

Module code: MOD011584	Version: 1 Date Amended: 26/Apr/2026
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1. Module Title
Foundations of Health Across the Life Course

2a. Module Leader
Carl Allen

2b. School
ARU Peterborough

2c. Faculty
ARU Peterborough

3a. Level
3

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:			

LEARNING, TEACHING AND ASSESSMENT INFORMATION

6a. Module Description

This module will introduce you to the diverse fields of nursing and midwifery and provide you an essential foundation for further study in healthcare. You will explore the roles, values, and expectations of nurses and midwives as outlined by the NMC Code, and develop an understanding of the delivery of healthcare across the life course. Through discussions of real-world contexts, safeguarding, and public health, you will begin to appreciate the breadth of care and settings in which nurses and midwives work. The module also supports you to develop academic writing, critical thinking, and reflective practice, preparing you for the demands of Level 4 study.

This module will provide you with an opportunity to apply theory and develop skills of professional practice, as well as provide an opportunity to develop written and verbal communication skills in line with the requirements of the health and social care professional and regulatory bodies, and an introduction to pharmacology, drug calculation and data use in healthcare. There will also be opportunities for you to develop interpersonal skills in preparation for a career within health and social care services, and improve your presentation and interview techniques.

6b. Outline Content

Introduction to the fields of nursing (adult, child, mental health, learning disability) and midwifery
Healthcare across the life course: infants, children, young people, adults, older adults, and reproductive health
Introduction to professional values and behaviours and the NMC Code
Introduction to foundations of care, communication, and consent
Public health
Safeguarding and accountability
Data, pharmacology, and numeracy
Personal and professional development through reflective practice

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	Identify the different fields of nursing and midwifery and explain how care is delivered across the life course.
2	Knowledge and Understanding	Explain the core values, ethics, and professional standards guiding nursing and midwifery practice (e.g. NMC Code).
3	Knowledge and Understanding	Understand key safeguarding principles, and how social, cultural, and economic factors impact health.
4	Intellectual, practical, affective and transferrable skills	Search, evaluate, and reference academic, policy and professional sources using appropriate conventions.
5	Intellectual, practical, affective and transferrable skills	Reflect on personal learning and communicate effectively using academic formats (oral and written).
6	Intellectual, practical, affective and transferrable skills	Demonstrate the practical interpretation and application of data in healthcare.

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	24	1-6	Weekly sessions on theory, professions, and life course care
Other teacher managed learning	48	1-6	Workshops, seminars, presentations, peer learning
Student managed learning	228	1-6	Student managed learning
TOTAL:	300		

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	1-4	60 (%)	Fine Grade	30 (%)

3000 words or equivalent – Individual presentation

Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
011	Coursework	5-6	40 (%)	Fine Grade	30 (%)

1500 words or equivalent

Assessment components for Element 011

Component No.	Assessment Title	Submission Method	Weighting (%)	Components needed for Mark Calculation?
011/1	Learning and reflective Portfolio LO5. 1000-word learning portfolio plus reflective activity.		60 (%)	All
011/2	Learning and reflective Portfolio LO5. Canvas based multiple choice questions (MCQ)		40 (%)	

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]