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Refer to guidance notes for completion of each section of the specification.

<b>Module Code:</b>	HLT422
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<b>Module Title:</b>	Wellbeing in a Changing World
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<b>Level:</b>	4	<b>Credit Value:</b>	20
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<b>Cost Centre(s):</b>	GANG	<b>JACS3 code:</b>	B900
		<b>HECoS code:</b>	100473

<b>Faculty</b>	SLS	<b>Module Leader:</b>	Dr Sharon Wheeler
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Scheduled learning and teaching hours	0 hrs
Supervised learning eg practical classes, workshops	0 hrs
<b>Total contact hours</b>	<b>0 hrs</b>
Guided independent study	200 hrs
<b>Module duration (total hours)</b>	<b>200 hrs</b>

Programme(s) in which to be offered (not including exit awards)	Core	Option
Standalone module aligned to BSc (Hons) Public Health and Wellbeing for QA purposes.	<input type="checkbox"/>	<input checked="" type="checkbox"/>

<b>Pre-requisites</b>
None.

<b>Office use only</b>	
Initial approval: 30/03/2020	Version no: 1
With effect from: 30/03/2020	
Date and details of revision:	Version no:

## Module Aims

The world is currently changing at a rapid pace. Globalisation, new technologies, and a growing and ageing population can be linked to issues such as climate change, air pollution, loneliness and the pandemic spread of viruses. These developments in society have implications for people's health, mental health and wellbeing, as well as the functioning of global health systems. This module will introduce students to some of the issues that are presenting challenges to people's health in today's society, as well as individual and community strategies for developing wellbeing in challenging times. The module is designed to be uplifting, open to all learners, and reflect the changing nature of the public health, mental health and wellbeing landscape.

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

1	Reflect upon the factors in society that impact upon people's wellbeing.
2	Understand new and emerging public health challenges.
3	Consider potential individual and community strategies for developing wellbeing.

<b>Employability Skills The Wrexham Glyndŵr Graduate</b>	<b>I = included in module content A = included in module assessment N/A = not applicable</b>
<i>Guidance: complete the matrix to indicate which of the following are included in the module content and/or assessment in alignment with the matrix provided in the programme specification.</i>	
<b>CORE ATTRIBUTES</b>	
Engaged	I
Creative	I
Enterprising	N/A
Ethical	I
<b>KEY ATTITUDES</b>	
Commitment	N/A
Curiosity	I
Resilient	I
Confidence	I
Adaptability	I
<b>PRACTICAL SKILLSETS</b>	
Digital fluency	I
Organisation	I
Leadership and team working	N/A
Critical thinking	I
Emotional intelligence	I

Communication	1
<b>Derogations</b>	
None.	

<b>Assessment:</b>			
Indicative Assessment Tasks: <i>Guidance: please ensure you add indicative word count and durations within the narrative body of this section</i>			
Students will be required to complete a number of online discussion forums on topics of their choosing. The forums will enable students to reflect and demonstrate their learning. The minimum expectation for the word count is 1,000 words.			
Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1 to 3	Learning logs/journals	100
2		Choose an item.	
3		Choose an item.	
4		Choose an item.	

<b>Learning and Teaching Strategies:</b>
This module will be delivered entirely online and the learning and teaching strategies will be accessible and wide-ranging in order to cater for a diverse audience. It is anticipated that content will take the form of videos, blogs and discussion forums alongside directed study and reading. The schedule for the content will be flexible to reflect the changing nature of society and public health. Students will be able to self-select what and how much content they engage with.

<b>Syllabus outline:</b>
The syllabus will be updated regularly to reflect the changing nature of society and public health. Indicative topics include: <ul style="list-style-type: none"> <li>• Global pandemics</li> <li>• Public health</li> <li>• Mental health</li> <li>• Wellbeing</li> <li>• Happiness</li> <li>• A life-course approach</li> <li>• Health and wellbeing among different populations</li> </ul>

- Health behaviour and behaviour change
- Social prescribing
- Strategies for developing wellbeing

### **Indicative Bibliography:**

#### **Essential reading**

Public Health Wales: <http://www.publichealthwales.wales.nhs.uk/>

Public Health England: <https://www.gov.uk/government/organisations/public-health-england>

Mental Health Foundation: <https://www.mentalhealth.org.uk/>

World Health Organisation: <https://www.who.int/>

#### **Other indicative reading**

Kucharski, A. et al. (2020), Early dynamics of transmission and control of COVID-19: a mathematical modelling study. *The Lancet*, S1473-3099(20): 30161-4.