

## Module specification

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Module Code	HLT526
Module Title	Mental Health and the Body
Level	5
Credit value	20
Faculty	FSLS
HECoS Code	100473
Cost Code	GAHW
Pre-requisite module	N/A

### Programmes in which module to be offered

Programme title	Core/Optional/Standalone
BSc (Hons) Mental Health and Wellbeing	Core
Dip HE Health and Social Wellbeing	Core

### Breakdown of module hours

Learning and teaching hours	30 hrs
Placement tutor support hours	0 hrs
Supervised learning hours e.g. practical classes, workshops	0 hrs
Project supervision hours	0 hrs
<b>Active learning and teaching hours total</b>	<b>30 hrs</b>
Placement hours	0 hrs
Guided independent study hours	170 hrs
<b>Module duration (Total hours)</b>	<b>200 hrs</b>

### Module aims

This module will explore the relationships between physiology, physical health, lifestyle factors and mental health and wellbeing. Consideration will be given to the inter-dependence of many physical and mental health problems and the role of the medical model in the treatment of mental illness.

## Module Learning Outcomes

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

1	Identify the ways in which physiology, physical health and lifestyle behaviours affect mental health and wellbeing.
2	Describe the anatomical brain changes and biochemistry associated with mental illness, with particular focus on the body's stress response.
3	Describe how lifestyle factors, such as physical activity, nutrition, substance use, and sleep, can help trigger, perpetuate or alleviate the symptoms of mental ill-health.
4	Assess the reasons for co-morbidity of chronic health conditions and mental ill-health.

## Assessment

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.

Assessment 1:

Students will be required to produce and deliver a 15-minute presentation illustrating how physiology, physical health and lifestyle factors influence an individual's mental health and wellbeing. Students should select ONE mental health problem (e.g. depression, anxiety, schizophrenia, bipolar disorder) and explore how physiology, physical health and lifestyle factors can affect the etiology of the condition and how changes in these factors can be used in the alleviation and treatment of symptoms.

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1 - 5	Presentation	15 minutes	100%	N/A

## Derogations

N/A

## Learning and Teaching Strategies

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, undertaking quizzes, individual and group tasks, key readings and reflective activities.

## Welsh Elements

Students can access the Assessment Brief in Welsh and are encouraged to submit their presentation assessment in Welsh should they wish to do so.

## Indicative Syllabus Outline

- Co-morbidity of physical and mental health problems
- The role of genetics, brain anatomy and biochemistry in mental illness
- The medical model and use of medication such as SRRIs in the treatment of mental illness
- The impact of maternal stress and exposure to ACES on brain development
- Biological changes associated with Dementia, Parkinsons, Autism, Learning Disabilities and impact on mental health and wellbeing
- Psychological factors in recovery from physical illness
- Physiological changes occurring with the stress response and relaxation
- Using physical activity to reduce symptoms of mental ill-health and improve wellbeing
- Links between nutrition and mental health: brain-gut link, psychological aspects of food and weight.
- Substance use – affect on etiology of mental health problems and self-medicating

## Indicative Bibliography

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

Essential Reads:

Littrell, J. (2015), *Neuroscience for Psychologists and Other Mental Health Professionals*. New York: Springer Publishing Company.

Other indicative reading:

Mwebe, H. (2021), *Psychopharmacology: A Mental Health Professional's Guide to Commonly Used Medications*, 2nd Ed., Critical Publishing.

Schuh et al. (2021), 'Cross-sectional associations of leisure and transport related physical activity with depression and anxiety', *Journal of Psychiatric Research*, 140, p. 228-234.



Tong et al. (2021), 'Multimorbidity Study with Different Levels of Depression Status',  
*Journal of Affective Disorders*, 292, p. 30-35.

### Administrative Information

<b>For office use only</b>	
Initial approval date	06.12.2021
With effect from date	September 2022
Date and details of revision	April 2026: AM2 modification to change assessment from group to individual presentation, removal of one assessment, and associated learning outcome update; and AM0 modification to remove an indicative reading text.
Version number	02