### HEALTH AND WELLBEING

| Duration:            | 2.5 years part-time                 |  |
|----------------------|-------------------------------------|--|
|                      | 1.5 years full-time                 |  |
| Total credit rating: | 180                                 |  |
| Award aim:           | 180 credits Master of Science (MSc) |  |
| Subsidiary awards:   | 120 credits Postgraduate Diploma    |  |
| -                    | 60 credits Postgraduate Certificate |  |

## September start Sem 1 = Sept to Jan, Sem 2 = Feb to June

### Full time study – from 2014/15 entry

| Core:  | candidates are required to take:  |  |  |  |  |  |
|--|---|--|--|--|--|--|
| SHN 7005   | Context, Controversy and Consensus in Health and Wellbeing  | Sem 1  | 15 credits   |  |  |  |
| SHN 7035   | Exercise Behaviour across the Lifespan  | Sem 1  | 15 credits   |  |  |  |
| SHN 7105   | Professional Practice   | Sem 1  | 15 credits   |  |  |  |
| SHN 7075   | Research Practice   | Sem 1  | 15 credits   |  |  |  |
| SHN 7015   | Critical Analysis & Evaluation of International Health Strategies   | Sem 2  | 15 credits   |  |  |  |
| SHN 7065   | The Healthy Environment   | Sem 2  | 15 credits   |  |  |  |
| SHN 7095   | Weight Management: Social and Behavioural Aspects   | Sem 2  | 15 credits   |  |  |  |
|  |   |  |  |  |  |  |
|  | and are required to choose 15 credits from:   |  |  |  |  |  |
| SHN 7045   | Healthy Ageing  | Sem 2  | 15 credits   |  |  |  |
| SHN 7085   | Workplace Wellbeing   | Sem 2  | 15 credits   |  |  |  |
| SHN 7055   | Emotional Health and Wellbeing in Contemporary Society  | Sem 2  | 15 credits   |  |  |  |
| Dissertation for th  | e award of MSc  |  |  |  |  |  |
| Progression require  |   |  |  |  |  |  |
|  |   |  |  |  |  |  |
| Core:  | candidates are required to take:  |  |  |  |  |  |
| SHN 7016   | Dissertation  | Sem 1 (y   | /ear 2) 60 credits   |  |  |  |
| Davit time a struck .  |   |  |  |  |  |  |
| Part time study -  | <u>– from 2014/15 entry</u>   |  |  |  |  |  |
|  |   |  |  |  |  |  |
| Year 1   |   |  |  |  |  |  |
| <u>Year 1</u><br>September start = s   | semester 1 Sentember to January   |  |  |  |  |  |
|  | semester 1 September to January   |  |  |  |  |  |
| September start = s  | semester 1 September to January<br>es are required to take:   |  |  |  |  |  |
| September start = s  | es are required to take:  | Sem 1  | 15 credits   |  |  |  |
| September start = s Core: candidat   | es are required to take:<br>Context, Controversy and Consensus in Health and Wellbeing  | Sem 1<br>Sem 1   | 15 credits<br>15 credits   |  |  |  |
| September start = s<br>Core: candidat<br>SHN 7005  | es are required to take:<br>Context, Controversy and Consensus in Health and Wellbeing<br>Exercise Behaviour across the Lifespan  |  |  |  |  |  |
| September start = s<br>Core: candidat<br>SHN 7005<br>SHN 7035  | es are required to take:<br>Context, Controversy and Consensus in Health and Wellbeing  | Sem 1  | 15 credits   |  |  |  |
| September start = s           Core:         candidat           SHN 7005         SHN 7035           SHN 7015         SHN 7065   | es are required to take:<br>Context, Controversy and Consensus in Health and Wellbeing<br>Exercise Behaviour across the Lifespan<br>Critical Analysis & Evaluation of International Health Strategies   | Sem 1<br>Sem 2   | 15 credits<br>15 credits   |  |  |  |
| September start = s           Core:         candidat           SHN 7005         SHN 7035           SHN 7015         SHN 7065           Year 2         Year 2   | es are required to take:<br>Context, Controversy and Consensus in Health and Wellbeing<br>Exercise Behaviour across the Lifespan<br>Critical Analysis & Evaluation of International Health Strategies<br>The Healthy Environment  | Sem 1<br>Sem 2   | 15 credits<br>15 credits   |  |  |  |
| September start = s<br>Core: candidat<br>SHN 7005<br>SHN 7035<br>SHN 7015<br>SHN 7065<br>Year 2<br>Core: candidat  | es are required to take:<br>Context, Controversy and Consensus in Health and Wellbeing<br>Exercise Behaviour across the Lifespan<br>Critical Analysis & Evaluation of International Health Strategies<br>The Healthy Environment<br>es are required to take:  | Sem 1<br>Sem 2<br>Sem 2  | 15 credits<br>15 credits<br>15 credits   |  |  |  |
