

Liverpool John Moores University

Title: PROMOTING AND PRESERVING WELLBEING
Status: Definitive
Code: **7006POSPSY** (125545)
Version Start Date: 01-08-2021

Owning School/Faculty: Psychology
Teaching School/Faculty: Psychology

Team	Leader
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Academic Level: FHEQ7 **Credit Value:** 30 **Total Delivered Hours:** 48

Total Learning Hours: 300 **Private Study:** 252

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	24
Workshop	24

Grading Basis: 50 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Essay	Analyse and critique a current approach or intervention	70	
Presentation	Present	Present a mock training/intervention session	30	

Aims

Developing from the knowledge gained in the Pathways to Wellbeing module, students will explore and appraise a range of applied approaches and interventions

that promote and support wellbeing through the life course.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically evaluate applied approaches and interventions that promote and support wellbeing
- 2 Demonstrate critical awareness of the structural, social and cultural context in which applied positive psychology approaches and interventions exist
- 3 Communicate a practical, applied understanding of positive psychology approaches that promote and support wellbeing

Learning Outcomes of Assessments

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

Essay	1	2
Presentation	1	3

Outline Syllabus

The syllabus will be dynamic, covering emerging topics related to the aims and may include the following:

- 1. Students will explore a range of applied approaches and interventions that promotes and supports wellbeing*
- 2. The module will adopt a life course perspective and thus be divided into four phases of the life course i.e. Birth/childhood; Adolescence; Adulthood; and Old age.*
- 3. A life course perspective will assist in the presentation of approaches and interventions delivered within a number of structural, social and cultural contexts such as: Education; Employment, Health, Criminal Justice and the Law, Community, Relationships etc.*
- 4. Approaches and interventions from both national and international applications will be included*
- 5. To support the presentation assessment; students will be provided with opportunities to reflect and engage in skills focussed sessions to enhance communication and presentation skills*

Learning Activities

This module will be delivered via a blend of lectures and workshops. Students will be introduced to examples of applied approaches or interventions that promote and support wellbeing throughout the life course. Students will engage in critical analysis of such approaches or interventions and explore how they operate within contemporary structural, social and cultural contexts.

Notes

The module will require students to engage theoretically and practically with applied approaches and interventions. The assessment will consist of a theoretical part that considers rationale and effectiveness of a specific approach/intervention and a practical demonstration of an aspect of such a training/intervention session.