

## Developing and Promoting Health and Wellbeing

|                |                                                        |
|----------------|--------------------------------------------------------|
| Module Code:   | PAR4008-B                                              |
| Academic Year: | 2018-19                                                |
| Credit Rating: | 20                                                     |
| School:        | School of Allied Health Professions and Midwifery      |
| Subject Area:  | Physiotherapy and Rehabilitation, Sport Rehabilitation |
| FHEQ Level:    | FHEQ Level 4                                           |

Pre-requisites:

Co-requisites:

### Contact Hours

| Type                  | Hours |
|-----------------------|-------|
| Lectures              | 11    |
| Practical classes and | 23    |
| Tutorials             | 22    |
| Directed Study        | 144   |

### Availability Periods

| Occurrence | Location/Period                                     |
|------------|-----------------------------------------------------|
| BDA        | University of Bradford / Academic Year (Sept - May) |

### Module Aims

To apply knowledge of body systems in facilitating appropriate assessment, management & outcomes, using a person-centred approach to health & wellbeing from a physical and psychological perspective throughout the lifecycle for a range of individuals & client groups across diverse settings.

### Outline Syllabus

National, local & professional agendas concerning wellbeing.  
Cardiovascular and Respiratory systems.  
The Endocrine System and associated conditions.

Homeostasis including hydration/dehydration related to exercise and performance.  
Children's physical wellbeing.  
Age-related physical well-being.  
Issues of public health (smoking cessation, weight management and body image, alcohol related issues, reproductive and gender specific health, dementia).  
Health promotion (including media & means of delivery).  
Exercise (prescription, risk assessment, screening for groups & individuals).  
Assessment of well-being.  
Outcome measurement in physical wellbeing.  
Psychological effects of exercise & consideration of mental health and well-being.  
Role of the MDT  
Patient/Client safety

## **Module Learning Outcomes**

*On successful completion of this module, students will be able to...*

- 1
  - 1.1 Discuss body systems in relation to function & dysfunction
  - 1.2 Identify physical issues in relation to health, well-being & rehabilitation.
  - 1.3 Demonstrate clinical reasoning through the integration of evidence based information
- 2
  - 2.1 Explore the role of the physiotherapist in the multi-disciplinary team in the management & promotion of physical well-being.
  - 2.2 Demonstrate awareness of evidence-based physiotherapy and sport rehabilitation practice in a variety of settings with a variety of client groups.
- 3
  - 3.1 Demonstrate an ability to communicate clearly, succinctly and professionally across a range of formats..
  - 3.2 Develop problem-solving skills.
  - 3.3 Develop information literacy skills
  - 3.4 Demonstrate the ability to work in accordance with the code of ethics appropriate to HCPC

## **Learning, Teaching and Assessment Strategy**

The module will be delivered using a series of research informed themed days with key lectures, tutorials, scenario-based problem solving, team-based learning, technology-enhanced learning & directed study - based on case scenarios across the age range. Key lectures will be delivered both on line and face to face and will focus on body systems in health and disease (LO1.1-1.3). Case scenarios will enable students to explore the impact of exercise and health promotion on physical roles & function (LO1.1-1.3, 2.1 & 2.2) and to formulate an appropriate person-centred management package informed by patient and public involvement. Self directed study includes preparatory work associated with lectures, case scenarios and reading towards the module outcomes (LO2.1, 2.2).

Formative assessment and feedback will be available at individual & group tutorial sessions & through electronic modes of communication including the VLE will facilitate reflection and preparation for summative and self assessment. Mode 1 an exercise practical viva in which the students can demonstrate their understanding of principles underpinning exercise prescription and delivery to a range of clients assesses LO1.3, 2.1, 2.2, 3.1, 3.2, 3.4. Mode 2

, online multiple choice questions assesses LO1.1, 1.2, 3.3 & Mode 3 assesses ongoing competency in all LO's

### Mode of Assessment

| Type      | Method                              | Description                             | Length     | Weighting | Final Assess' |
|-----------|-------------------------------------|-----------------------------------------|------------|-----------|---------------|
| Summative | Examination - practical/lab oratory | Exercise based practical oral/viva exam | 30 minutes | 50%       | No            |
| Summative | Examination - practical/lab oratory | On-going competency assessment          |            | 10%       | Yes           |
| Summative | Examination - MCQ                   | Multiple choice questions               | 1 hour     | 40%       | No            |

### Legacy Code (if applicable)

### Reading List

To view Reading List, please go to [rebus:list](#).