

## Module specification

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Module code	HLT428
Module title	Key Concepts in Health, Mental Health and Wellbeing
Level	4
Credit value	20
Faculty	SLS
Module Leader	Christopher White
HECoS Code	100473
Cost Code	GAHW

### Programmes in which module to be offered

Programme title	Is the module core or option for this programme
BSc(Hons) Public Health and Wellbeing	Core
BSc(Hons) Mental Health and Wellbeing	Core
Dip HE Health and Social Wellbeing	Core

### 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
<b>Total active learning and teaching hours</b>	<b>36 hrs</b>
Placement / work based learning	0 hrs
Guided independent study	164 hrs
<b>Module duration (total hours)</b>	<b>200 hrs</b>

For office use only	
Initial approval date	6 <sup>th</sup> December 2021
With effect from date	September 2022
Date and details of revision	

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Version number	1

## Module aims

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This module will provide students with a grounding in key theoretical concepts needed to study public health, mental health and wellbeing. It will encourage students to question common assumptions and develop a more reality congruent understanding of concepts and issues.

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

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1	Recognise what a key concept is and the value of key concepts for studying health, mental health and wellbeing.
2	Explain key concepts from sociological and psychological theories.
3	Apply key concepts from sociological and psychological theories to real life issues in health, mental health and wellbeing fields.

## Assessment

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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.

Students will be required to produce a 2,000-word 'key concepts' document. They will be invited to choose a specified number of concepts from a prescribed list, and for each they should offer an academic definition and deeper discussion of the meaning and value of the concept in a health, mental health and wellbeing context.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1, 2, 3	Written Assignment	100%

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## **Derogations**

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None.

## **Learning and Teaching Strategies**

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The learning and teaching strategy for this module follows WGU's Active Learning Framework. Students are required to attend 'synchronous' workshops that will include the delivery of module content alongside individual and group discussions and tasks. They are also required to complete 'asynchronous' directed study tasks provided on the Virtual Learning Environment (VLE), such as watching recorded lectures, engaging with discussion forums, and undertaking quizzes, individual and group tasks, key readings and reflective activities.

## **Indicative Syllabus Outline**

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- Definitions of theory, concept, model, framework
- Key disciplines: Sociology, psychology, biology
- What is a 'person'?
- What is the 'mind'?
- Individual and society
- Nature and nurture
- Socialisation
- Culture and ideology
- Stigma
- Habitus

## **Indicative Bibliography:**

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

### **Essential Reads**

Roberts, K. (2008), *Key Concepts in Sociology*. Basingstoke: Palgrave Macmillan.

### **Other indicative reading**

Pilgrim, D. (2019), *Key Concepts in Mental Health*. London: Sage.

Thurston, M. (2014), *Key Themes in Public Health*. London: Routledge.

Winstanley, J. (2006), *Key Concepts in Psychology*. Basingstoke: Palgrave Macmillan.

Yuill, C. (2010), *Key Concepts in Health Studies*. London: Sage.

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## **Employability skills – the Glyndŵr Graduate**

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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  
Creative  
Ethical

### **Key Attitudes**

Commitment  
Curiosity  
Confidence  
Adaptability

### **Practical Skillsets**

Organisation  
Critical Thinking  
Emotional Intelligence  
Communication