

Module specification

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Module code	HLT621
Module title	Health Behaviour Change: Theory and Practice
Level	6
Credit value	20
Faculty	SLS
Module Leader	Dr Sharon Wheeler
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

Pre-requisites

None.

Breakdown of module hours

Learning and teaching hours	24 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
Total active learning and teaching hours	24 hrs
Placement / work based learning	0 hrs
Guided independent study	176 hrs
Module duration (total hours)	200 hrs

For office use only	
Initial approval date	6 th December 2021
With effect from date	September 2022
Date and details of revision	
Version number	1

Module aims

This module will provide knowledge and understanding of health behaviour change. It will introduce students to a range of sociological and psychological theories and models relevant to behaviour change, and critically discuss their strengths and limitations, application to health improvement and promotion strategies, and challenges in practice.

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

1	Critically appraise the strengths and limitations of behaviour change as a strategy for health improvement and promotion.
2	Critically discuss the range of sociological and psychological theories and models available and the need to be selective in the choice of theories and models to underpin health improvement and promotion strategies.
3	Critically explain a sociological or psychological theory or model of their choice.
4	Critically evaluate the evidence base surrounding the use of a behaviour change theory or model to underpin a health improvement or promotion strategy of their choice.

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.

Students will be required to select an existing policy, campaign or intervention designed to improve or promote health or prevent ill-health, and critically explain and evaluate the application of the behaviour change theory or model that underpinned it. Students should produce a 3,000-word case study discussing aspects such as:

- Details of the selected policy, campaign or intervention, its audience, and any existing evidence regarding its efficacy / effectiveness.
- Details of the behaviour change theory or model that underpinned the policy, campaign or intervention, how it was applied, and if / how it contributed to the efficacy / effectiveness.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1, 2, 3, 4	Written Assignment	100%

Derogations

None.

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

Indicative Syllabus Outline

- Strengths and limitations of behaviour change as a strategy for health improvement and promotion
- Sociological theories for behaviour change
- Psychological models for behaviour change
- Application of theory and models to health improvement and promotion strategies
- Health behaviour change in practice

Indicative Bibliography:

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

Essential Reads

Prestwich, A., Kenworthy, J. and Conner, M. (2018), *Health Behavior Change: Theories, Methods and Interventions*. Oxon: Routledge.

Other indicative reading

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

Green, J., Cross, R., Woodall, J. and Tones, K. (2019), *Health Promotion: Planning and Strategies*. (4th ed). London: Sage.

Mason, P. (2019), *Health Behavior Change: A guide for Practitioners*, 3rd Edition, London: Elsevier Ltd.

Ogden, J. (2019), *Health Psychology*. 6th ed. London: McGraw-Hill Education.

Scriven, A. (2017), *Ewles and Simnett's Promoting Health: A Practical Guide*, 7th Edition, London: Elsevier Ltd.

Employability skills – the Glyndŵr Graduate

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
Enterprising
Creative
Ethical

Key Attitudes

Commitment
Curiosity
Resilience
Confidence
Adaptability

Practical Skillsets

Organisation
Critical Thinking
Emotional Intelligence
Communication