

MODULE SPECIFICATION FORM

Module Title: Perspectives on Health and Wellbeing	Level: 4	Credit Value: 20
--	----------	------------------

Module code: HLT407	Cost Centre: GANG	JACS3 code: C841
---------------------	-------------------	------------------

Semester(s) in which to be offered: 1	With effect from: September 2013
---------------------------------------	----------------------------------

Office use only: To be completed by AQSU:	Date approved: September 2013 Date revised: - Version no: 1
---	---

Existing/New: New	Title of module being replaced (if any):
-------------------	--

Originating Academic Department: Health Sciences	Module Leader: Christine O'Grady
--	----------------------------------

Module duration (total hours): 200 Scheduled learning & teaching hours: 40 Independent study hours: 160 Placement hours	Status: core/option/elective (identify programme where appropriate): Core BSc (Hons) Health and Wellbeing
--	--

Programme(s) in which to be offered: BSc (Hons) Health and Wellbeing	Pre-requisites per programme (between levels):
---	--

<p>Module Aims:</p> <p>The module aims to</p> <ul style="list-style-type: none"> i) Enable students to explore psychological perspectives on health and wellbeing in the context of individuals and society. ii) Enable students to explore sociological ideas of health iii) Understand the contested nature of health theories and beliefs and how these influence health policy, professional and lay conceptions and individual and societal behaviours.
--

Expected Learning Outcomes:

At the end of this module, students will be able to:

Knowledge and Understanding:

1. Draw upon sociological and psychological theories of health and wellbeing to provide an examination of a common health issue.
2. Understand how differing perspectives of individual and societal health influence political, professional and lay approaches to health, health risk and health behaviours
3. Explain medical and social models of health and describe their impact on the development of healthcare policy and practice
4. Reflect upon the professional values necessary to support individuals in improving health and wellbeing

Transferable/Key Skills and other attributes:

Articulate opinions and formulate arguments effectively in writing.

Learn independently and utilise problem-solving skills.

Use information and communications technology competently and effectively for information gathering and retrieval.

Demonstrate an awareness of equal opportunities and diversity issues in context.

Demonstrate competence in skills transferable to the workplace.

Assessment:

1. *Essay: (100%)* The student will select a common health issue and provide an examination of the issue and associated health behaviours at individual and societal level by drawing upon ideas from psychology and sociology. An example could be obesity and weight loss, or smoking and smoking cessation.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting	Duration (if exam)	Word count (or equivalent if appropriate)
1	1-4	Essay	100%		2500

Learning and Teaching Strategies:

Interactive lectures will be used to stimulate the development of core knowledge and understanding. This will be supported by service user stories, online materials, student directed work, smaller group seminar work, role play/simulation and tutorials. An online WIKI will be established to facilitate discussion and the sharing of learning and resources within the student community.

Syllabus outline:

Sociological theories and understandings of health and wellbeing across the lifespan; social constructions of health, medical and social models of health. Inequalities in health.

Health beliefs, common health risk perceptions and links with risk behaviours across the lifespan – for example - unhealthy diet, obesity, smoking, alcohol consumption, drug use, sexual behaviour. Stress and health. Socio cognitive and stage models of health behaviour change. Individual approaches to health behaviours and risk reduction.

Introduction to values based healthcare, including personal preferences and experiences of health issues, vulnerability, professional caring, compassion, dignity, holism, diversity, social justice.

Bibliography:

Essential reading:

(teams should note that essential reading would not normally exceed 3 or 4 texts/journals)

Barry, A.M and Yuill, C (2011) *Understanding the Sociology of Health*. 3rd edition. Sage Publications Ltd

McCarthy, J and Rose, P (2010) *Values- based Health and Social Care. Beyond Evidence Based Practice* Sage Publications Ltd

Morrison, V and Bennett, P (2012) *Introduction to Health Psychology* 3rd edition. Pearson

Other indicative reading:

Ogden, J (2012) *Health Psychology: A textbook* 5th edition Open University Press

White, K (2008) *An Introduction to the Sociology of Health and Illness*. Sage Publications

Woodbridge, K and Fulford KWM (2004) *Whose Values? A workbook for values-based practice in mental health care*. London: Sainsbury Centre for Mental Health.

Journals:

Bryant, T (2009) Social Inequalities, Public Policy, and Health *Humanity & Society* 2009 33: 118 <http://has.sagepub.com/content/33/1-2/118>

Journal of Health Psychology Sage publications

Health: An interdisciplinary Journal for the social study of health, illness and medicine. Sage Publications