

## MODULE DESCRIPTOR

### Module Title

Influencing Individual Health and Wellbeing

Reference	HSM204	Version	2
Created	October 2023	SCQF Level	SCQF 11
Approved	November 2021	SCQF Points	15
Amended	November 2023	ECTS Points	7.5

### Aims of Module

To discuss and justify principles and approaches for working to improve individual's lifestyles, health and wellbeing.

### Learning Outcomes for Module

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

- 1 Critically examine contextual, environmental, psychological and political facilitating and inhibiting factors impacting on health behaviours.
- 2 Critically examine theories and models of behaviour change.
- 3 Critically evaluate a range of interventions and approaches designed to influence individual capacity for health.

### Indicative Module Content

Behaviour change theories and models; ethical implications; upstream and downstream working; predicting risk behaviour; environmental factors; promoting health and self management; prevention; health promotion programmes; decreasing the risks of ill health; adherence to interventions; health beliefs; inhibiting and facilitating factors; policy directives relating to health behaviour change; social marketing; communication and media; digital communication skills; e-health using digital media for health promotion; psychological factors influencing/inhibiting health and wellbeing; digital interventions.

### Module Delivery

Blended delivery comprising of on campus and online learning and engagement. This will include ? Workshops, Tutorials, Seminars, Keynote Lectures and Digital Learning Resources

**Indicative Student Workload**

	Full Time	Part Time
Contact Hours	22	22
Non-Contact Hours	128	128
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	150	150
<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:	Practical Exam	Weighting:	100%	Outcomes Assessed:	1, 2, 3
Description:	Presentation demonstrating development of a media/social media campaign with justification.				

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

The module will be assessed by a single component that will be graded on an A-F basis. A grade D is required to pass the module.

Module Grade	Minimum Requirements to achieve Module Grade:
<b>A</b>	A in component 1.
<b>B</b>	B in component 1.
<b>C</b>	C in component 1.
<b>D</b>	D in component 1.
<b>E</b>	E in component 1.
<b>F</b>	F in component 1.
<b>NS</b>	Non-submission of work by published deadline or non-attendance for examination

**Module Requirements**

Prerequisites for Module	Refer Regulation A2: Admission for admission requirements and/or course specific entry requirements.
Corequisites for module	None.
Precluded Modules	None.

**INDICATIVE BIBLIOGRAPHY**

- 1 HAGGER, M. S. et al., 2020. The Handbook of Behaviour Change Cambridge: Cambridge University Press.
- 2 HUPPERT. F.A. and COOPER. C.L., 2014. Interventions and policies to enhance wellbeing. Wellbeing: a complete reference guide, Volume VI London. Wiley.
- 3 SARAFINO. E.P. 2016. Health psychology : biopsychosocial interactions, 9th ed. Oxford: John Wiley & Sons, Inc.
- 4 TAPPER, K. 2021. Health Psychology and Behaviour Change: From Science to Practice. 1st ed. Bedford, Macmillan International Higher Educations
- 5 STRABHEIM, H. and BECK, S. (eds.) 2019. Handbook of Behavioural Change and Public Policy. Cheltenham: Edward Elgar
- 6 LAURENT, E. (Ed). 2021 The Well-being Transition. Analysis and Policy. Springer.