



Module Specification

Stress Management

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Contents

Module Specification	1
Part 1: Information	2
Part 2: Description	2
Part 3: Teaching and learning methods	3
Part 4: Assessment.....	4
Part 5: Contributes towards	5

Part 1: Information

Module title: Stress Management

Module code: UBGL41-15-2

Level: Level 5

For implementation from: 2023-24

UWE credit rating: 15

ECTS credit rating: 7.5

Faculty: Faculty of Environment & Technology

Department: FET Dept of Geography & Environmental Mgmt

Partner institutions: University Centre Weston

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: 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.

Outline syllabus:

This module builds on the previous modules of People and Organisations and Personal Resilience within Uniformed and Public Services.

On successful completion, you will be able to:

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.

Discuss the legislative framework with regards to stress.

Part 3: Teaching and learning methods

Teaching and learning methods: 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.

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

MO1 Critically analyse the impact that an organisation's operating environment has on its employees

MO2 Identify the impact of stress on both the organisation and the individual

MO3 Demonstrate a critical understanding of the requirements of UK health and safety legislation on employers and employees

MO4 Evaluate the relative merits of a range of stress management techniques and strategies within the Uniformed and Public Services

Hours to be allocated: 150

Contact hours:

Independent study/self-guided study = 105 hours

Face-to-face learning = 45 hours

Total = 150

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

Part 4: Assessment

Assessment strategy: The written assignment 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.

Assessment tasks:

Written Assignment (First Sit)

Description: Essay (2000 words)

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4

Written Assignment (Resit)

Description: Essay (2000 words)

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4

Part 5: Contributes towards

This module contributes towards the following programmes of study:

Uniformed and Public Services [UCW] BA (Hons) 2022-23

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