

University of the West of England

Module Specification

Revised December 2009

Title	Health and Well Being
New Code	UZYSF7-20-2
Version	1.1
Versions	
Last Updated	09/02/2010 12:26:23
Level	2
UWE Credit Rating	20
ECTS Credit Rating	10
Module Type	Professional Practice
Module Leader	THOMAS, R
Module Leaders - Additional	There are no additional module leaders
Owning Faculty	Faculty of Health and Applied Sciences
Faculty Committee approval	HSC Quality and Standards Committee
Faculty Committee approval Date	27/11/2009 00:00:00
Approved for Delivery by	
Field	Allied Health Professions
Field Leader	Dianne Rees
Valid From	01/09/2013 00:00:00
Discontinued From	
Pre-requisites	UZYSEW-20-1 Essentials of Neurological Physiotherapy UZYSEY-20-1 Essentials of Musculoskeletal Physiotherapy.
Co-requisites	NoneNone
Entry requirements:	None
Excluded combinations	
Module Handbooks	
Learning Outcomes	

Knowledge and understanding

- Apply their knowledge of bio psychosocial factors that contribute to staying healthy and health promotion across the age spectrum (Component B)
- Describe and discuss the basic principles and planning of Health Promotion (Component B)
- Apply the bio psychosocial approach to the management of patients/clients who have mental health related problems (Component B)
- Evaluate the efficacy of physical activity interventions in promoting healthy choices and willingness to change/overcome resistance to change (Component B)
- Explain the process of normal ageing - as compared with pathological and accelerated ageing (Component B)
- Explore the bio-psycho social implications of a multi cultural society (Component B)
- Identify challenges that relate to specific client groups (Component B)

Intellectual skills

- Analyse the impact of normal ageing and identify the strategies that can be utilised to stay healthy (Component A and Component B)
- Evaluate the contribution of the physiotherapist in promoting health and well being (Component A and Component B)

Subject, Professional and Practice skills

- Effectively manage own time and show understanding of the need for workload prioritisation (Component A)
- Begin to evaluate their own work through reflective practice and recognise the changes that can be made as an individual to improve the quality of care (Component A)
- Show an understanding of how physiotherapy can promote health and exercise in the management of long term conditions (Component A)
- Demonstrate an understanding of the use of and need for evidence based practice in Physiotherapy and begin to critically evaluate relevant literature (Component A)

Transferable skills

- Promote self-management skills for appropriate client groups (Component A and Component B)
- Demonstrate critical appraisal skills (Component B)

Syllabus Outline

Normal ageing process related to:

Psycho-social concepts of ageing

Falls

Dementia

Accelerated ageing

Care of the older patient

Adolescents

Maladaptive strategies resulting in health issues, e.g. anorexia, poor self esteem,.

Pregnancy and childbirth

Men's and Women's Health

Mental Health – wellness and illness

Role and exercise and health promotion strategies to specific client groups

Five weeks of Professional Practice in a variety of environments and health care settings.

Practical Skills

Planning and delivery of exercise prescription in specific groups and individuals e.g. obesity/mood disorders.

Development of massage and relaxation techniques in relation to specific client groups.

Social Policy

National agendas to promote health and well-being for specific client groups e.g. teenage pregnancies/obesity.

Social diversity and health inequalities.

Communication Skills and Interprofessional Working

The importance of appropriate communication skills and the role of the Physiotherapist in Health and Social Care teams – Interprofessional relationships.

Practice.

Setting of individual personal goals relevant to practice and student's individual learning need.

Teaching and Learning Methods

A variety of approaches may be used in order to deliver the module content, engage students and facilitate learning. These will include lectures, seminars, practicals supported by service users.

Experiential learning in practice placement settings

Reading Strategy

Access and skills

All students are encouraged to make use of the extensive resources provided through the Library as it is important that students can identify and retrieve appropriate reading. This module offers an opportunity to further develop information skills introduced at level 1. At the start of the module, students will attend sessions on the selection of appropriate databases and search skills. Additional support is available through the *iSkillZone* available via the Library web pages.

Essential Reading

There may be a set text which students are expected to buy. Other essential reading will be provided electronically or as printed study packs. A list of recommended titles will be provided in the module handbook and updated annually.

Further Reading

Further reading will be required to supplement the set textbook and other printed readings. Students will be encouraged to read widely using the library catalogue, a variety of bibliographic and full text databases, and internet resources. Guidance to some key authors and journal titles accessible through the Library will be given on Blackboard. It is expected that assignment bibliographies and reference lists will reflect the range of reading carried out.

Blackboard

This module is supported by Blackboard where students will be able to find all necessary module information. Direct links to information sources will also be provided from within Blackboard

Assessment

Where necessary, and appropriate, an alternative medium of assessment may be negotiated.

Weighting between components A and B (standard modules only) A: % B:%

Final Assessment: Component A Element 1 Component A Element 1

Attempt 1

First Assessment Opportunity (Sit)

Component A

Element	Description	Element Weighting
1	Continuous Practice Assessment	Pass/Fail

Component B

Element	Description	Element Weighting
1	Information leaflet	50%
2	1 hour unseen exam Students must pass both elements to pass component B.	50%

Second Assessment Opportunity (ReSit)

Attendance is not required

Component A

Element	Description	Element Weighting
1	At the discretion of the Award Board	Pass/Fail

Component B

Element	Description	Element Weighting
1	Information leaflet	50%
2	1 hour unseen exam Students must pass both elements to pass component B.	50%

Exceptional Second Attempt (Retake)

Attendance is not required