

Module Specification

Module Summary Information

1	Module Title	Improving Health for Individuals and Populations
2	Module Credits	20
3	Module Level	4
4	Module Code	PHE4013

5	Module Overview
<p>Welcome to the first module in your degree programme.</p> <p>This module provides the foundations for your future career in promoting health. Promoting health and preventing illness is central to the vision for the NHS; and more broadly with the work of the World Health Organisation.</p> <p>However, this module will focus on the different ways that people (including you) think about health. In line with the focus of the World Health Organisation, the module will provide opportunities for you to identify and discuss factors that promote (and demote) health. It then considers how these concepts of health link to different approaches to improving health.</p> <p>In this module you will explore different ways of looking at health. You will explore what health means from the perspectives of individuals (including you) and the perspectives of various groups (e.g. communities and professional/political/organisational groups).</p> <p>The module will provide an opportunity for you to examine differences – and in some areas – tensions between ways of conceptualising health. Examining the history of organised efforts to improve health will help you to start to identify the wide range of approaches to health improvement – including associated values, policies and priorities - and how/why these may conflict.</p> <p>Within this module, you will be encouraged to share your own ideas and experiences and to explore perspectives other than your own.</p> <p>This module will also help you to develop knowledge and understanding in relation to the UK National Standards for Public Health Practitioners:</p> <ol style="list-style-type: none"> 1. As part of your professional and ethical practice the module will help you to start acknowledging and recognising people's expressed beliefs and preferences as they relate to their health and wellbeing. You will also start to explore ethical principles, dilemmas and issues in health. 2. Your technical competencies in public health developed on this module will include: <ul style="list-style-type: none"> • promoting the value of health and wellbeing – why health is such an important resource. You will build on this throughout your study on the Programme. • starting to recognise that access to this important resource is not shared equally (improving health equality). You will build on this in your level 4 module on 	

perspectives on health; and at level 5 when you will focus more explicitly on health inequalities.

- recognising that individual and population health differ; and that there may be tensions between promoting the health and wellbeing of individuals and the health and wellbeing of groups.
- You will build on this throughout your programme starting to develop your knowledge and understanding of key terms and concepts used in health and wellbeing such as the labels attached to different approaches to health – behaviour change; risk; lifestyle; surveillance, screening; healthy public policy, community development.

How the module will be taught

Your module study will be based around your participation in 12 three-hour face-to-face sessions plus pre-session and post-session activities.

In addition you will be put into peer learning sets to support your learning in, and outside of, sessions (e.g. through wider reading of quality newspapers, blogs, journal articles and books from the module online reading list and more widely).

6	Indicative Content
	<ul style="list-style-type: none"> • Organised efforts to improve health throughout history. • Concepts of health and illness • Health of individuals – what health promoting and demoting factors do individuals have control over • Health of individuals – health persuasion and individual behaviour change • Dimensions of health • Upstream and downstream approaches • Positive health • Health of populations – community development, healthy public policy and legislative action • Empowering individuals and communities • Models of health (e.g. medical and social model) • Models of health promotion (Ottawa, Beattie, Ewles and Simnett) • Ethics and health • Policy and politics

7	Module Learning Outcomes
	On successful completion of the module, students will be able to:
	1 Identify different ways of conceptualising health.
	2 Demonstrate how individual and population health may differ.
	3 Describe different approaches to health promotion.
	4 Locate arguments in appropriate academic literature.

8	Module Assessment		
Learning Outcome			
	Coursework	Exam	In-Person
1	x		
2	x		
3	x		
4	x		

9	Breakdown Learning and Teaching Activities	
Learning Activities	Hours	
Scheduled Learning (SL) includes lectures, practical classes and workshops, peer group learning, Graduate+, as specified in timetable	38	
Directed Learning (DL) includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE	42	
Private Study (PS) includes preparation for exams	120	
Total Study Hours:	200	