

## Liverpool John Moores University

Title: HEALTHY HUMANS  
Status: Definitive  
Code: **3102FNDFHE** (127646)  
Version Start Date: 01-08-2021

Owning School/Faculty: Psychology  
Teaching School/Faculty: Psychology

Team	Leader
Sally Woods	Y
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**Academic Level:** FHEQ3      **Credit Value:** 20      **Total Delivered Hours:** 45

**Total Learning Hours:** 200      **Private Study:** 155

### Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	38
Online	6

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	Portfolio	Coursework portfolio - 2 from 3 themes	60	
Exam	Exam	Multiple choice exam	40	1

### 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

## Learning Outcomes

After completing the module the student should be able to:

- 1 Demonstrate an understanding of scientific theory in relation to human health and ill health
- 2 Identify and explain the social and individual factors that can contribute to a healthy lifestyle in humans
- 3 Review and summarise scientific literature related to health and ill health in humans

## Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Coursework portfolio	1	2	3
Multiple choice exam	1	2	

## 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 topics include coping with injury and ill health, the overlap between physical and mental health, dying and bereavement.*

## Learning Activities

The module will be delivered through a combination of lectures, and online discussion boards with remote support.

## Notes

The module takes a multidisciplinary perspective on health and ill-health in humans.