Module Descriptor

Title	Health and Lifestyle		
Session	2024/25	Status	
Code	BIOL11028	SCQF Level	11
Credit Points	20	ECTS (European Credit Transfer Scheme)	10
School	Health and Life Sciences		
Module Co-ordinator	J.Tobias		

Summary of Module

There are many effects of lifestyle on health that can be affected by targeted changes, resulting in improved health outcomes and ultimately longer life expectancy. The determinants of a healthy lifestyle include the socioeconomic environment and postcode location, and this module will outline the main areas of lifestyle and non-communicable diseases, and link lifestyle to these factors. Students will explore the current health policies and practices of the devolved Scottish Government and/or the UK Government and analyse current approaches in health promotion, evaluating these for health outcomes and report on their findings. They will work in groups to debate issues and produce materials for disseminating health information. Topics that will be examined may include Type 2 Diabetes, Smoking, Physical Activity, Obesity, Nutrition and Mental Health.

This module leads to development of understanding of the effects of lifestyle on health as part of the wider field of public health. It will help to develop a range of 'I am UWS' Graduate Attributes:

Universal-development of critical thinking, ethically and research minded.

Work ready-an effective problem solver, communicator and ambitious.

Successful- by being autonomous, resilient and driven

Module Delivery Method	On-Campus[1]	Hybrid[2]	Online[3]	Work -Based Learning[4]
	☒	☐	☐	☐

[1] Where contact hours are synchronous/ live and take place fully on campus. Campus-based learning is focused on providing an interactive learning experience supported by a range of digitally-enabled asynchronous learning opportunities including learning materials, resources, and opportunities provided via the virtual learning environment. On-campus contact hours will be clearly articulated to students.

[2] The module includes a combination of synchronous/ live on-campus and online learning events. These will be supported by a range of digitally-enabled asynchronous learning opportunities including learning materials, resources, and opportunities provided via the virtual learning environment. On-campus and online contact hours will be clearly articulated to students.

[3] Where all learning is solely delivered by web-based or internet-based technologies and the participants can engage in all learning activities through these means. All required contact hours will be clearly articulated to students.

[4] Learning activities where the main location for the learning experience is in the workplace. All required contact hours, whether online or on campus, will be clearly articulated to students

Campuses for Module Delivery	☐ Ayr ☐ Dumfries	☒ Lanarkshire ☐ London ☐ Paisley	☐ Online / Distance Learning ☐ Other (specify)			
Terms for Module Delivery	Term 1	☒	Term 2	☐	Term 3	☐
Long-thin Delivery over more than one Term	Term 1 – Term 2	☐	Term 2 – Term 3	☐	Term 3 – Term 1	☐

Learning Outcomes	
L1	Investigate non-communicable diseases and determinants of health using current literature in public health
L2	Critically evaluate and examine selected approaches to contemporary health promotion practices and choices in maintaining healthy lifestyles.
L3	Evaluate interpret and develop materials for disseminating health education and information
L4	Demonstrate an understanding of the policies and practices of Scottish and UK Governments around the health improvement agendas.
L5	

Employability Skills and Personal Development Planning (PDP) Skills	
SCQF Headings	**During completion of this module, there will be an opportunity to achieve core skills in:**
Knowledge and Understanding (K and U)	**SCQF 11** Critical and integrated understanding of current literature and research in Public Health, with appropriate techniques and methods in practice
Practice: Applied Knowledge and Understanding	**SCQF 11** Critically examining the application of knowledge and skills required by healthcare professionals to contribute to the health improvement agenda
Generic Cognitive skills	**SCQF 11** Critically reviewing current literature relevant to the research topic. Analysing the links between policy and strategy and implementation of local, national and /or international Public health initiatives. Demonstrating a proficiency in dealing with professional level issues relating to the final report.
Communication, ICT and Numeracy Skills	**SCQF 11** Interpreting, using and evaluating a unique range of numerical or graphical data. Presentation of knowledge through report writing and oral communication skills
Autonomy, Accountability and Working with Others	**SCQF 11** Reflecting on health and social healthcare providers and commentating critically on partnership working between public health, health improvement and third sector organisations. Participating in group work with other students. Submitting work at deadlines

Prerequisites	Module Code	Module Title
	Other	
Co-requisites	Module Code	Module Title

Learning and Teaching

In line with current learning and teaching principles, a 20-credit module includes 200 learning hours, normally including a minimum of 36 contact hours and maximum of 48 contact hours.

Assessment will be a group presentation (20%) plus the final report (80%)

Learning Activities During completion of this module, the learning activities undertaken to achieve the module learning outcomes are stated below:	Student Learning Hours (Note: Learning hours include both contact hours and hours spent on other learning activities)
Lecture / Core Content Delivery	15
Tutorial / Synchronous Support Activity	15
Independent Study	170
Please select	
Please select	
Please select	
TOTAL	200

Indicative Resources

The following materials form essential underpinning for the module content and ultimately for the learning outcomes:

Aula virtual learning environment, Library resources, One Search, and online databases

(N.B. Although reading lists should include current publications, students are advised (particularly for material marked with an asterisk*) to wait until the start of session for confirmation of the most up-to-date material)

Attendance and Engagement Requirements

In line with the Student Attendance and Engagement Procedure, Students are academically engaged if they are regularly attending and participating in timetabled on-campus and online teaching sessions, asynchronous online learning activities, course-related learning resources, and complete assessments and submit these on time.

For the purposes of this module, academic engagement equates to the following:

Attendance at synchronous sessions: lectures, workshops, and tutorials, completion of asynchronous activities, and submission of assessments to meet the learning outcomes of the module

Equality and Diversity

The University's Equality, Diversity and Human Rights Procedure can be accessed at the following link: UWS Equality, Diversity and Human Rights Code.
(N.B. Every effort will be made by the University to accommodate any equality and diversity issues brought to the attention of the School)

Supplemental Information

Divisional Programme Board	Biological Sciences Health
Overall Assessment Results	☐ Pass / Fail ☒ Graded
Module Eligible for Compensation	☐ Yes ☐ No **If this module is eligible for compensation, there may be cases where compensation is not permitted due to programme accreditation requirements. Please check the associated programme specification for details.**
School Assessment Board	Biology L7-11
Moderator	A Beggan
External Examiner	P Anyanwu
Accreditation Details	
Module Appears in CPD catalogue	☐ Yes ☐ No
Changes / Version Number	

Assessment (also refer to Assessment Outcomes Grids below)
Assessment 1
Group Presentation 20% Students will work in small groups to produce educational material that is supported by current Scottish and/or UK Government Policies or practices
Assessment 2
Individual Report 80% Students will produce a written report focussing on a lifestyle factor or non-communicable disease and its effects on health, with an analysis of current health promotion around the chosen area using current literature
Assessment 3
(N.B. (i) Assessment Outcomes Grids for the module (one for each component) can be found below which clearly demonstrate how the learning outcomes of the module will be assessed. (ii) An indicative schedule listing approximate times within the academic calendar when assessment is likely to feature will be provided within the Student Module Handbook.)

Component 1							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
Presentation	☐	☐	☒	☒	☐	20	

Component 2

Assessment Type	LO1	LO2	LO3	LO4	LO5	Weighting of Assessment Element (%)	Timetabled Contact Hours
Dissertation/project report/thesis	☒	☒	☐	☐	☐	80	

Component 3

Assessment Type	LO1	LO2	LO3	LO4	LO5	Weighting of Assessment Element (%)	Timetabled Contact Hours
	☐	☐	☐	☐	☐		
Combined total for all components						100%	hours

Change Control

What	When	Who