| September start = s           Core:         candidat           SHN 7005         SHN 7005           SHN 7035         SHN 7015           SHN 7065         Year 2           Core:         candidat           SHN 7105         SHN 7105  | es are required to take:<br>Context, Controversy and Consensus in Health and Wellbeing<br>Exercise Behaviour across the Lifespan<br>Critical Analysis & Evaluation of International Health Strategies<br>The Healthy Environment<br>es are required to take:<br>Professional Practice   | Sem 1<br>Sem 2<br>Sem 2<br>Sem 1                                     | 15 credits<br>15 credits<br>15 credits<br>15 credits   |  |  |  |
| September start = s           Core:         candidat           SHN 7005         SHN 7005           SHN 7035         SHN 7015           SHN 7065         Year 2           Core:         candidat           SHN 7105         SHN 7105           SHN 7075         SHN 7075  | es are required to take:<br>Context, Controversy and Consensus in Health and Wellbeing<br>Exercise Behaviour across the Lifespan<br>Critical Analysis & Evaluation of International Health Strategies<br>The Healthy Environment<br>es are required to take:<br>Professional Practice<br>Research Practice  | Sem 1<br>Sem 2<br>Sem 2<br>Sem 1<br>Sem 1                            | 15 credits<br>15 credits<br>15 credits<br>15 credits<br>15 credits   |  |  |  |
| September start = s           Core:         candidat           SHN 7005         SHN 7005           SHN 7035         SHN 7015           SHN 7065         Year 2           Core:         candidat           SHN 7105         SHN 7105  | es are required to take:<br>Context, Controversy and Consensus in Health and Wellbeing<br>Exercise Behaviour across the Lifespan<br>Critical Analysis & Evaluation of International Health Strategies<br>The Healthy Environment<br>es are required to take:<br>Professional Practice   | Sem 1<br>Sem 2<br>Sem 2<br>Sem 1                                     | 15 credits<br>15 credits<br>15 credits<br>15 credits   |  |  |  |
| September start = s           Core:         candidat           SHN 7005         SHN 7005           SHN 7035         SHN 7015           SHN 7065         Year 2           Core:         candidat           SHN 7105         SHN 7105           SHN 7075         SHN 7095  | es are required to take:<br>Context, Controversy and Consensus in Health and Wellbeing<br>Exercise Behaviour across the Lifespan<br>Critical Analysis & Evaluation of International Health Strategies<br>The Healthy Environment<br>es are required to take:<br>Professional Practice<br>Research Practice<br>Weight Management: Social and Behavioural Aspects   | Sem 1<br>Sem 2<br>Sem 2<br>Sem 1<br>Sem 1                            | 15 credits<br>15 credits<br>15 credits<br>15 credits<br>15 credits   |  |  |  |
| September start = s           Core:         candidat           SHN 7005         SHN 7035           SHN 7015         SHN 7015           SHN 7065         Year 2           Core:         candidat           SHN 7105         SHN 7105           SHN 7075         SHN 7095           and are required to         SHN 7095   | es are required to take:<br>Context, Controversy and Consensus in Health and Wellbeing<br>Exercise Behaviour across the Lifespan<br>Critical Analysis & Evaluation of International Health Strategies<br>The Healthy Environment<br>es are required to take:<br>Professional Practice<br>Research Practice<br>Weight Management: Social and Behavioural Aspects<br>choose 15 credits from:  | Sem 1<br>Sem 2<br>Sem 2<br>Sem 1<br>Sem 1<br>Sem 2                   | 15 credits<br>15 credits<br>15 credits<br>15 credits<br>15 credits<br>15 credits                             |  |  |  |
| September start = s<br>Core: candidat<br>SHN 7005<br>SHN 7035<br>SHN 7015<br>SHN 7065<br>Year 2<br>Core: candidat<br>SHN 7105<br>SHN 7075<br>SHN 7095<br>and are required to<br>SHN 7045   | es are required to take:<br>Context, Controversy and Consensus in Health and Wellbeing<br>Exercise Behaviour across the Lifespan<br>Critical Analysis & Evaluation of International Health Strategies<br>The Healthy Environment<br>es are required to take:<br>Professional Practice<br>Research Practice<br>Weight Management: Social and Behavioural Aspects<br>choose 15 credits from:<br>Healthy Ageing  | Sem 1<br>Sem 2<br>Sem 2<br>Sem 1<br>Sem 1<br>Sem 2<br>Sem 2          | 15 credits<br>15 credits<br>15 credits<br>15 credits<br>15 credits<br>15 credits<br>15 credits               |  |  |  |
