



Module Specification

Healthy Ageing

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Part 1: Information

Module title: Healthy Ageing

Module code: UZTYC3-15-3

Level: Level 6

For implementation from: 2023-24

UWE credit rating: 15

ECTS credit rating: 7.5

Faculty: Faculty of Health & Applied Sciences

Department: HAS School of Health and Social Wellbeing

Partner institutions: None

Field: Continuing Care Adult Nursing

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: Healthy ageing promotes and prolongs health despite longevity. The theory of active ageing is to postpone functional declines and reduce morbidity in later life. The rise of population ageing at a rapid speed presents many challenges to society and healthcare systems globally (WHO, 2015). This module

focuses on key theoretical perspectives in ageing and its implications on individuals and society. The module explores factors and determinants which impact on social, economic, political and relevant health policies/frameworks and population ageing. It embraces a life course perspective in promotion of health as population age.

Outline syllabus: Module syllabus:

- Perspectives and approaches in ageing
- Theories of ageing and active ageing
- Social and political policies in ageing within a society
- Physical health and ageing
- Mental health and ageing
- Culture and ageing
- Determinants influencing healthy ageing
- Health status and healthcare system

Part 3: Teaching and learning methods

Teaching and learning methods: Teaching and Learning Methods:

This module is designed in accordance with the UWE Enhancement Framework for Academic Programmes and Practice. The teaching and learning principles and approaches are:

- Pedagogy as an academic approach to enhance teaching and learning linking theories to practice
- Fostering blended learning method to meet the students' learning needs and encourage creativity
- Using evidence-based learning and developing critical thinking ability
- Combining methods of face to face teaching, group discussions, case studies and self-directed learning to enhance learning experience

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

MO1 Demonstrate an in-depth understanding of the theories of ageing and ageing process

MO2 Demonstrate knowledge of contributing factors of ageing and social determinants affecting the health and social care of older people

MO3 Critically evaluate initiatives in social and political policies in relation to promotion of quality of life in older age

Hours to be allocated: 150

Contact hours:

Independent study/self-guided study = 114 hours

Face-to-face learning = 36 hours

Total = 150

Reading list: The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://rl.talis.com/3/uwe/lists/3EBB4BF7-F646-4BA0-EF9F-0F6251DD3CE9.html?lang=en-GB&login=1) via the following link <https://rl.talis.com/3/uwe/lists/3EBB4BF7-F646-4BA0-EF9F-0F6251DD3CE9.html?lang=en-GB&login=1>

Part 4: Assessment

Assessment strategy: Formative Assessment: Opportunities for formative assessment will occur throughout the module to check students' knowledge of the module content. The Formative Assessment will be a group poster/presentation. Students will have the opportunity to discuss a topic of their choice within the subject area of Healthy Ageing. Students will be given clear guidance for the summative assessment.

Summative Assessment: The assessment for this module is through a 2000 word essay. Students will choose one of the topics to critically evaluate and analyse to demonstrate an extensive knowledge of the concepts, theories and current issues in meeting the learning outcomes. An increased ageing population poses many

challenges to the healthcare system, individuals and families. The aim of a choice of four topics is for the students to be able to explore a topic area so that an in-depth understanding and critical evaluation can be developed to enhance learning.

Essay topics:

1. Theories of healthy ageing and its benefits to the health care system
2. Ethical challenges and inequalities of ageing
3. Longevity and psychological impact of loneliness
4. Major initiatives in social and political policies as population age

Assessment tasks:

Written Assignment (First Sit)

Description: 2000 word essay

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3

Written Assignment (Resit)

Description: 2000 word essay

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3

Part 5: Contributes towards

This module contributes towards the following programmes of study:

Nursing (Mental Health) [Sep][FT][Glenside][3yrs] BSc (Hons) 2021-22

Nursing (Learning Disabilities) [Sep][FT][Glenside][3yrs] BSc (Hons) 2021-22

Nursing (Children and Young People) [Sep][FT][Glenside][3yrs] BSc (Hons) 2021-22

Nursing (Adult)[Sep][FT][Glenside][3yrs] BSc (Hons) 2021-22