

Liverpool John Moores University

Title: Health Improvement
Status: Definitive
Code: **5051SPONUT** (120680)
Version Start Date: 01-08-2019

Owning School/Faculty: Sports Studies, Leisure and Nutrition
Teaching School/Faculty: Sports Studies, Leisure and Nutrition

Team	Leader
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Academic Level: FHEQ5 **Credit Value:** 24 **Total Delivered Hours:** 54
Total Learning Hours: 240 **Private Study:** 186

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	34
Seminar	9
Workshop	10

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	Ass 1	1 hour exam	40	1
Essay	Ass 2	2,000 word essay	60	

Aims

To understand the theoretical basis of the promotion of health in communities.

Learning Outcomes

After completing the module the student should be able to:

- 1 Discuss the varied psycho-socio-political contexts of health care and community health in relation to varied definitions of health and illness
- 2 Identify the major health problems and related issues faced globally, by the UK and by different communities.
- 3 Explain varied approaches to health promotion (recognise and evaluate ways in which positive health can be achieved for individuals and groups).

Learning Outcomes of Assessments

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

1 hour exam	1	3
2000 word Essay	2	

Outline Syllabus

Definitions of health and illness and community. An introduction to Government policy (including EU etc) on health (promotion) and health care with reference to the history of health care and in particular the NHS. A sociological view of health and health care. Differentiating global, environmental, community and public health in a socio-economic context. An introduction to epidemiology. Health promotion in theory and practice: changing health related behaviours.

Learning Activities

Formal lectures serve to map the module syllabus and indicate the level of study required. This develops the students' skills in listening and processing technical information. The students are encouraged to interact during the lectures; to question, to express opinions and to influence the content. Thus the distinction between lecture/seminar and workshop is not rigid. Distinct workshops are held to enable students to work in small groups to analyse policies and behaviour, debate issues and suggest solutions to problem set. Students are strongly encouraged to discover information for themselves and take responsibility for their own learning making full use of the LRC.

Notes

This module discusses different approaches to 'disease prevention' and 'health promotion' and theories of behaviour (change), Government policy and lay perceptions of health within a contemporary socio-political context. Evidence from this module may contribute to WoW certification.