

Liverpool John Moores University

Title: HEALTH AND EMOTIONAL WELL-BEING
Status: Definitive
Code: **4505YPCUGP** (116733)
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:** 30.00
Total Learning Hours: 240 **Private Study:** 210

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	24.000
Seminar	2.000
Tutorial	3.000
Workshop	1.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	Case study to demonstrate an understanding of how the physical, social and psychological influences affect health and how these influences could be improved through a holistic approach. (2500 words) 50%	50.0	
Report	AS2	Work-placement report relating psychological theory to practice in relation to the promotion of psychological health and emotional well-being. (2500	50.0	

Category	Short Description	Description	Weighting (%)	Exam Duration
		words) 50%		

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:

- 1 Describe physical, social and psychological influences upon the health of children and young people.
- 2 Explore the concept of health using the holistic framework
- 3 Relate psychological theory and practice to the promotion of emotional health and well-being.

Learning Outcomes of Assessments

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

Case Study	1	2
Work Placement Report	3	

Outline Syllabus

Physical, social and psychological influences on health, concept of health, models of health, health related policy. Psychological approaches :-humanistic, behaviourist and psychodynamic theory and practice, the role of the practitioner in promoting emotional health. Service provision and access, including the role of CAMHS. Theoretical perspectives: the use of reward systems (behaviourism), core conditions and the relationship (Rogerian-Humanistic), releasing emotions through physical activities (Freudian), the importance of boundaries and safety (Bowlby). Five themes of SEAL (Social and Emotional Aspects of Learning programme within National Curriculum Key Stage 2). Personal, Social and Health Education (PSHE) within the National Curriculum.

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 discussion involving the application of models and

lecturer input. Case studies for discussion and interpretation in light of the policy, theory and practice. To devise and implement activities to promote emotional wellbeing. Opportunity to reflect on work-based experiences in relation to psychological theories and understandings.

References

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

Course Material	Book
Author	Collins, J. and Foley, P.
Publishing Year	2008
Title	Promoting Children's Well-being
Subtitle	Policy and Practice.
Edition	
Publisher	O.U.Press
ISBN	

Course Material	Book
Author	Jarvis, M.
Publishing Year	2001
Title	Angles on Child Psychology.
Subtitle	
Edition	
Publisher	Nelson Thornes
ISBN	

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

Course Material	Website
Author	
Publishing Year	
Title	nationalstrategies.standards.dcsf.gov.uk

Subtitle	
Edition	
Publisher	
ISBN	

Course Material	Website
Author	
Publishing Year	
Title	nationalstrategies.standards.dcsf.gov.uk
Subtitle	
Edition	
Publisher	
ISBN	

Course Material	Website
Author	
Publishing Year	
Title	www.pshe-association.org
Subtitle	
Edition	
Publisher	
ISBN	

Notes

Students will examine a range of factors that influence the health of children and young people and investigate strategies aimed at maintaining and promoting their health.

Students will be able to integrate psychological theory/models with their practice and identify aspects of emotional health