

<b>Module Code:</b>	HLT304
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<b>Module Title:</b>	Fundamentals of Health, Mental Health and Wellbeing
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<b>Level:</b>	3	<b>Credit Value:</b>	20
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<b>Cost Centre(s):</b>	GAHW	<b>JACS3 code:</b>	B920
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<b>Faculty:</b>	Faculty of Social and Life Sciences	<b>Module Leader:</b>	Catherine Hewins
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Scheduled learning and teaching hours	40 hrs
Guided independent study	160 hrs
Placement	0 hrs
<b>Module duration (total hours)</b>	<b>200 hrs</b>

<b>Programme(s) in which to be offered (not including exit awards)</b>	Core	Option
BSc (Hons) Public Health and Wellbeing (with Foundation Year)	✓	<input type="checkbox"/>
BSc (Hons) Mental Health and Wellbeing (with Foundation Year)	✓	<input type="checkbox"/>
Dip HE Health and Social Wellbeing (with Foundation Year)	✓	<input type="checkbox"/>
BSc (Hons) Acupuncture (with Foundation Year)	✓	<input type="checkbox"/>
BSc (Hons) Complementary Therapies for Health care (with Foundation Year)	✓	<input type="checkbox"/>
BSc (Hons) Sport, Health and Performance Science (with Foundation Year)	✓	<input type="checkbox"/>
BSc (Hons) Sports Coaching for Participation and Performance Development (with Foundation Year)	✓	<input type="checkbox"/>

<b>Pre-requisites</b>

**Office use only**

Initial approval: 12/12/2018

With effect from: 01/09/2019

Date and details of revision:

Version no:1

Version no:

**Module Aims**

This module aims to:

Raise the awareness and understand the issues impacting upon the health, mental health and wellbeing of people across the lifespan in society

**Intended Learning Outcomes**

Key skills for employability

- KS1 Written, oral and media communication skills
- KS2 Leadership, team working and networking skills
- KS3 Opportunity, creativity and problem solving skills
- KS4 Information technology skills and digital literacy
- KS5 Information management skills
- KS6 Research skills
- KS7 Intercultural and sustainability skills
- KS8 Career management skills
- KS9 Learning to learn (managing personal and professional development, self-management)
- KS10 Numeracy

At the end of this module, students will be able to

Key Skills

At the end of this module, students will be able to		Key Skills	
1	Identify and discuss the different dimensions of health, mental and wellbeing	KS1	KS6
		KS3	KS9
		KS4	
2	Describe key factors that influence and impact upon the health, mental health and wellbeing across the lifespan	KS1	KS6
		KS3	KS9
		KS4	
3	Explain how health, mental health and wellbeing can impact upon development, learning and general life opportunities	KS1	KS6
		KS3	KS9
		KS4	
4	Examine the role of the practitioner in helping to promote the health, mental health and wellbeing of individuals and communities	KS1	KS6
		KS3	

**Transferable skills and other attributes**

- Academic reading and writing
- Creativity

**Derogations**

n/a

**Assessment:**

Indicative Assessment Tasks:

Students will be required to develop a campaign which focuses on a current global health issue. The campaign will be presented in poster format to which the student will be invited to display and explain to their peers. Health issues that could be focused on could be obesity, cancer, sexual health, mental health, communicable diseases, non-communicable diseases and women's health. The poster should highlight the main issues arising regarding the topic and the impact to health and wellbeing, and present a campaign to improve health and wellbeing outcomes relating to the chosen health issue incorporating the role of a practitioner.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)	Duration (if exam)	Word count (or equivalent if appropriate)
1	1-4	Poster Presentation	100%	10 mins	2,500

**Learning and Teaching Strategies:**

A mixed delivery approach will include: lectures, seminars and expert guest speakers. Sessions will comprise of the presentation of information, reading, case studies, group work, in-class discussion, Moodle forums for asynchronous discussion and click view materials related to session content. This will aid the tutor to monitor student's learning through formative assessment. Tutorials will be offered to guide learning and collation of information for the summative assessment.

**Syllabus outline:**

Dimensions of wellbeing: physical, psychological, social, emotional, spiritual, intellectual and environmental

Key factors that influence and impact upon the health, mental health of individuals across the lifespan including: diet, exercise, poverty, housing, impacting of parenting, parental health, relationships, accidents, infectious diseases and substance use/misuse

Strategies to promote health, mental health and Wellbeing

Key legislation and policy that impact upon current practice

**Indicative Bibliography:**

**Essential reading**

**Websites:**

Future Generations Wales, Welsh Government: <https://futuregenerations.wales/>

Mental Health Foundation Wales: <https://www.mentalhealth.org.uk/wales>

Public Health Wales: <http://www.wales.nhs.uk/sitesplus/888/home>

Welsh Government: Wellbeing and Future Generations Act (2015)

<https://futuregenerations.wales/about-us/future-generations-act/>

World Health Organisation: <http://www.who.int/>

**Other indicative reading**