



## MODULE SPECIFICATION

Part 1: Information			
Module Title	Stress Management in the Uniformed Services		
Module Code	UBGMGK-30-2	Level	Level 5
For implementation from	2018-19		
UWE Credit Rating	30	ECTS Credit Rating	15
Faculty	Faculty of Environment & Technology	Field	Geography and Environmental Management
Department	FET Dept of Geography & Environmental Mgmt		
Contributes towards			
Module type:	Standard		
Pre-requisites	None		
Excluded Combinations	None		
Co- requisites	None		
Module Entry requirements	None		

Part 2: Description
<p><b>Educational Aims:</b> See Learning Outcomes</p> <p><b>Outline Syllabus:</b> Legislative framework with regard to Stress:</p> <p>Acts, Statutory Instruments and ACoPs, differing roles and responsibilities in organisations, those who advise and those who enforce the regulations. The effect of an organisation's activities on the workplace and local environment.</p> <p>Stress:</p> <p>Symptoms of, and associated behaviours, mental, emotional, physical, behavioural; theories of stress; stages, General Adaptation Syndrome, alarm, resistance and exhaustion, fight or flight, good versus bad stress, post-traumatic stress disorder, how stress manifests in individuals, effects of stress on individuals and organisations.</p>

## STUDENT AND ACADEMIC SERVICES

### Stressors:

Causes of stress; origins including work problems (occupational stress, post-traumatic stress disorder), life map, relationship difficulties, financial worries, emotional and mental, environmental stressors. Consequences of stress (including social, economic, safety issues).

### Stress management:

Personal stress management strategies (self and others), stress management techniques, breathing exercises, visualisation, progressive muscular relaxation, information, communication, meditation, relaxation 'triggers', fitness and physical activity, nutritional interventions, sleeping patterns, cognitive behavioural therapy, medication and counselling. Organisational stress management interventions, prevention and 'treatment'.

### Organisation in the public/uniformed services workplace:

Hazards and risks, sourcing information, risk assessments, workplace inspections, stress incident investigations, monitoring health problems.

### Strategies to promote a safe and healthy environment:

Developing and implementing safety policies and health promotion.

**Teaching and Learning Methods:** This module will be based on a total amount of 300 hours study time of which 100 hours will represent scheduled learning.

Scheduled learning will typically include lectures, seminars, external visits and an interactive forum.

Scheduled learning may also take a synchronous virtual form rather than face to-face, through the use of email discussion groups, virtual learning environments (VLEs) and other technology-aided means.

Independent learning includes hours engaged with essential reading, assignment preparation and completion. Student study time will be organised each week with a series of both essential and further readings and preparation for examinations.

100 hours scheduled learning

This module will be taught across semester 1 on one day per week.

### Part 3: Assessment

A range of assessment techniques will be employed to ensure that learners can meet the breadth of learning outcomes presented in this module alongside the ability to demonstrate transferable skills e.g. communication skills.

Poster Defence and Summary Report: Poster output from a case study in the field of workplace stress management will be assessed by questioning. Students will be expected to critically discuss within the summary report their interpretation and evaluation of the outcomes evident within the organisation with a critical analysis of relevant research literature. This work will be produced individually and defended individually.

Opportunities for formative assessment exist for each of the assessment strategies used. Verbal feedback is given and all students will engage with personalised tutorials setting SMART targets as part of the programme design.

First Sit Components	Final Assessment	Element weighting	Description
Report - Component B		50 %	Summary report (2000 words)
Presentation - Component A	✓	50 %	Poster defence (15 minutes)
Resit Components	Final Assessment	Element weighting	Description

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Report - Component B		50 %	Summary report (2000 words)
Presentation - Component A	✓	50 %	Poster defence (15 minutes)

<b>Part 4: Teaching and Learning Methods</b>																			
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Reading List	<p>The reading list for this module can be accessed via the following link:  <a href="https://uwe.rl.talis.com/index.html">https://uwe.rl.talis.com/index.html</a></p>																		