

MODULE DESCRIPTOR

Module Title

Concepts Of Health And Wellbeing

| | | | |
|-----------|---------------|-------------|--------|
| Reference | HS1129 | Version | 2 |
| Created | November 2021 | SCQF Level | SCQF 7 |
| Approved | August 2019 | SCQF Points | 15 |
| Amended | November 2021 | ECTS Points | 7.5 |

Aims of Module

To introduce the student to health and wellbeing concepts, health promotion and the influencing factors on health and wellbeing.

Learning Outcomes for Module

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

- 1 Understand the concepts and models of health, health improvement, health promotion and enablement.
- 2 Identify health and wellbeing challenges in the local, national and global context.
- 3 Explore the implications of health improvement principles for reducing health inequalities and improving overall population health and wellbeing.
- 4 Reflect on own role in contributing to the improvement of population health and wellbeing.

Indicative Module Content

Concepts of health; influences on health; enablement; health improvement; health promotion; health inequalities; social determinants of health, current challenges for health and wellbeing; health promotion in the role of the professional; partnership working in health and community settings; co-production; asset based approach; reflective practice.

Module Delivery

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

Indicative Student Workload

| | Full Time | Part Time |
|--|-----------|-----------|
| Contact Hours | N/A | 18 |
| Non-Contact Hours | N/A | 132 |
| Placement/Work-Based Learning Experience [Notional] Hours | N/A | N/A |
| TOTAL | N/A | 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: | Coursework | Weighting: | 100% | Outcomes Assessed: | 1, 2, 3, 4 |
| Description: | Report | | | | |

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

Coursework

| Module Grade | Minimum Requirements to achieve Module Grade: |
|--------------|--|
| A | A |
| B | B |
| C | C |
| D | D |
| E | E |
| F | Fails to achieve the minimum requirements for an E |
| NS | Non-submission of work by published deadline or non-attendance for examination |

Module Requirements

| | |
|--------------------------|-------|
| Prerequisites for Module | None. |
| Corequisites for module | None. |
| Precluded Modules | None. |

INDICATIVE BIBLIOGRAPHY

- 1 CRAGG, L., DAVIES, M. and MACDOWALL, W. 2013. Health Promotion Theory. 2nd ed. Maidenhead: McGraw-Hill.
- 2 HUBLEY, J., COPEMAN, J. and WOODALL, J., 2013. Practical Health Promotion. 2nd ed. Cambridge: Polity Press.
- 3 LAVERACK, G., 2014. The Pocket Guide to Health promotion. Maidenhead: McGraw-Hill.
- 4 SCRIVEN, A. ed. 2005. Health Promoting Practice: the contribution of nurses and allied health professionals. Basingstoke. Palgrave Macmillan
- 5 SCRIVEN, A. and YULES, L., 2017. Promoting Health: A practical Guide. 2nd ed. London; Bailierre- Tindall.