

## MODULE DESCRIPTOR

### Module Title

Promoting Health And Wellbeing In Practice

Reference	HS2145	Version	2
Created	September 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 allow the student to contextualise and apply concepts, theories and models of health and wellbeing within their own work place.

### Learning Outcomes for Module

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

- 1 Evaluate the implementation of concepts, theory and practice of health and wellbeing in the workplace.
- 2 Identify interventions and evidence to address the health and wellbeing needs of specific population groups.
- 3 Explain behaviour change models and theories.
- 4 Justify health and wellbeing interventions with an identified patient/ population group.

### Indicative Module Content

Evaluating evidence and interventions; implementing behaviour change principles, models and theories; appraising health and wellbeing policies, strategies and interventions; develop health and wellbeing interventions; the relationship between physical activity, health and wellbeing; principles of preventative healthcare; wellness coaching; enablement and self-management; public health; health promotion; person-centred practice; interdisciplinary and partnership working; community engagement; co-production.

### Module Delivery

Blended delivery comprising 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	N/A	16
Non-Contact Hours	N/A	134
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:	Case Study				

**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>	Does not meet 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 EGGER, G., SPARK, R., LAWSON, J. & DONOVAN, R., 2013. Health promotion strategies and methods. Sydney: McGraw-Hill.
- 2 OGDEN, J. 2012. Health Psychology: A textbook. 5th Edition. Maidenhead: Open University Press.
- 3 MASON, P., AND BUTLER, P., AND BUTLER, C. 2017. Health behavioural change: a guide for practitioners. Churchill Livingstone. London.
- 4 SCRIVEN, A. 2017. Promoting Health: A Practical Guide. 7th ed. Elsevier, London.
- 5 HUPPERT. F.A. and COOPER. C.L., 2014. Interventions and policies to enhance wellbeing. Wellbeing: a complete reference guide, Volume VI London. Wiley.