

## MODULE DESCRIPTOR

### Module Title

Principles Of Health And Wellbeing Promotion

Reference	HS2143	Version	2
Created	November 2021	SCQF Level	SCQF 8
Approved	August 2019	SCQF Points	15
Amended	November 2021	ECTS Points	7.5

### Aims of Module

This module aims to increase the student's understanding and application of concepts of health and wellbeing in addressing public health agendas.

### Learning Outcomes for Module

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

- 1 Explain concepts, theories and models of health and their influence on health and wellbeing.
- 2 Explain the main challenges of promoting health and wellbeing amongst different population groups in society.
- 3 Communicate key health and wellbeing messages for specific populations underpinned by appropriate psychological and sociological principles.

### Indicative Module Content

Theories and models of health promotion; health inequalities; health and wellbeing policies; evaluation of health improvement strategies; enablement; principles, theories and models of behavior change; physical activity; psychological and sociological determinants of health; humanising healthcare; person-centred care; the role of technology in health and wellbeing; community engagement and co-production; communicating key health and wellbeing messages; presenting information.

### Module Delivery

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

**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
Description:	Development of an educational tool				

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

Coursework graded A-F

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	Successful completion of all Stage One modules (or equivalent) will normally be required.
Corequisites for module	None.
Precluded Modules	None.

**INDICATIVE BIBLIOGRAPHY**

- 1 HANNAH, M., 2014. Humanising Healthcare Patterns of Hope for Systems Under Strain. Oxford : Triarchy Press
- 2 SCRIVEN, A., EWLES, L. & SIMNETT, I., 2017. Promoting health: a practical guide. 7th ed. Edinburgh: Bailliere Tindall.
- 3 NAIDOO, J. & WILLS, J., 2009. Foundations for Health Promotion. 3rd ed. Edinburgh: Bailliere Tindall.