

## Liverpool John Moores University

Title: Health Improvement  
Status: Definitive  
Code: **5114SSLN** (123098)  
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences  
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
Kathryn Curran	Y
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**Academic Level:** FHEQ5      **Credit Value:** 20      **Total Delivered Hours:** 80  
**Total Learning Hours:** 200      **Private Study:** 120

### Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	20
Off Site	40
Seminar	20

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	AS1	Portfolio (equivalent 4,500 words)	100	

### Aims

*The module will introduce students to the theoretical concept of health promotion and practical evidence based health improvement principles that could be used to elevate the health status of individuals and communities and enable people to have more control over their health behaviour choices.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Identify and examine major health problems faced globally and nationally from various psycho-social-political health contexts
- 2 Examine and explain varied health improvement methods utilised for population based sustained lifestyle related and health behaviour change
- 3 Reflect upon their own personal and professional development in relation to a work related learning placement

## Learning Outcomes of Assessments

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

Portfolio	1	2	3
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## Outline Syllabus

*Definitions of health and illness and community. An introduction to Government policy on health and health improvement. Community and public health in a socio-economic context, locally, nationally and globally. An introduction to epidemiology. Health promotion: approaches, uses, limitations, ethics and applications of theories to promote behaviour change. Health literacy and social marketing. Reflection on own values and attitudes relating to health and lifestyle behaviour change. Development of organisational awareness in a WBL setting;PDP*

## Learning Activities

Lectures. Experiential and skills building exercises with opportunities for feedback and coaching. Discussions and debates. During the module health attitudes and beliefs will be evaluated and to examine how individual practitioner behaviours may assist or undermine engagement and behaviour change in client groups. The module also provides opportunities to practise the skills involved in evidence based approaches, such as motivational interviewing. 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. A significant proportion of this module is through participation & attendance at a WBL placement that meet the student's individual needs

## 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.