Behaviour in health and service settings can be understood by understanding learning.

Learning is a *relatively permanent change in behavior or knowledge which results from practice or experience*,

There is a link between learning and health related behaviours:

Adaptive health related behaviors that can be acquired through learning :

- Healthy eating behavior
  - o By learning the benefits
- Exercise behaviors
- Social behaviors
- Sun protective behaviors.
  - o We learn that without sunscreen we will get burnt

Maladaptive health related behaviors that can be acquired through learning:

Maladaptive -not adjusting adequately or appropriately to the environment or situation.

- Substance abuse behaviors
  - o Drugs, ecstasy
- Physiological changes that can lead to illness
  - o Tension headaches
- Avoidance of behaviors
  - o Swallowing pills, needles.

## Week 6

### **Behaviour change**

critical when it comes to being a health and human services practitioner.

essentially what we're doing as a health and human services practitioner, we're helping people modify their behaviour

### **Impact of behaviour on health**

Majority of leading health problems have a direct relationship to behaviour

World health organisation (WHO) report 10 leading risk factors responsible for total disease burden in developed countries

1. Tobacco use – 12.2%
2. Blood pressure – 10.9%
3. Alcohol – 9.2%
4. Cholesterol – 7.6%
5. Obesity – 7.4%
6. Low fruit and vegetable intake – 3.9%
7. Physical inactivity – 3.3%

# SAMPLE