

Module code: MOD005884	Version: 3 Date Amended: 05/Oct/2022
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1. Module Title
Promoting Health and Wellbeing

2a. Module Leader
Nurudeen Adesina

2b. School
School of Allied Health and Social Care

2c. Faculty
Faculty of Health, Medicine and Social Care

3a. Level
4

3b. Module Type
Standard (fine graded)

4a. Credits
30

4b. Study Hours
300

5. Restrictions			
Type	Module Code	Module Name	Condition
Pre-requisites:	None		
Co-requisites:	None		
Exclusions:	None		
Courses to which this module is restricted:	BSc (Hons) Public Health		

LEARNING, TEACHING AND ASSESSMENT INFORMATION

6a. Module Description

You'll think about inequalities and risky and dangerous lifestyle factors, both in the UK and globally, which impact different sections of the population. As you begin to link the way behaviour, lifestyle and even policies and legislation can affect health, you'll consider the public health efforts in addressing these through health promotion and programmes. You'll learn about common behaviour change theories that are used to shape health promotion programmes and explore past and present health promotion approaches including mass media, social marketing and community development..

6b. Outline Content

- Concepts of health, wellbeing and disease
- Understanding the concepts of health and wellbeing
- Social determinants of health
- Historical and contemporary perspectives on health promotion
- Political and policy contexts of health promotion and public health
- Behaviour change theory (Individual and community)
- Health promotion models and approaches
- Evaluating health promotion.

6c. Key Texts/Literature

The reading list to support this module is available at: <https://readinglists.aru.ac.uk/>

6d. Specialist Learning Resources

Gottwald, Mary., and Goodman-Brown, Jane. A Guide To Practical Health Promotion. Maidenhead: McGraw-Hill Education, 2012. Web.

Closing the gap in a generation: WHO report on social determinants of health
http://apps.who.int/iris/bitstream/10665/43943/1/9789241563703_eng.pdf

International Journal of Health Promotion and Education.

<http://www.apho.org.uk/>

7. Learning Outcomes (threshold standards)		
No.	Type	On successful completion of this module the student will be expected to be able to:
1	Knowledge and Understanding	Identify and discuss the factors that contribute to health and wellbeing.
2	Knowledge and Understanding	Analyse the contexts of health promotion in different eras and geographical locations.
3	Intellectual, practical, affective and transferrable skills	Demonstrate effective ways of communicating health information with groups
4	Intellectual, practical, affective and transferrable skills	Review recent policy and legislation designed to promote health within specific populations

8a. Module Occurrence to which this MDF Refers				
Year	Occurrence	Period	Location	Mode of Delivery
2024/5	ZZF	Template For Face To Face Learning Delivery		Face to Face

8b. Learning Activities for the above Module Occurrence			
Learning Activities	Hours	Learning Outcomes	Details of Duration, frequency and other comments
Lectures	24	1-4	Lectures, seminars, workshops. 2 hr x 12 weeks
Other teacher managed learning	36	1-4	Group-work (e.g.TBL) 3 hr x 12 weeks
Student managed learning	240	1-4	Preparation reading and assignment
TOTAL:	300		

9. Assessment for the above Module Occurrence					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
010	Coursework	1-4	100 (%)	Fine Grade	30 (%)
Podcast: 10-15 minute podcast raising awareness of a specific public health issue. Equivalent to 3000 words.					

In order to pass this module, students are required to achieve an overall mark of 40% (for modules at levels 3, 4, 5 and 6) or 50% (for modules at level 7*).

In addition, students are required to:

- (a) achieve the qualifying mark for each element of fine graded assessment as specified above**
- (b) pass any pass/fail elements**

[* the pass mark of 50% applies for all module occurrences from the academic year 2024/25 – see Section 3a of this MDF to check the level of the module and Section 8a of this MDF to check the academic year]