

## Liverpool John Moores University

Title: Promoting Mental Wellbeing  
Status: Definitive  
Code: **5512ARCMH** (124471)  
Version Start Date: 01-08-2021

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

Team	Leader
Philomene Uwamaliya	Y

**Academic Level:** FHEQ5  
**Credit Value:** 20  
**Total Delivered Hours:** 51  
**Total Learning Hours:** 200  
**Private Study:** 149

### Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	42
Practical	3
Tutorial	3

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	AS1	3hrs seen exam	100	3

### 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:

- 1 Identify and assess how biological, sociological and psychological factors might contribute towards an individual's experience of mental well-being.
- 2 Explore approaches, settings and levels (individual, community and national) through which mental health and well-being may be promoted.
- 3 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:

3hrs exam	1	2	3
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## Outline Syllabus

*What is Health Promotion?*

*Underlying principles & strategies to bring about change in the health behaviour of individuals, communities and wider society*

*Aspects of Self*

*Stressors upon the individual in respect of their mental health status*

*Mental Health Promotion Models and frameworks*

*Promotion or demotion of mental well-being*

*Implementation of Mental Health Promotion Strategies*

*The Mental Health of Society*

*Application of the approaches, settings and levels used in its promotion*

*Evaluation of Mental Health Promotion Campaigns*

*Issues surrounding concepts of mental health: Conceptualising the 'Mind'*

*Socio-cultural aspects of mental health promotion*

## 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.

Supporting materials, tutorials and group discussions will be available electronically via the college VLE.

## 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. This module will also capture the 5 ways to wellbeing. Regular tutorials will provide opportunities for informal formative assessment to support student learning and discuss their overall progress.