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Module Code:	HLT706
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Module Title:	Understanding contemporary lifestyles and health behaviours
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Level:	7	Credit Value:	30
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Cost Centre(s):	GAHW	<u>HECoS</u> code:	100653
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Faculty	SLS	Module Leader:	Rachel Byron
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Scheduled learning and teaching hours	20 hrs
Placement tutor support	0 hrs
Supervised learning eg practical classes, workshops	0 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total contact hours	20 hrs
Placement / work based learning	0 hrs
Guided independent study	280 hrs
Module duration (total hours)	300 hrs

Programme(s) in which to be offered (not including exit awards)	Core	Option
MSc Health, Mental Health and Wellbeing	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Pre-requisites
None.

Office use only		
Initial approval:	20/05/2020	Version no: 1
With effect from:	28/09/2020	
Date and details of revision:		Version no:

Module Aims

To truly develop the health, mental health and wellbeing of individuals, communities and nations, a rich understanding of human beings and societies is needed. There are many lenses and tools for understanding why people live their lives in the ways they do spanning a number of disciplinary areas. This module, therefore, will provide students with knowledge and understanding of a range theories and models relevant for understanding contemporary lifestyles and health behaviours, drawing particularly from the disciplines of psychology and sociology. It will also enable students to critically consider the application of these theories and models to different populations in different settings.

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

1	Comprehensively explain the need for understanding human beings from micro, meso and macro levels
2	Critically identify and discuss what psychology and sociology can offer in terms of understanding contemporary lifestyles and health behaviours
3	Comprehensively describe and critique a specific theory or model related to behaviour and/or behaviour change
4	Demonstrate critical awareness of the application of theories/models to particular populations and settings

Employability Skills The Wrexham Glyndŵr Graduate	I = included in module content A = included in module assessment N/A = not applicable
CORE ATTRIBUTES	
Engaged	I
Creative	IA
Enterprising	I
Ethical	I
KEY ATTITUDES	
Commitment	I
Curiosity	I
Resilient	I
Confidence	I
Adaptability	I
PRACTICAL SKILLSETS	
Digital fluency	IA
Organisation	IA
Leadership and team working	I

Employability Skills The Wrexham Glyndŵr Graduate	I = included in module content A = included in module assessment N/A = not applicable
Critical thinking	IA
Emotional intelligence	I
Communication	IA

Derogations
None.

Assessment:			
Indicative Assessment Tasks:			
<p>Students will be required to write a 5,000-word essay that explores how contemporary lifestyles and health behaviours can be understood and explained, drawing upon relevant sociological and/or psychological theories/models.</p>			
Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1 to 4	Essay	100%

Learning and Teaching Strategies:
<p>Core aspects of the module will be delivered on a weekly basis in a classroom setting (approx. 20 hours in total), which will be captured via lecture capture software such as Panopto. The software will capture the visual and audio aspects of the sessions and the recordings will be made available on the Virtual Learning Environment (VLE) to all students, alongside directed study. Students will be able to self-select which sessions they will attend face-to-face and which they will access by viewing online. It will be encouraged, but not required, that students attend a minimum of 5 scheduled learning and teaching hours relevant to the module, although they can study entirely online should they choose to.</p> <p>Learning and teaching activities in the classroom and VLE will include lectures, discussions, case studies, simulations, problem-based learning, workbooks, key readings and reflective activities.</p>

Syllabus outline:

The content will be updated regularly to reflect the evolving nature of the public health, mental health and wellbeing landscape, however, indicative content is as follows:

- Human beings and societies
- Bio-psycho-social and ecological approaches
- Sociological theories and models
- Psychological theories and models
- Working with children and young people
- Working with adults and older people
- Working in healthcare settings
- Working in education settings
- Working in work places
- Working in community settings

Indicative Bibliography:

Essential 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.

Kahan, S., Gielen, A., Fagan, P. and Green, L. eds. (2014), *Health Behaviour Change in Populations*. Maryland: Johns Hopkins University Press.

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

Other indicative reading

Dillon, M. (2010), *Introduction to Sociological Theory: Theorists, Concepts, and their Applicability to the Twenty-First Century*. 3rd ed. West Sussex: John Wiley and Sons Ltd.

Giddens, A. and Sutton, P. (2017), *Sociology*. 8th ed. Cambridge: Polity Press.

Haslam, C., Jetten, J., Cruwys, T., Dingle, G. and Haslam, A. (2018), *The New Psychology of Health: Unlocking the Social Cure*. Haslam: Routledge.

Marks, D., Murray, M. and Estacio, E. (2018), *Health Psychology: Theory, Research and Practice*. 5th ed. London: Sage.

Morrison, V. and Bennett, P. (2017), *Introduction to Health Psychology*. Harlow: Pearson Education Limited.

Naidoo, J. and Wills, J. (2016), *Foundations for Health Promotion*. 4th ed. China: Elsevier.

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

Peters, S. (2012), *The Chimp Paradox: The Mind Management Programme for Confidence, Success and Happiness*. St Ives: Vermilion.

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

Sperry, L. and Binensztok, V. (2019), *Ultra-Brief Cognitive Behavioral Interventions: A New Practice Model for Mental Health and Integrated Care*. Oxon: Routledge.

Key Journals:

Community Mental Health Journal
Critical Public Health
European Journal of Public Health
Health & Social Care in the Community
Health Education & Behavior
Health Education Journal
Health Promotion International
Health Promotion Practice
International Journal of Public Health
International Journal of Qualitative Studies on Health and Well-being
Journal of Community Health
Journal of Health and Social Behavior
Journal of Public Health
Journal of Public Health Management & Practice
Journal of Public Health Policy
Mental Health & Prevention
The Lancet
The Lancet Child & Adolescent Health
The Lancet Global Health
The Lancet Public Health
Public Mental Health
Society and Mental Health