



MODULE SPECIFICATION

Part 1: Information			
Module Title	Stress Management		
Module Code	UBGL41-15-2	Level	Level 5
For implementation from	2019-20		
UWE Credit Rating	15	ECTS Credit Rating	7.5
Faculty	Faculty of Environment & Technology	Field	Geography and Environmental Management
Department	FET Dept of Engin Design & Mathematics		
Module type:	Project		
Pre-requisites	None		
Excluded Combinations	None		
Co- requisites	None		
Module Entry requirements	None		

Part 2: Description
<p>Educational Aims: Within this module you will further explore from a management perspective stress management within the uniformed and public services. This module explores the implications of stress and stressors and identifies their impact on both the individual and the organisation. This will include exploring external factors that can influence change and how they can impact on wellbeing and organisational performance.</p> <p>Outline Syllabus: This module builds on the previous modules of People and Organisations and Personal Resilience within Uniformed and Public Services.</p> <p>On successful completion, you will be able to:</p> <ul style="list-style-type: none"> Understand the external operating of an organisation and the impacts of change. Show a detailed knowledge and critical understanding stress management in the workplace Recognise the merits and limitations of stress management. Identify stress management strategies that are prevalent to the uniformed and public services.

STUDENT AND ACADEMIC SERVICES

Discuss the legislative framework with regards to stress.

Teaching and Learning Methods: Component A Essay (2000 words) - that analyses both the causes and impacts of, stress and stress management techniques within the uniformed and public services on both the organisation and the individual.

Part 3: Assessment

The assessment is designed to test students' breadth and depth of understanding of stress management within the Uniformed and Public Services industries and organisations.

This assessment will test a range of Learning Outcomes and will provide a valuable learning experience through applying knowledge. Students will have the opportunity to informally discuss their work with an academic member of staff during timetabled 'feed-forward' sessions, or remotely via the Virtual Learning Environment, e-mail, skype, or other social media platforms.

All work is marked in line with the UWE generic assessment criteria and conforms to University policies for the setting, collection, marking and return of student work. Assessments and marking criteria described in the module handbook which is supplied at the start of module.

First Sit Components	Final Assessment	Element weighting	Description
Written Assignment - Component A	✓	100 %	Essay (2000 words)
Resit Components	Final Assessment	Element weighting	Description
Written Assignment - Component A	✓	100 %	Essay (2000 words)

Part 4: Teaching and Learning Methods

Learning Outcomes	On successful completion of this module students will achieve the following learning outcomes:	
	Module Learning Outcomes	Reference
	Critically analyse the impact that an organisation's operating environment has on its employees	MO1
	Identify the impact of stress on both the organisation and the individual	MO2
	Demonstrate a critical understanding of the requirements of UK health and safety legislation on employers and employees	MO3
	Evaluate the relative merits of a range of stress management techniques and strategies within the Uniformed and Public Services	MO4
Contact Hours	Independent Study Hours:	
	Independent study/self-guided study	105
	Total Independent Study Hours:	105

STUDENT AND ACADEMIC SERVICES

	Scheduled Learning and Teaching Hours:	
	Face-to-face learning	45
	Total Scheduled Learning and Teaching Hours:	45
	Hours to be allocated	150
	Allocated Hours	150
Reading List	<p><i>The reading list for this module can be accessed via the following link:</i></p> <p>https://uwe.rl.talis.com/</p>	

Part 5: Contributes Towards

This module contributes towards the following programmes of study: