

## Module specification

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Module code	HLT427
Module title	Health, Wellbeing and the Body
Level	4
Credit value	20
Faculty	SLS
Module Leader	Catherine Hewins
HECoS Code	100473
Cost Code	GAHW

### Programmes in which module to be offered

Programme title	Is the module core or option for this programme
BSc(Hons) Public Health and Wellbeing	Core
BSc(Hons) Mental Health and Wellbeing	Core
Dip HE Health and Social Wellbeing	Core
BSc (Hons) Biomedical Science	Core

### Pre-requisites

None

### Breakdown of module hours

Learning and teaching hours	36 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	0 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
<b>Total active learning and teaching hours</b>	<b>36 hrs</b>
Placement / work based learning	0 hrs
Guided independent study	164 hrs
<b>Module duration (total hours)</b>	<b>200 hrs</b>

<b>For office use only</b>	
Initial approval date	6 <sup>th</sup> December 2021
With effect from date	September 2022

<b>For office use only</b>	
Date and details of revision	27/07/2022 – Addition of BSc (Hons) Biomedical Science
Version number	2

## Module aims

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This module will provide students with knowledge and understanding of the normal physiological functioning of the body and its systems and how homeostasis is regulated. It will discuss and explore key health behaviours that help to maintain normal physiology, as well as the physiological signs and symptoms of common physical and mental health problems.

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

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1	Identify and explain the normal anatomy and physiology in key body systems.
2	Define how body systems link together to help maintain normal homeostatic mechanisms and contribute to the health, mental health and wellbeing of an individual.
3	Discuss the physiological signs and symptoms of common physical and mental health problems.

## Assessment

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Indicative Assessment Tasks:

This section outlines the type of assessment task the student will be expected to complete as part of the module. More details will be made available in the relevant academic year module handbook.

Students will be required to undertake an examination (1 hour 30 minutes in duration). The examination will include multiple choice and short answer questions, as well as tasks such as the labelling of diagrams, which assess students' learning against the specified module learning outcomes.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1, 2, 3	Examination	100%

## Derogations

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None.

## Learning and Teaching Strategies

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The learning and teaching strategy for this module follows WGU's Active Learning Framework. Students are required to attend 'synchronous' workshops that will include the delivery of module content alongside individual and group discussions and tasks. They are also required to complete 'asynchronous' directed study tasks provided on the Virtual Learning Environment (VLE), such as watching recorded lectures, engaging with discussion forums, and undertaking quizzes, individual and group tasks, key readings and reflective activities.

## Indicative Syllabus Outline

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- Body systems:
  - e.g. skeletal system
  - e.g. cardiovascular system
  - e.g. endocrine system
- Homeostatic mechanisms of body systems
- Healthy anatomy and physiology
- Anatomy and physiology of common physical and mental health problems:
  - e.g. coronary heart disease
  - e.g. musculoskeletal disorders
  - e.g. anxiety
  - e.g. depression

## Indicative Bibliography:

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Please note the essential reads and other indicative reading are subject to annual review and update.

### Essential Reads

Marieb, E.N. and Keller, S.M. (2018), *Essentials of Human Anatomy and Physiology*, Global Edition, 12<sup>th</sup> ed. Harlow: Pearson Education Ltd.

### Other indicative reading

3D4Medical from Elsevier, (2019), *Essential Anatomy 5*, [Mobile App Ios and Android]. Available at <https://3d4medical.com/apps/essential-anatomy-5>. [Electronically accessed 16<sup>th</sup> September 2021]

Bryson, B. (2019), *The Body: A Guide for Occupants*. Doubleday.

Moini, J. (2019), *Anatomy And Physiology For Health Professionals*, 3<sup>rd</sup> ed. Jones & Bartlett Publishers.

Waugh, A. and Grant, A. (2018), *Ross and Wilson Anatomy and Physiology in Health and Illness*, 13<sup>th</sup> ed. London: Elsevier.

## Employability skills – the Glyndŵr Graduate

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Each module and programme is designed to cover core Glyndŵr Graduate Attributes with the aim that each Graduate will leave Glyndŵr having achieved key employability skills as part of

their study. The following attributes will be covered within this module either through the content or as part of the assessment. The programme is designed to cover all attributes and each module may cover different areas.

**Core Attributes**

Engaged  
Creative  
Ethical

**Key Attitudes**

Curiosity  
Confidence  
Adaptability

**Practical Skillsets**

Organisation  
Critical Thinking  
Emotional Intelligence  
Communication