

Liverpool John Moores University

Title: HEALTHY HUMANS
Status: Definitive
Code: **3414FNDSCI** (125830)
Version Start Date: 01-08-2021

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

Team	Leader
Sally Woods	Y
Kayleigh Sheen	
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Academic Level: FHEQ3 **Credit Value:** 20 **Total Delivered Hours:** 51
Total Learning Hours: 200 **Private Study:** 149

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	38
Online	6
Workshop	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 area of Life and Human Sciences, specifically focusing on human health and ill-health.
2. To study human health from a multidisciplinary perspective, giving students an

overview of the key issues and challenges faced by Psychologists, Sports Scientists and Forensic Anthropologists.

3. To prepare students with the knowledge and transferable skills that underpin progression to Level 4 studies in Psychology, Forensic Anthropology and Sport Science.

Learning Outcomes

After completing the module the student should be able to:

- 1 Demonstrate an understanding of scientific theory in relation to human health
- 2 Identify and explain the social and individual/internal 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

Under the broad umbrella of health and ill-health in humans the module will explore some of the issues in the field of Life and Human Sciences specifically focussing on applications in the areas of Psychology, Forensic Anthropology and Sports Science. The module will cover 3 key themes:

- 1. 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 to eating and exercising.*
- 2. Applying social psychology in sports performance. Indicative topics include the self in exercise, successful teams, social facilitation, individuals within teams.*
- 3. The scientific study of ill-health, injury and death. Indicative topics: coping with injury and ill health, dying and bereavement, investigative anthropology, role of the medicolegal practitioner (e.g., establishing identity in suspicious death/mass disasters).*

Learning Activities

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

Notes

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