

Summary Information

Module Code	3102FNDFHE
Formal Module Title	Healthy Humans
Owning School	Psychology
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 3
Grading Schema	40

Teaching Responsibility

LJMU Schools involved in Delivery
Psychology

Learning Methods

Learning Method Type	Hours
Lecture	38
Online	6

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-CTY	CTY	September	12 Weeks

Aims and Outcomes

Aims	1. To introduce students to the topic of human health and ill health 2. To study human health from a multidisciplinary perspective, giving students an overview of the key issues and challenges for those working in this field 3. To prepare students to take a scientific approach to health and ill health
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Describe scientific theory in relation to human health and ill health
MLO2	2	Identify and explain the social and individual factors that can contribute to a healthy lifestyle in humans
MLO3	3	Review and summarise scientific literature related to health and ill health in humans

Module Content

Outline Syllabus	Lectures will cover three main topic areas. Topic one will introduce students to the science of attitudes to health and behaviour change. Indicative topics include attitude formation, maintenance and change, relationship between attitude and behaviour, personality and attitudes, attitudes towards healthy behaviours. Topic 2 will cover the social psychology of sports and exercise. Indicative topics include motivation, group dynamics and teams, and communication. Topic 3 will look at the scientific study of ill-health, injury and death. Indicative topic include coping with injury and ill health, the overlap between physical and mental health, dying and bereavement.
Module Overview	This module introduces you to the topic of human health and ill health. You will study human health from a multidisciplinary perspective, giving an overview of the key issues and challenges for those working in this field, which will prepare you to take a scientific approach to health and ill health.
Additional Information	The module takes a multidisciplinary perspective on health and ill-health in humans.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Portfolio	Coursework portfolio	60	0	MLO1, MLO2, MLO3
Centralised Exam	Multiple choice exam	40	1	MLO1, MLO2

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Sally Woods	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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