

## Liverpool John Moores University

Title: Health and Well being  
Status: Definitive  
Code: **4502STKHSC** (118481)  
Version Start Date: 01-08-2014

Owning School/Faculty: Nursing and Allied Health  
Teaching School/Faculty: Stockport College

Team	Leader
Zoe Nangah	Y

**Academic Level:** FHEQ4  
**Credit Value:** 24.00  
**Total Delivered Hours:** 66.00  
**Total Learning Hours:** 240  
**Private Study:** 174

### Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	45.000
Seminar	9.000
Tutorial	12.000

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Reflection	Case Study	1. Prescribed case study to explore the various influences on health within the context of different perspectives on health (2,000 words)	60.0	
Report	Report	2. Work / placement report relating theory to work practice in relation to psychological theory and the promotion of emotional well being. (1,500 words)	40.0	

### Aims

*To examine the concept of health and current psychological theories and models relevant to promoting health and well-being.*

## **Learning Outcomes**

After completing the module the student should be able to:

- LO1 Describe a range of physical, social and psychological influences upon health.
- LO2 Apply concepts of health using an holistic framework
- LO3 Relate psychological theory and practice to the promotion of emotional health.

## **Learning Outcomes of Assessments**

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

Case Study	LO 1	LO 2
Work/placement report	LO 3	

## **Outline Syllabus**

*Physical, social and psychological influences on health, concepts of health, models of health, health related policy, The National Health Service, inequalities in health. Psychological approaches:-humanistic, behaviourist and psychodynamic theory and practice, the role of the practitioner in promoting emotional health.*

## **Learning Activities**

Lectures regarding the models and approaches to health, health related policy and psychological theories and practices in promoting psychological health and emotional wellbeing. Group discussions involving the application of models and lectured input. Case studies for discussion and interpretation in the light of policy, theory and practice. Group tasks to devise and implement activities which promote emotional wellbeing. Reflection on work-based experiences in relation to psychological theories and understandings.

## **References**

<b>Course Material</b>	Book
<b>Author</b>	Baggott, R.
<b>Publishing Year</b>	2004
<b>Title</b>	Health and Health Care in Britain
<b>Subtitle</b>	
<b>Edition</b>	

<b>Publisher</b>	Palgrave Macmillan
<b>ISBN</b>	

<b>Course Material</b>	Website
<b>Author</b>	
<b>Publishing Year</b>	
<b>Title</b>	NHS History: <a href="http://www.nhshistory.net/">http://www.nhshistory.net/</a>
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	
<b>ISBN</b>	

<b>Course Material</b>	Website
<b>Author</b>	
<b>Publishing Year</b>	
<b>Title</b>	NHS Evidence: an electronic library resource: <a href="http://www.library.nhs.uk/default.aspx">http://www.library.nhs.uk/default.aspx</a>
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	
<b>ISBN</b>	

<b>Course Material</b>	Website
<b>Author</b>	
<b>Publishing Year</b>	
<b>Title</b>	Department of Health: <a href="http://www.dh.gov.uk">http://www.dh.gov.uk</a>
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Marmot, M. and Wilkinson, R.
<b>Publishing Year</b>	1999
<b>Title</b>	Social Determinants of Health.
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Oxford Univeristy Press.
<b>ISBN</b>	

<b>Course Material</b>	Reports
<b>Author</b>	Dept. of Health
<b>Publishing Year</b>	2009
<b>Title</b>	Putting Patients at the Heart of Care: The Vision for Patient and Public Engagement in Health and Social Care
<b>Subtitle</b>	
<b>Edition</b>	

<b>Publisher</b>	<a href="http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_106042.pdf">http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_106042.pdf</a>
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Collins, J. and Foley, P.
<b>Publishing Year</b>	2008
<b>Title</b>	Promoting Children's Wellbeing. Policy and Practice.
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	The Open University
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Coleman, J.
<b>Publishing Year</b>	2007
<b>Title</b>	Adolescence and Health
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Wiley Interscience
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Barnard, A. (ed.)
<b>Publishing Year</b>	2011
<b>Title</b>	Key Themes in Health and Social Care
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Routledge
<b>ISBN</b>	

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## Notes

Students will examine a range of factors that influence people's health and investigate strategies aimed at maintaining and promoting health. Students will be able to integrate psychological theory/models with their practice and identify aspects of emotional health.