

Module specification

When printed this becomes an uncontrolled document. Please access the **Module Directory** for the most up to date version by clicking on the following link: [Module directory](#)

Refer to the module guidance notes for completion of each section of the specification.

Module code	HLT423
Module title	Introduction to Public Health and Wellbeing
Level	4
Credit value	20
Faculty	Social and Life Sciences
Module Leader	Dr Sharon Wheeler
HECoS Code	100653
Cost Code	GAHW

Programmes in which module to be offered

Programme title	Is the module core or option for this programme
Standalone module aligned to BSc (Hons) Public Health and Wellbeing for QA purposes.	Option

Pre-requisites

None

Breakdown of module hours

Learning and teaching hours	36 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	36 hrs
Placement / work based learning	0 hrs
Guided independent study	164 hrs
Module duration (total hours)	200 hrs

For office use only	
Initial approval date	05/11/2020
With effect from date	01/03/2021
Date and details of revision	
Version number	1

Module aims

The world is currently changing at a rapid pace. Globalisation, new technologies, and a growing and ageing population can be linked to issues such as climate change, air pollution, loneliness and the pandemic spread of viruses. These developments in society have implications for people's health, mental health and wellbeing, as well as the functioning of global health systems. This module will introduce students to some of the issues that are presenting challenges to people's health and wellbeing in today's society, as well as individual and community strategies for developing health and wellbeing in challenging times. It will also encourage students to question and consider what a resilient and responsive public health system would look like.

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

1	Identify factors in society that impact upon people's health and wellbeing.
2	Recognise existing and emerging public health challenges.
3	Recommend individual and community strategies for developing health and wellbeing in challenging times.
4	Consider factors that contribute to a resilient and responsive public health system.

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.

Assessment 1: Students will be required to participate in a series of discussion forums related to learning outcomes 1 and 2 (1,000 words).

Assessment 2: Students will be required to complete a reflective essay that addresses learning outcomes 3 and 4 (1,500 words).

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1 and 2	Learning logs/journals	50
2	3 and 4	Reflective Practice	50

Derogations

None

Learning and Teaching Strategies

This module will be delivered via a 'blended learning' approach. Directed study tasks, such as recorded lectures, discussion forums, quizzes, case studies, group tasks, workbooks, key readings and reflective activities, will be made available on the Virtual Learning Environment on a weekly basis. Alongside this, a number of 'live' seminars will be held (either in a physical classroom or via an online platform), in order to facilitate discussion and debate and support students to progress with their learning. These will be recorded and made available on the VLE. Students will be able to self-select whether to attend the 'live' sessions synchronously or access them asynchronously by watching the recording. This will enable students to engage with the classroom and VLE as they choose and give real control and flexibility over how and when learning occurs.

Indicative Syllabus Outline

The content will be updated regularly to reflect the evolving nature of the public health and wellbeing landscape, however, indicative content is as follows:

- Global pandemics
- Public health
- Public mental health
- Wellbeing and happiness
- A life-course approach
- Inequalities in health and wellbeing
- Working with specific populations
- Settings for health improvement and promotion
- Health behaviour and behaviour change
- Strategies for developing health and wellbeing

Indicative Bibliography:

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

Essential Reads

Public Health Wales: <http://www.publichealthwales.wales.nhs.uk/>

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

Detels, R., Gulliford, M., Karim, Q. and Tan, C. (2015), *Oxford Textbook of Global Public Health*. 6th ed. Oxford: Oxford University Press.

Other indicative reading

Public Health England: <https://www.gov.uk/government/organisations/public-health-england>

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

Ratcliff, K. (2017), *The Social Determinants of Health: Looking Upstream*. Cambridge: Polity Press.

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. [Click here to read more about the Glyndwr Graduate attributes](#)

Guidance, from the following list, delete the attributes that are not covered by this module

Core Attributes

Engaged
Enterprising
Creative
Ethical

Key Attitudes

Commitment
Curiosity
Resilience
Confidence
Adaptability

Practical Skillsets

Digital Fluency

Organisation

Leadership and Team working

Critical Thinking

Emotional Intelligence

Communication