



Module Specification

Contemporary Debates in Lifestyle Behaviours and Public Health

Version: 2023-24, v2.0, 19 Jul 2023

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Part 1: Information

Module title: Contemporary Debates in Lifestyle Behaviours and Public Health

Module code: UZVY4N-15-M

Level: Level 7

For implementation from: 2023-24

UWE credit rating: 15

ECTS credit rating: 7.5

Faculty: Faculty of Health & Applied Sciences

Department: HAS Dept of Social Sciences

Partner institutions: None

Field: Health, Community and Policy Studies

Module type: Module

Pre-requisites: None

Excluded combinations: None

Co-requisites: Advanced Interdisciplinary Research Design 2023-24

Continuing professional development: No

Professional, statutory or regulatory body requirements: None

Part 2: Description

Overview: This module will be run by a university within the South West Doctoral Training Partnership as a compulsory module for the Health and Wellbeing pathway students from all universities participating in this pathway.

Features: Not applicable

Educational aims: To explore how theory, knowledge, concepts, methodology, and skills from distinct disciplines can be integrated in a co-ordinated manner to

coherently address important issues, problems and challenges to health and well-being.

Outline syllabus: Facilitating a change in health behaviours across the life span is a priority, particularly among those for whom clusters of poor lifestyle are common. It is becoming apparent that, in some cases, multidisciplinary research is not sufficient to address—in a comprehensive and effective way—challenging and complex issues within health and well-being research and/or application. Rather, interdisciplinary research is required to tackle these more complex and challenging issues.

Interdisciplinary research does not merely result in new technical approaches, but rather new intellectual approaches (viz., new ways to conceptualise and think about 'real world' challenges to health and well-being). Students will explore how the complexity of contemporary health and well-being research problems require researchers to move beyond the confines of their individual disciplines and work as part of interdisciplinary teams in which skills and disciplines are combined in a coordinated manner to stimulate new ways of addressing and tackling problems. Students will be exposed to the different stages of the interdisciplinary research process, ranging from an open-ended preliminary research phase through to how the research is carried out in practice. Examples of good and poor practice will be discussed and a wide range of topics discussed (e.g., why an interdisciplinary approach is needed, which disciplines should be involved, the personality and attributes required by researchers, involvement of end users/stakeholders, and challenges with contingency plans). Students will be presented with contemporary 'real world' problems and will be challenged to take an interdisciplinary approach.

Part 3: Teaching and learning methods

Teaching and learning methods: Teaching will be delivered through lectures, group work, seminars and presentations. It is delivered as a three day block at one of the SWDTP universities. Location and timing will be confirmed on an annual basis by the UWE Health and Wellbeing Pathway lead.

Students will work through problems via various teaching approaches (e.g., critical discussion and group debates, problem-based learning, case studies), adopting an

interdisciplinary approach to develop constructive solutions. The unit will be team taught by colleagues from the Department for Health (Bath), Exercise, Nutrition and Health Sciences (Bristol), and Sport and Health Sciences (Exeter).

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

MO1 A critical understanding of both the challenges to, and the constructive and innovative contributions of, interdisciplinary research to knowledge and practice.

MO2 A deepened interdisciplinary understanding of the links between social, biological and environmental factors and health behaviours, choices, and outcomes of individuals, groups, and societies.

MO3 An awareness of key competencies and processes needed by interdisciplinary researchers in planning, designing, implementing and evaluating interventions and strategies targeted at improving lifestyle-related health behaviours.

MO4 A critical understanding of the skills and processes required to translate interdisciplinary scientific research into practical strategies targeted at enhancing health and well-being.

MO5 A better understanding of the relevance and benefits to research and practice of engaging with a range of public health stakeholders.

Hours to be allocated: 150

Contact hours:

Independent study/self-guided study = 129 hours

Face-to-face learning = 21 hours

Total = 150

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: Formative: Individual presentation on interdisciplinary health research. 10 mins and 5 questions.

- a. Research question of interest
- b. Explanation of need for interdisciplinary approach; identification of disciplines of interest
- c. Explanation of theoretical context or framework in which the proposed study is embedded
- d. Proposed research design, methods, and partners/stakeholders
- e. Intended outputs and outcomes; research impact for end-users and academic community

Summative: Coursework – Outline grant proposal:

The grant proposal must describe an intervention with process measures, and should be organised into two stages: the first 18 months involves building the intervention through pilot research, and the final 42 months to deliver and evaluate the intervention and its outcomes. Total budget should not exceed £1 million.

Assessment tasks:

Written Assignment (First Sit)

Description: Outline grant proposal of 4,000 words on a topic agreed with the module tutor.

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5

Written Assignment (Resit)

Description: Outline grant proposal of 4,000 words on a topic agreed with the module tutor.

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5

Part 5: Contributes towards

This module contributes towards the following programmes of study:

Social Research (Health and Wellbeing) [Frenchay] MRes 2023-24

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