

**MODULE SPECIFICATION FORM**

Module Title: Normal Physiology in Health and Wellbeing	Level: 4	Credit Value: 20
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Module code: HLT411	Cost Centre: GANG	JACS3 code: B120
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Semester(s) in which to be offered: 2	With effect from: September 2013
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<b>Office use only:</b> To be completed by AQSU:	Date approved: September 2013 Date revised: - Version no: 1
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New Module	Title of module being replaced (if any):
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Originating Academic Department: Health Sciences	Module Leader: Cathy Hewins
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Module duration (total hours): 200 Scheduled learning & teaching hours: 40 Independent study hours: 160 Placement hours - None	Status: core  BSc (Hons)Health, Wellbeing and Community
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Programme(s) in which to be offered: BSc (Hons)Health, Wellbeing and Community	Pre-requisites per programme (between levels):
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<p><b>Module Aims:</b>          To develop understanding of the normal physiological functioning of body systems, normal growth and development and the maintenance of homeostasis in healthy individuals.          To explore some of the key health behaviours that can help to maintain normal physiology for health and well being</p>
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**Expected Learning Outcomes:**

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

Knowledge and Understanding:

1. Demonstrate understanding of normal anatomy and physiology in key body systems.
2. Define how normal homeostatic mechanisms maintain health in an individual.
3. Explain the process of human physiological growth and development

Transferable/Key Skills and other attributes:

Use information and communications technology competently and effectively in a range of applications to include information gathering and retrieval.

Learn independently and utilise some problem-solving skills.

**Assessment:**

1. Examination: (100%) A Multiple choice and short answer questions to test students knowledge of the anatomy and physiology of key body systems and homeostatic mechanisms

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting	Duration (if exam)	Word count (or equivalent if appropriate)
1	1, 2, 3	Examination	100%	1 hour	

**Learning and Teaching Strategies:**

Interactive lectures will be used to provide core knowledge. Student learning will be further directed and enhanced by online materials, quizzes and workbooks, smaller group seminar work and tutorials. An online Moodle forum will be established to facilitate discussion and the sharing of learning and resources within the student community.. Wiley Plus interactive learning zone will be used to support students' directed learning.

### **Syllabus outline:**

This module takes a systems approach to the study of anatomy and physiology to provide an overview of key physiological systems: The Blood and Fluid Balance / The Integumentary System/ The Skeletal System / The Muscular System / The Nervous System / The Special Senses / The Endocrine System / The Cardiovascular System / The Lymphatic System and Immunity / The Respiratory System / The Digestive System / The Urinary System / The Reproductive Systems.

The module will introduce students to key physiological stages in human growth and development: the Cell / Genetics / Embryology / infancy, childhood, adolescence, adults, older adults.

Factors affecting physiological health and wellbeing in children and adults and the influence of health behaviours on maintaining normal physiology

### **Bibliography:**

Essential reading:

Garrett, L. K. (2009), *Get ready for A&P*. 2<sup>nd</sup> Edition, London: Pearson Education.

Jenkins, G.W. & Tortora, G.J. (2012), *Anatomy and Physiology: from science to life..* 3<sup>rd</sup> edition, Hoboken: John Wiley and Sons.

Marieb, E. N. (2012) *Essentials of Human Anatomy and Physiology* 10<sup>th</sup> edition, San Francisco: Pearson Education

Other indicative reading:

HBSC (2013) *Health behaviour in School aged children* [www.hbsc.org](http://www.hbsc.org)

MacGregor, J. (2008) *Introduction to the Anatomy and Physiology of Children: A guide for students of Nursing, Childcare and Health*, 2<sup>nd</sup> edition, Abingdon: Routledge

The Kings Fund (2013) *Healthy Behaviours*. The Kings Fund. [www.kingsfund.org.uk/time-to-think-differently/trends/healthy-behaviours](http://www.kingsfund.org.uk/time-to-think-differently/trends/healthy-behaviours)

Cabinet Office (2010) *Applying behavioural insight to health* [www.gov.uk](http://www.gov.uk)