

## Liverpool John Moores University

Title: PROMOTING HEALTH IN THE COMMUNITY  
Status: Definitive  
Code: **6042TEF** (103860)  
Version Start Date: 01-08-2016

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

Team	Leader
Diane Eldridge	Y

**Academic Level:** FHEQ6  
**Credit Value:** 12  
**Total Delivered Hours:** 31.5  
**Total Learning Hours:** 120  
**Private Study:** 88.5

### Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	15
Seminar	5
Workshop	10

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	2000 words maximum	50	
Exam	AS2	one exam	50	1.5

### 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 Explain the epidemiological approach to disease and its link to health promotion.
- 2 Discuss definitions of health and illness.
- 3 Explain 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:

Essay	2	3
EXAM	1	

### **Outline Syllabus**

*An introduction to epidemiology. Health promotion in theory and practice: changing health related behaviours. Definitions of health and illness. An introduction to Government policy on health (promotion).*

### **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 provides a foundation for the study of health promotion and discusses different approaches to 'disease prevention' and 'health promotion' in the context of Government policy and lay perceptions.