NURS 3735 - Health Promotion Across the Lifespan

Fall 2026 Syllabus, Section A05, CRN 43521,

Credit hours: 3

Instructor

Amy Weaver

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Public Instructor Information

Professor: Amy Weaver, PhD, RN, CNE

Professional Qualifications:

2013 PhD in Nursing, Villanova University

2006 Master of Science Nursing (MSN)/Clinical Nurse Specialist with Chronic Illness focus, Youngstown State University

1994 Bachelor of Science Nursing (BSN), West Liberty State College

2012 Certified Nurse Educator (CNE), National League for Nursing

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Course Description

3735. Health Promotion Across the Lifespan. This course provides the student with a theoretical foundation for wellness, health promotion and disease prevention across the lifespan. The role of the nurse as a health educator and patient advocate for health care and maintenance of health for patients of various ages, their families and groups will be explored. Students will develop a plan of care to ensure healthy lifestyles and promotion of wellness. Three class hours and no clinical hours/week. Prereq.: Valid RN Licensure. 3 s.h.

Course Readings

Group	Title	Author	ISBN
Required	(2026).##Edelman's Health promotion throughout the life span, 11th#Edition.#Elsevier	Kudzma, E.C.	

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

NURS 3735 Health Promotion Across the Lifespan Class Schedule All initial Discussion posts are due Wednesdays by 11:59pm EST. Responses are due the following Sunday by 11:59pm EST. All assignments are due Sundays by 11:59pm EST. There is one exception: The Module 7 assignment is due Wednesday by 11:59pm EST and Module 7 discussion is due Friday by 11:59pm EST. Note: The course schedule, policies, procedures, and assignments in this course are tentative and are subject to change by the instructor as necessary throughout the term to meet the needs of the class, and/or to ensure better learning.

Week of	Reading(s)	Proposed Topic	Due/To Prepare for Class
8/24	Chapter 1 (MO 1) Chapter 2 (p. 23-27, 34-38) (MO 2) Chapter 5 (MO 3) Kemppainen, V., Kerttu, T., & Turunen, H. (2012). Nurses' role in health promotion practice: An integrative review. Health Promotion International, 28(4), 490-501. (MO 1) Recommendations of the U.S. Preventive Services Task Force (MO 1) AHRQ's Electronic Preventive Services Selector (MO 1) Chapter 1 PowerPoint (MO 1) Chapter 2 PowerPoint (MO 2) Chapter 5 PowerPoint (MO 3)	Health promotion, prevention, protection, Emerging populations and health, and ethical issues related to health promotion	Module 1 Topic for Preventive Services Quick Reference Guide, Health Promotion Teaching Plan, and Presentation Module 1 Discussion (MO 1, 2) Health Promotion and Prevention Paper
8/31	Chapter 6 (MO 1, 2) Chapter 7 (MO 1, 2) Chapter 8 (MO 1, 2) Assessment of Functional Health Patterns - Individual (MO 1, 2) Assessment of Functional Health Patterns - Individual (MO 1, 2) Assessment of Functional Health Patterns - Community (MO 1, 2) Chapter 6 PowerPoint (MO 1, 2) Chapter 7 PowerPoint (MO 1, 2) Chapter 8 PowerPoint (MO 1, 2)	Health promotion of the individual, family, and communit	Module 2 Discussion (MO 1, 2)
9/7	Chapter 9 (MO 1, 2, 3) Screening Guidelines for Cancers#(MO 2) Chapter 9 PowerPoint (MO 1, 2, 3)	Health care screening	Health care screening Preventive Services Quick Reference Guide (MO 2)
9/14	Chapter 10 (MO 1, 2) Washington State Department of Health Publications (MO 1) Chapter 10 PowerPoint (MO 1, 2)	Health education	Module 4 Discussion (MO 1) Health Promotion Teaching Plan (MO 2)
9/21	Chapter 11 (MO 1) Chapter 12 (MO 2) Website: President's Council on Sports, Fitness, & Nutrition. Be Active (MO 2) Chapter 11 PowerPoint (MO 1) Chapter 12 PowerPoint (MO 2)	Health promotion: nutrition and exercise	Module 5 Discussion (MO 1, 2)

9/28	Chapter 13 (MO 1) Chapter 14 (MO 2) Website: The American Institute of Stress (MO 1) Website: National Center for Complementary and Integrative Health (MO 2) Video: The Single Most Important Thing You Can Do For Your Stress (MO 1) Chapter 13 PowerPoint (MO 1) Chapter 14 PowerPoint (MO 2)	Health promotion: stress management and complementary/alternative	Module 6 Discussion (MO 1, 2)
10/5	Chapters 15-24 (as needed) (MO 1) View 10 Health Promotion Teaching Presentation videos of your choice posted by classmates. (MO 1)	Health Promotion	Module 7 Discussion – Feedback on 10 Classmates' Presentations (MO 1) Health Promotion Teaching Presentation Video (MO 1) - Create & upload a 5-7 min video presentation about selected topic. Post a link to your video in Module 7 Discussion then post your responses to your classmates' videos in this discussion board. Submit a brief quiz to evaluate learning and any other materials used for teaching and evaluation. (MO 1)

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