

# Health Improvement

## Module Information

2022.01, Approved

### Summary Information

Module Code	5114SSLN
Formal Module Title	Health Improvement
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 5
Grading Schema	40

### Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

### Learning Methods

Learning Method Type	Hours
Lecture	20
Off Site	40
Seminar	20

### Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
JAN-CTY	CTY	January	12 Weeks

### Aims and Outcomes

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.
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**After completing the module the student should be able to:**

### Learning Outcomes

Code	Number	Description
MLO1	1	Identify and examine major health problems faced globally and nationally from various psycho-social-political health contexts
MLO2	2	Examine and explain varied health improvement methods utilised for population based sustained lifestyle related and health behaviour change
MLO3	3	Reflect upon their own personal and professional development in relation to a work related learning placement

### Module Content

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
Module Overview	The module will introduce you 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.
Additional Information	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.

### Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Portfolio	Portfolio	100	0	MLO1, MLO2, MLO3

### Module Contacts

#### Module Leader

Contact Name	Applies to all offerings	Offerings
Kathryn Curran	Yes	N/A

#### Partner Module Team

Contact Name	Applies to all offerings	Offerings
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