

## 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:
<b>A</b>	A
<b>B</b>	B
<b>C</b>	C
<b>D</b>	D
<b>E</b>	E
<b>F</b>	Fails to achieve the minimum requirements for an E
<b>NS</b>	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.