

Module specification

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|---------------|---------------------------------|
| Module code | HLT417 |
| Module title | Applied Physiology in Wellbeing |
| Level | 4 |
| Credit value | 20 |
| Faculty | FSLS |
| Module Leader | Catherine Hewins |
| HECoS Code | 100246 |
| Cost Code | GANG |

Programmes in which module to be offered

| Programme title | Is the module core or option for this programme |
|--|---|
| BSc (Hons) Health and Wellbeing | Core |
| BSc (Hons) Mental Health and Wellbeing | Core |
| Dip HE Contemporary Health Studies | Core |
| BSc (Hons) Biomedical Science | Core |

Pre-requisites

None

Breakdown of module hours

| | |
|--|----------------|
| Learning and teaching hours | 40 hrs |
| Placement tutor support | 0 hrs |
| Supervised learning e.g. practical classes, workshops | 0 hrs |
| Project supervision (level 6 projects and dissertation modules only) | 0 hrs |
| Total active learning and teaching hours | 40 hrs |
| Placement / work based learning | 0 hrs |
| Guided independent study | 160 hrs |
| Module duration (total hours) | 200 hrs |

| For office use only | |
|-----------------------|----------------|
| Initial approval date | December 2016 |
| With effect from date | September 2017 |

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|------------------------------|---|
| For office use only | |
| Date and details of revision | 21/04/2021 addition of BSc Biomedical Science programme |
| Version number | 2 |

Module aims

This module aims to:

1. Develop understanding of the normal physiological functioning of the main body systems, and the maintenance of homeostasis in healthy individuals.
2. Explore some of the key health behaviours that can help to maintain normal physiology for health and well-being

Module Learning Outcomes - at the end of this module, students will be able to:

| | |
|---|---|
| 1 | Identify and explain normal anatomy and physiology in key body systems. |
| 2 | Define how normal homeostatic mechanisms maintain health and wellbeing in an individual |
| 3 | Recognise and define key health behaviours that help to maintain normal health and wellbeing of an individual |

Assessment

Indicative Assessment Tasks:

This section outlines the type of assessment task the student will be expected to complete as part of the module. More details will be made available in the relevant academic year module handbook.

Examination: (100%, 1 ½ hours) A Multiple choice, short answer questions and diagrams to test students' knowledge of the anatomy and physiology of key body systems and homeostatic mechanisms and key health behaviours

| Assessment number | Learning Outcomes to be met | Type of assessment | Weighting (%) |
|-------------------|-----------------------------|--------------------|---------------|
| 1 | 1-3 | Examination | 100% |

Derogations

N/A

Learning and Teaching Strategies

Interactive lectures will be used to provide core knowledge. Student learning will be further directed and enhanced by online materials, quizzes and workbooks, tutorials and podcasts. An online Moodle forum will be established to facilitate discussion and the sharing of learning and resources within the student community.

Formative assessment will be provided in dedicated seminar sessions focussing on data interpretation and relevant case studies.

Indicative Syllabus Outline

This module takes a systems approach to the study of anatomy and physiology to provide an overview of key physiological systems including normal homeostatic mechanisms:

The Integumentary System

The Skeletal System

The Muscular System

The Nervous System

The Special Senses

The Endocrine System

The Cardiovascular System

The Lymphatic System and Immunity

The Respiratory System

The Digestive System

The Urinary System

The Reproductive Systems

The influence of key health behaviours on maintaining normal physiology and wellbeing in relation to each of the key body systems in adults and older adults

Indicative Bibliography:

Please note the essential reads and other indicative reading are subject to annual review and update.

Essential Reads

Garrett, L. K. (2013), *Get ready for A&P*. 3rd Edition, London: Pearson Education.

Iles, R. and Docherty, S (2012) *Biomedical Sciences: Essential Laboratory Medicine*. London: John Wiley & Sons

Marieb, E. N. (2017) *Essentials of Human Anatomy and Physiology*. 12th edition, Harlow: Pearson Education

Upton, D. and Thirlaway, K, (2014) *Promoting Healthy Behaviour: A Practical Guide*. 2 nd Edition, Abingdon: Routledge

Other indicative reading

Reisner, E and Reisner, H (2016) *Crowley's An Introduction To Human Disease: Pathology And Pathophysiology* (10th Ed) London: Jones and Bartlett

Employability skills – the Glyndŵr Graduate

Each module and programme is designed to cover core Glyndŵr Graduate Attributes with the aim that each Graduate will leave Glyndŵr having achieved key employability skills as part of their study. The following attributes will be covered within this module either through the content or as part of the assessment. The programme is designed to cover all attributes and each module may cover different areas.

Core Attributes

Engaged

Key Attitudes

Commitment

Curiosity

Practical Skillsets

Digital Fluency

Organisation

Critical Thinking

Communication