1. [Biopsychosocial Model](https://www.physio-pedia.com/Biopsychosocial_Model)
2. Determinants of behavior
3. Stages of Behavior Change
4. Effects of successful behavior modification
5. Definition of health education
6. Aim of health education
7. Subjects in health education
8. The field of health education
9. Health literacy
10. The major responsibilities for health educators
11. Health education methods
12. Individual Health Education:
13. Group Health Education
14. Individual Approach.
15. Group Approach
16. Mass Approach
17. Health promotion
18. Otawwa charter
19. Health promotion model, Tannahill