Abstract

Introduction: Health promotion is an important precondition for creating healthy and safe workplaces and caring for the physical, mental and social wellbeing of active-age people. Its implementation requires the building of competencies, which justifies the inclusion of Workplace Health Promotion as an optional discipline in the curriculum of the Public Health and Health Management Master’s program.

Aim: The aim of this paper is to present the curriculum for this discipline.

Discussion: The aim of the training is to acquaint students with the health promotion concept, the basic principles and the possibilities for its application in the working environment. The focus of the program is the workability holistic model, which analyzes the influence and the mutual conditionality of biological and social factors in its formation. The knowledge and deep analysis of the working capacity factors, conditions and difficulties for fulfillment of health-promoting activities in the workplace is the basis for the formation of managerial staff prepared for their implementation and control. The training course enriches students' understanding of the multidisciplinary nature of health promotion and highlights the role of the partnership in favor of health.

The interest in the discipline will determine its inclusion in other programs for training staff in the field of public health.

Conclusion: Care for the health of active population requires the implementation of innovative approaches and the building of new competencies in managers at different levels, which determines the interest in the proposed subject.

Keywords: workplace health promotion, workability holistic model

Address for correspondence: georgieva_sl@yahoo.com