

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
Actual Placement hours for professional, statutory or regulatory body		

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:
A	A
B	B
C	C
D	D
E	E
F	Does not meet requirements for an E
NS	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.