

Liverpool John Moores University

Title: Promoting Mental Wellbeing
Status: Definitive
Code: **5503ARCMH** (118234)
Version Start Date: 01-08-2014

Owning School/Faculty: Nursing and Allied Health
Teaching School/Faculty: Accrington & Rossendale College

Team	Leader
Philomene Uwamaliya	Y

Academic Level: FHEQ5
Credit Value: 24.00
Total Delivered Hours: 48.00
Total Learning Hours: 240
Private Study: 192

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	42.000
Practical	3.000
Tutorial	3.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Essay	3000 words	80.0	
Presentation	Presentati		20.0	

Aims

To examine the principles and dynamics of promoting mental health and wellbeing across a range of populations within society.

Learning Outcomes

After completing the module the student should be able to:

- LO1 Identify and assess how biological, sociological and psychological factors might contribute towards an individual's experience of mental well being
- LO2 Explore approaches, settings and levels (individual, community and national) through which mental health and well being may be promoted.
- LO3 Evaluate the contributions made by social policy in the field of mental health promotion

Learning Outcomes of Assessments

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

Essay	LO1	LO2
Presentation	LO3	

Outline Syllabus

The module will explore the dimensions of mental health and well being, together with the range of strategies employed by individuals to manage personal wellbeing. Models of health promotion will be introduced and the effectiveness of strategies appropriate at individual, community and national levels will be discussed. The contribution of social policy towards health promotion, through national and community based interventions will be examined and evaluated.

Learning Activities

Lectures, individual and group work, multi-media, group project work and seminar presentations. It is likely that the module will draw upon external speakers where appropriate.

Notes

Students will have the opportunity to choose an aspect of mental health promotion that they wish to explore in depth, in preparation for fulfilment of the module assessment criteria. The use of a range of resources is encouraged. Regular tutorials will provide opportunities for informal formative assessment to support student learning and discuss their overall progress.