| September start = s           Core:         candidat           SHN 7005         SHN 7035           SHN 7035         SHN 7015           SHN 7065         Year 2           Core:         candidat           SHN 7105         SHN 7105           SHN 7105         SHN 7105           SHN 7075         SHN 7095           and are required to         SHN 7045           SHN 7085         SHN 7085 | es are required to take:<br>Context, Controversy and Consensus in Health and Wellbeing<br>Exercise Behaviour across the Lifespan<br>Critical Analysis & Evaluation of International Health Strategies<br>The Healthy Environment<br>es are required to take:<br>Professional Practice<br>Research Practice<br>Weight Management: Social and Behavioural Aspects<br>choose 15 credits from:<br>Healthy Ageing<br>Workplace Wellbeing   | Sem 1<br>Sem 2<br>Sem 2<br>Sem 1<br>Sem 1<br>Sem 2<br>Sem 2<br>Sem 2 | 15 credits<br>15 credits<br>15 credits<br>15 credits<br>15 credits<br>15 credits<br>15 credits<br>15 credits |  |  |  |
| September start = s<br>Core: candidat<br>SHN 7005<br>SHN 7035<br>SHN 7015<br>SHN 7065<br>Year 2<br>Core: candidat<br>SHN 7105<br>SHN 7075<br>SHN 7095<br>and are required to<br>SHN 7045   | es are required to take:<br>Context, Controversy and Consensus in Health and Wellbeing<br>Exercise Behaviour across the Lifespan<br>Critical Analysis & Evaluation of International Health Strategies<br>The Healthy Environment<br>es are required to take:<br>Professional Practice<br>Research Practice<br>Weight Management: Social and Behavioural Aspects<br>choose 15 credits from:<br>Healthy Ageing  | Sem 1<br>Sem 2<br>Sem 2<br>Sem 1<br>Sem 1<br>Sem 2<br>Sem 2          | 15 credits<br>15 credits<br>15 credits<br>15 credits<br>15 credits<br>15 credits<br>15 credits               |  |  |  |
| September start = s           Core:         candidat           SHN 7005         SHN 7035           SHN 7035         SHN 7015           SHN 7065         Year 2           Core:         candidat           SHN 7105         SHN 7105           SHN 7105         SHN 7105           SHN 7075         SHN 7095           and are required to         SHN 7045           SHN 7085         SHN 7085 | es are required to take:<br>Context, Controversy and Consensus in Health and Wellbeing<br>Exercise Behaviour across the Lifespan<br>Critical Analysis & Evaluation of International Health Strategies<br>The Healthy Environment<br>es are required to take:<br>Professional Practice<br>Research Practice<br>Weight Management: Social and Behavioural Aspects<br>choose 15 credits from:<br>Healthy Ageing<br>Workplace Wellbeing<br>Emotional Health and Wellbeing in Contemporary Society | Sem 1<br>Sem 2<br>Sem 2<br>Sem 1<br>Sem 1<br>Sem 2<br>Sem 2<br>Sem 2 | 15 credits<br>15 credits<br>15 credits<br>15 credits<br>15 credits<br>15 credits<br>15 credits<br>15 credits |  |  |  |

# Core:candidates are required to take:SHN 7016Dissertation

### Sem 1 (year 3) 60 credits

## Part Time study - prior to 2014/15 entry

#### HLWELB

## Year 1 – no longer available for study

### Year 2

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| Core: candidates are required to take:<br>SHN7075 Research Practice Sem     |  |       | 15 Credits |  |
|---|--|-------|------------|--|
|   | choose 45 credits from:                                | Com 1 |            |  |
| SHN 7045  | Healthy Ageing   | Sem 1 | 15 credits |  |
| SHN 7105  | Professional Practice                                  | Sem 1 | 15 credits |  |
| SHN 7055  | Emotional Health and Wellbeing in Contemporary Society | Sem 2 | 15 credits |  |
| SHN 7065  | The Healthy Environment                                | Sem 2 | 15 credits |  |
| SHN 7085  | Workplace Wellbeing                                    | Sem 2 | 15 credits |  |
| End of Year 2 for the award of MSc<br>Progression requirements: 120 credits |  |       |            |  |
| Core: candidates an SHN 7016  | re required to take:<br>Dissertation                   | Sem 2 | 60 credits |  |