

Module code: MOD010616		Version: 1 Date Amended: 24/Sep/2024	
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1. Module Title	
Wellness and Resilience	

2a. Module Leader	
Null	

2b. School	
School of Allied Health and Social Care	

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

3a. Level	
5	

3b. Module Type	
Theory and practice (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:	Osteopathy pathways		

LEARNING, TEACHING AND ASSESSMENT INFORMATION

6a. Module Description

Supporting student health and welfare is of great importance. In this module, a range of wellness and resilience strategies are explored (such as movement & exercise; breath work; mindfulness; sleep; nutrition), which students can use for their own benefit. They will also learn how to engage with patients ethically and respectfully to explore underlying lifestyle choices and habitual patterns to promote wellness.

6b. Outline Content

Constructs of health & illness, and the sick role.

Positive language, active listening, behaviour change strategies.

Movement/exercise.

Breath work, mindfulness, sleep, nutrition.

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	Knowledge and Understanding	Demonstrate critical insight into strategies for wellness and resilience based on sound evidence, learning to discriminate between 'fact' and 'fad'.
2	Intellectual, practical, affective and transferrable skills	Develop personalised wellness and resilience strategies alongside the skills required to deliver them.
3	Intellectual, practical, affective and transferrable skills	Communicate wellness strategies & interventions effectively, respectfully, without prejudice and in compliance with medicolegal requirements regarding confidentiality, capacity and consent
4	Intellectual, practical, affective and transferrable skills	Gain insight into wellness challenges through personal reflection and peer discussions.

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	1-4	A mix of theory and practical work and small group activities.
Other teacher managed learning	0	None	None
Student managed learning	117	1-4	Attendance at the outpatient clinic will help support student learning.
TOTAL:	150		

9. Assessment for the above Module Occurrence					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
010	Coursework	1-3	50 (%)	Fine Grade	40 (%)
2000 words. Creation of wellness intervention plan(s)					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
011	Practical	2-4	50 (%)	Fine Grade	40 (%)
30 mins. Practical delivery of wellness intervention plan(s)					

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]