



Module Specification

Stress Management in the Uniformed Services

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Part 1: Information

Module title: Stress Management in the Uniformed Services

Module code: UBGMGK-30-2

Level: Level 5

For implementation from: 2023-24

UWE credit rating: 30

ECTS credit rating: 15

Faculty: Faculty of Environment & Technology

Department: FET Dept of Geography & Environmental Mgmt

Partner institutions: None

Field: Geography and Environmental Management

Module type: Module

Pre-requisites: None

Excluded combinations: None

Co-requisites: None

Continuing professional development: No

Professional, statutory or regulatory body requirements: None

Part 2: Description

Overview: Not applicable

Features: Not applicable

Educational aims: See Learning Outcomes

Outline syllabus: Legislative framework with regard to Stress:

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.

Stress:

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.

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.

Part 3: Teaching and learning methods

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.

Module Learning outcomes: On successful completion of this module students will achieve the following learning outcomes.

MO1 Demonstrate an understanding of the requirements of both EU and UK health and safety legislation on employers and employees at all levels in organisations

MO2 Demonstrate an understanding of the concepts of stress, 'stressors' and the functions and effects of stress with reference to both physical and psychological literature

MO3 Contrast the relative merits of a range of stress management techniques and strategies within the Uniformed and Public Services

Hours to be allocated: 300

Contact hours:

Independent study/self-guided study = 200 hours

Face-to-face learning = 100 hours

Total = 300

Reading list: The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://uwe.rl.talis.com/index.html) via the following link <https://uwe.rl.talis.com/index.html>

Part 4: Assessment

Assessment strategy: 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.

Assessment tasks:

Presentation (First Sit)

Description: Poster defence (15 minutes)

Weighting: 50 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3

Report (First Sit)

Description: Summary report (2000 words)

Weighting: 50 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3

Presentation (Resit)

Description: Poster defence (15 minutes)

Weighting: 50 %

Final assessment: Yes

Group work: No

Learning outcomes tested:

Report (Resit)

Description: Summary report (2000 words)

Weighting: 50 %

Final assessment: No

Group work: No

Learning outcomes tested:

Part 5: Contributes towards

This module contributes towards the following programmes of study: