



Module Definition Form (MDF)

Module code: MOD009868	Version: 2 Date Amended: 11/Apr/2025
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1. Module Title
Nature and Human Wellbeing

2a. Module Leader
Null

2b. School
Writtle School of Agriculture, Animal and Environmental Sciences

2c. Faculty
Faculty of Science and Engineering

3a. Level
5

3b. Module Type
Standard (fine graded)

4a. Credits
15

4b. Study Hours
150

5. Restrictions			
Type	Module Code	Module Name	Condition
Pre-requisites:	None		
Co-requisites:	None		
Exclusions:	None		
Courses to which this module is restricted:			

LEARNING, TEACHING AND ASSESSMENT INFORMATION

6a. Module Description

Improving human connection to nature has the potential to enhance both physical and mental health, while also increasing public support for conservation efforts. In this module, you'll explore the links between human wellbeing and the connection to nature. You'll evaluate how conservation initiatives can incorporate human wellbeing into their goals and outcomes, and you'll be introduced to measures of wellbeing and nature connectedness, including their application to specific populations.

As part of your assessment, you'll develop an evidence-based plan tailored to the needs of a specific population and produce a professional report suitable for industry use. Throughout the process, you'll be encouraged to adopt an inclusive approach to intervention design and identify strategies to meet the diverse needs of the population in focus.

6b. Outline Content

This module covers the effect of nature connectedness and ecopsychology on human wellbeing. The current literature on the physical, mental, emotional and social benefits of human interaction with nature is discussed and evaluated. Methods of evaluation of nature connectedness, wellbeing and related concepts are introduced and their appropriateness for various populations discussed. Case studies are used to consider how to improve human wellbeing in urban, rural and wild contexts. Approaches to encouraging nature connectedness are evaluated in relation to different populations. Issues of inclusivity, trauma-informed care and specific individual and population needs are considered throughout.

6c. Key Texts/Literature

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

6d. Specialist Learning Resources

None

7. Learning Outcomes (threshold standards)

No.	Type	On successful completion of this module the student will be expected to be able to:
1	Intellectual, practical, affective and transferrable skills	Evaluate the evidence linking nature connectedness with measures of human wellbeing
2	Intellectual, practical, affective and transferrable skills	Develop approaches to increasing nature connectedness for different populations
3	Intellectual, practical, affective and transferrable skills	Create an evidence-based strategy for improving human wellbeing via connection to nature

8a. Module Occurrence to which this MDF Refers				
Year	Occurrence	Period	Location	Mode of Delivery
2026/7	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	33	1-3	Lectures
Other teacher managed learning	6	1-3	Workshops
Student managed learning	111	1-3	Self-Directed Learning
TOTAL:	150		

9. Assessment for the above Module Occurrence					
The assessment for some modules includes a presentation (see below for details on how this particular module is assessed). We recognise that presenting, especially to a large group, can cause significant anxiety or distress for some students. If this may affect you, please contact your Module Leader or the Disability and Neurodiversity Service as early as possible. We will work with you to consider appropriate reasonable adjustments. Depending on your individual needs, these might include, for example, presenting to a smaller group or presenting only to a member of academic staff.					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
010	Coursework	1-3	100 (%)	Fine Grade	30 (%)
Report (3000 Words) - 3000 word report evaluating an approach to improving human wellbeing via contact with nature					

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]
