Module Descriptor

Title	Health and Wellbeing		
Session	2025/26	Status	Published
Code	CEWM10005	SCQF Level	10
Credit Points	40	ECTS (European Credit Transfer Scheme)	20
School	Health and Life Sciences		
Module Co-ordinator	Moira Lewitt		

Summary of Module

The module covers the elements that must be considered in health and wellbeing in the workplace. It follows on from level 9 modules and introduces the knowledge required to progress on to healthy working lives in the workplace. Factors influencing stability and change will be covered, the promotion of health, reduction of health inequalities and prevention of conditions that impact on health. Management roles in the incorporation and engagement of agencies; policies covering return to work, redeployment and lighter duties; and the implementation of the application of approaches to counselling, relocation and confidentiality will all be covered. Guest speakers and lecturers, where appropriate, will provide a wide range of views and backgrounds, including public health, occupational health, environmental health, human resources and facilities management. This module is assessed by an on-going portfolio and presentation.

Undertaking this module will help you to further develop the 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] ☐

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[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	Demonstrate a detailed understanding of issues relating to their own lives and lifestyle impacts and those of colleagues.
L2	Show a critical understanding of the social, environmental and economic interactions that apply to health and wellbeing in the workplace.
L3	Apply a variety of research methods in determining workplace health and wellbeing factors, and their management.
L4	
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 10** Knowledge and understanding of local and global issues and how health and wellbeing are interpreted in a variety of situations. Appreciation of the climatic, environmental, social and economic factors which influence health and approaches to change management
Practice: Applied Knowledge and Understanding	**SCQF 10** The application of achieved knowledge and understanding to specific workplace situations using case studies, working policies, health governance policies, health promotion, workplace adaptations, confidentiality, education in the workplace and wellbeing improvement practices
Generic Cognitive skills	**SCQF 10** The ability to critically evaluate workplace conditions and development of realistic solutions to issues. Students will develop approaches to engagement of occupational health systems and services.
Communication, ICT and Numeracy Skills	**SCQF 10** Experience in discussion, debate, reflection and determination of optional approaches to situations. Use of ICT to research, interpret data and present results. Participation in decision-making for a variety of situations and presentation back to peers and supervisors. Development of skills for communication of health issues and the ability to determine solutions to workplace situations that arise.
Autonomy, Accountability	**SCQF 10**

and Working with Others	Interactive sessions, collaborative work, individual work, preparation of timeous material to reflect "real world" situations in the workplace that will challenge the students to develop confidence in addressing health and wellbeing.

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.

During completion of this module, the learning activities undertaken to achieve the module learning outcomes will include formal lectures, structured tutorials, laboratory classes/simulations and independent study. VLE-based support materials will be available to support the module.

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)
Laboratory / Practical Demonstration / Workshop	36
Tutorial / Synchronous Support Activity	24
Independent Study	340
n/a	
n/a	
n/a	
TOTAL	400

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

Health and Safety at Work: An Essential Guide for Managers, Stranks, Jeremy W.London : Kogan Page, 2008, Rev. 8th ed. (E-book UWS Library Electronic Resources)

Legal Aspects of Health and Safety, Dimond, Bridgit. London, Quay Books, 2011, 2nd ed.

Barbour Index on-line (UWS Library Electronic Resources)

Public Health Scotland: https://publichealthscotland.scot/

REHIS: https://www.rehis.com/

Health and Safety Executive: http://www.hse.gov.uk/

Referencing: Pears, R. and Shields, G. (2019) Cite them right: the essential referencing guide. 11th rev. edn. London: Red Globe Press. Print and electronic copies are available from UWS Library.

(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 <u>Student Attendance and Engagement Procedure</u>, 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: <u>UWS Equality, Diversity and Human Rights Code.</u> In line with current legislation (Equality Act, 2010) and the UWS Equality, Diversity, and Human Rights Code, our modules are accessible and inclusive, with reasonable adjustment for different needs where appropriate. Module materials comply with University guidance on inclusive learning and teaching, and specialist assistive equipment, support provision and adjustment to assessment practice will be made in accordance with UWS policy and regulations. Where modules require practical and/or laboratory based learning or assessment required to meet accrediting body requirements the University will make reasonable adjustment such as adjustable height benches or assistance of a 'buddy' or helper.
(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
Moderator	Steven Kelly
External Examiner	S Boyd
Accreditation Details	IOSH
Module Appears in CPD catalogue	☐ **Yes** ☒ **No**
Changes / Version Number	2

Assessment (also refer to Assessment Outcomes Grids below)
Assessment 1
Continuous assessment: portfolio report 75%. Students are to prepare a well-being improvement strategy involving multi agencies, as well as health and safety and human resources in a portfolio
Assessment 2
Oral presentation 25% The students must prepare and present, to a group of their peers, the main issues identified from the portfolio
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**
Portfolio of written work	☒	☒	☒	☐	☐	75	0

Component 2							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
Presentation	☒	☒	☒	☐	☐	25	0

Component 3							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
	☐	☐	☐	☐	☐		
Combined total for all components						100%	0 hours

Change Control

What	When	Who