

## MODULE DESCRIPTOR

### Module Title

Health Improvement

Reference	HS2101	Version	3
Created	March 2017	SCQF Level	SCQF 8
Approved	June 2010	SCQF Points	15
Amended	August 2017	ECTS Points	7.5

### Aims of Module

This module aims to increase awareness of health inequalities as well as the concepts of public health and health improvement and the role of sport and exercise therein. The module will seek to introduce students to key sociological perspectives of sport and exercise within society.

### Learning Outcomes for Module

On completion of this module, students are expected to be able to:

- 1 Identify and explain the concepts, theories and models of health and their influence on health promotion.
- 2 Explain the role of sport and exercise in health improvement.
- 3 Explain sociological perspectives regarding the role of sport and exercise for health.
- 4 Identify and describe the main challenges of applying health improvement to different population groups in society.
- 5 Identify existing health improvement policies and compare their effectiveness to date.

### Indicative Module Content

Theories and models of health promotion; principles and approaches to sport development; social policy and health; health inequalities; Sociological perspectives; needs assessment and stages of planning; evaluation of health development/improvement initiatives; sport, exercise and physical activity policies; effect of sport, exercise and physical activity on health, well-being and quality of life; Motivators and barriers to participation; The impact of different societal influences on motivators and barriers; Review the health and wellbeing of populations; Behaviour change; Global health concerns.

### Module Delivery

Lectures and tutorials supported by directed and private study.

**Indicative Student Workload**

	Full Time	Part Time
Contact Hours	36	N/A
Non-Contact Hours	114	N/A
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	150	N/A
<i>Actual Placement hours for professional, statutory or regulatory body</i>		

**ASSESSMENT PLAN**

If a major/minor model is used and box is ticked, % weightings below are indicative only.

**Component 1**

Type:	Coursework	Weighting:	100%	Outcomes Assessed:	1, 2, 3, 4, 5
Description:					

**MODULE PERFORMANCE DESCRIPTOR****Explanatory Text**

Written coursework assessed with a grading proforma. Overall grade determined as follows:

Module Grade	Minimum Requirements to achieve Module Grade:
<b>A</b>	Rows 1-6: Minimum of 3 rows at A, 2 row at B and 1 row at C Rows 7-9: Minimum of 2 rows at distinction and 1 row at pass Row 10: Minimum of pass
<b>B</b>	Rows 1-6: Minimum of 3 rows at B, 2 row at C and 1 row at D Rows 7-9: Minimum of 1 row at distinction and 2 rows at pass Row 10: Minimum of pass
<b>C</b>	Rows 1-6: Minimum of 3 rows at C and 3 rows at D Rows 7-9: Minimum of 3 rows at pass Row 10: Minimum of pass
<b>D</b>	Rows 1-6: Minimum of 4 rows at D Rows 7-9: Minimum of 3 rows at pass Row 10: Minimum of pass
<b>E</b>	Rows 1-6 Minimum of 3 rows at E Rows 7-9: Minimum of 2 rows at pass Row 10: Minimum of pass
<b>F</b>	Failure to achieve any of the above
<b>NS</b>	Non-submission of work by published deadline or non-attendance for examination

**Module Requirements**

Prerequisites for Module	Successful completion of Stage 1 of the BSc (Hons) Applied Sport and Exercise Science course, or equivalent.
Corequisites for module	None.
Precluded Modules	None.

**ADDITIONAL NOTES**

A pass will not normally be awarded for this module unless the student has attended a minimum of 80% of all learning opportunities.

**INDICATIVE BIBLIOGRAPHY**

- 1 SCRIVEN, A., EWLES, L. & SIMNETT, I., 2010. Promoting health: a practical guide. 6th ed. Edinburgh: Bailliere Tindall.
- 2 NAIDOO, J. & WILLS, J., 2009. .Foundations for Health Promotion. 3rd ed. Edinburgh: Bailliere Tindall.
- 3 PHILLIPS, J. and HOOKE, J., 1998. The sport of debating: winning skills and strategies. Indiana: UNSW Press.