



UNSW
SYDNEY

Australia's
Global
University

Built Environment

BEIL0011
Healthy Planning



Course Outline – Term 2, 2020

Disclaimer

Information within this document is subject to change. The full and most accurate course outline will be available in Moodle closer to the start of the term in which the course is offered.

1. COURSE STAFF

Course Contact	Susan Thompson
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2. COURSE DETAILS

Credit Points	6 units of credit (uoc)
Workload	Approx. 150 hours including class contact hours, weekly individual and group online learning activities, readings, class preparation, and assessment activities.
Teaching Times and Location	Find details in timetable http://www.timetable.unsw.edu.au

Description

Healthy Planning is an inter-disciplinary elective for senior students studying to be built environment and health professionals. The course focuses on the ways in which built, natural and socio-cultural environments inhibit on the one hand, and on the other, enhance and sustain the physical and mental health of contemporary communities. The course explores the relationship between the urban environment and current chronic health issues facing modern society – particularly lifestyle related health problems associated with obesity and low rates of physical activity – for example, diabetes, heart disease, some cancers and depression. Research and theoretical issues which draw planning and health together are presented using specific case studies. Classes involve a mixture of lectures, participant discussion, presentations and strategic engagement with healthy planning tools. The course includes a significant field work project.

Aims

The course has three overarching aims:

1. to Inform participants about healthy planning principles, theories, research and practice
2. to Inspire adoption of healthy planning in the built environment and health professions
3. to Initiate personal change to develop congruence between professional and personal practice ('walk the talk')

Course Learning Outcomes (CLOs)

At the successful completion of this course, you will be able to:

1. Understanding of the research and practice evidence which demonstrates the relationship between urban planning, city form and health from an inter-disciplinary perspective.
2. Appreciation of the need for an inter-disciplinary perspective in achieving healthy environments for all.
3. Familiarity with, and an ability to use, a range of comprehensive walkability audits in different environmental scenarios.
4. Demonstrate self-reflective awareness of personal healthy behaviour and the ways in which this is affected, both positively and negatively, by different physical and socio-cultural environments.
5. Appreciate the complex policy and political settings for healthy built environments across the health and planning / urban design portfolios.

3. ASSESSMENT

Assessment task	Weight	CLOs Assessed
1. Class quizzes	20%	1, 2, 5
2. Personal health and wellbeing reflections (Individual)	50%	1, 4
3. GreenWay Project (Group)	30%	1, 2, 3, 5

4. COURSE IMPROVEMENT AND FEEDBACK

Feedback from students is an integral part of improving courses and teaching approaches. One of the primary mechanisms of feedback is myExperience, which we strongly urge all students to complete at the end of term. Course convenors use the feedback to make ongoing improvements to the course. This is communicated in Moodle in the myFeedback Matters page.