

## Module specification

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Module code	HLT524
Module title	Health Behaviour across the Life Course
Level	5
Credit value	20
Faculty	SLS
Module Leader	Rachel Byron
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

## Pre-requisites

None.

## Breakdown of module hours

Learning and teaching hours	30 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>30 hrs</b>
Placement / work based learning	0 hrs
Guided independent study	170 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
Date and details of revision	
Version number	1

## Module aims

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This module will provide knowledge and understanding of human development and behaviour across the life course. It will introduce students to the life course framework as well as key psychological and sociological models and theories, and discuss their application to health, mental health and wellbeing-related behaviour.

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

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1	Identify the range of psychological and sociological models and theories that can be applied to make sense of health, mental health and wellbeing-related behaviours.
2	Discuss how key concepts in health, mental health and wellbeing relate to particular psychological and sociological models and theories.
3	Apply a psychological or sociological model or theory of their choice to explain a person's health, mental health and/or wellbeing-related behaviour over the life course.
4	Critically appraise the value of applying their chosen psychological or sociological model or theory.

## 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 write a 2,500-word essay that discusses a psychological or sociological model or theory of their choice and how it can explain a person's health, mental health and or wellbeing-related behaviour over the life course.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1, 2, 3, 4	Written Assignment	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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- The life-course framework:
  - Life stages, events and transitions
  - Adverse childhood experiences (ACEs)
  - Risk and protective factors
- Theories of human development:
  - e.g. Attachment Theory
  - e.g. Social Learning Theory
- Theories of human behaviour:
  - e.g. Self Determination Theory
  - e.g. Health Belief Model
  - e.g. Symbolic Interactionism
  - e.g. Figurational Sociology

## Indicative Bibliography:

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

### Essential Reads

Barry, A. and Yuill, C. (2016), *Understanding the Sociology of Health: An Introduction*. London: Sage.

### **Other indicative reading**

Green, L. (2017). *Understanding the Life Course: Sociological and Psychological Perspectives*. 2nd ed. Cambridge: Polity Press.

Larkin, M. (2013), *Health and Wellbeing across the Life Course*. London: Sage.

Marks, D., Murray, M. and Estacio, E. (2021), *Health Psychology: Theory, Research and Practice*. 6th ed. London: Sage.

Nettleton, S. (2013), *The Sociology of Health and Illness*. 3rd ed. Cambridge: Polity Press.

## **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**

Commitment  
Curiosity  
Confidence  
Adaptability

### **Practical Skillsets**

Organisation  
Critical Thinking  
Emotional Intelligence  
Communication