

## Changes to previous information

During the global COVID-19 pandemic, we prioritised the health, wellbeing and safety of our students and staff.

As we start the new academic year, your health, wellbeing and safety remains our top priority. This means when we return to our campuses and buildings in September 2020 social distancing and other health and safety measures will be in place. This is to help keep you, and others around you, safe. We will respond to the requirements of vulnerable students regarding their personal safety on an individual basis.

We remain committed to delivering an outstanding education and student experience both on campus and online. Like most universities, we'll be providing a mix of on-site face-to-face and digital learning and teaching. The exact mix will vary between courses and course modules taking into account teaching requirements and other considerations such as meeting the safety of vulnerable staff.

It is important to emphasise that a face-to-face, on-site experience will be delivered within the Government and Public Health England guidance and providing there are no serious unforeseeable public health issues that result in the Government introducing further lockdown measures.

Our response to the pandemic means we may have made changes to your course. This is to take account of these important health and safety measures.

We ask you to read the information provided about course changes carefully. We detail what we include in our online prospectus and explain what has changed.

You should read our statement of changes alongside any information provided in videos, at open days or in other promotional materials. This is because the information may also have been affected by the changes we had to make. We are providing this information so you can make an informed choice about whether the course remains suitable for you.

When you register for your course, you will be asked to confirm you have read about our changes and you agree to them. It means that by choosing to continue with your application, and register with us, you accept these changes and are happy to study your course with us.

We really look forward to seeing you in the next academic year. In the meantime, if you want to find out more about University life from this September, and being part of our supportive and welcoming community, please visit our [September 2020 web pages](#).

Current published course related information		
Course title	Human Development, Mind, Body & Spirit	
Award level	BSc– Single honours only	
<b>How do you want to study?</b>		
Start Date	Sept 2020	
Modes of study	Full-time	
Duration	3 years full-time	
UCAS code	B300	
Location	Canterbury	
Partner institution	N/A	
Available with a Foundation Year	Yes	
<b>Overview</b>		
	<p>A BSc in Human Development will give you knowledge of a broad range of themes that affect people and their development throughout life.</p> <p>This wide-ranging degree doesn't just encourage the exploration of how outside influences shape people's lives; it also promotes self-reflection, empowering you to look at your own journey and understand your development and destiny.</p> <p>By studying Human Development, you will position yourself for a career in a variety of fields such as youth work, social care, counselling, teaching and even governmental and non-governmental organisations.</p>	
<b>Why study Human Development, Mind, Body &amp; Spirit?</b>		
	<p>In recent years, discussions about the importance of both physical and mental wellbeing have become more and more prominent. As well as this, there is growing interest in understanding factors that impact on people and their development throughout their lives.</p> <p>If you want to gain a deep understanding of</p>	

	<p>the holistic development and wellbeing of humans across their lifespan, this course will enable you to explore external and scientific influences on human development from a range of perspectives.</p> <p>You'll explore many issues related to human development, drawing on diverse professional disciplines, literature, research and theory from fields including education, health, welfare, sociology, anthropology, social policy, philosophy, spirituality, psychology, politics and moral values.</p> <p>You'll consider the whole human lifespan, families and their wider communities, including global perspectives and diverse contexts to appreciate the inter-relatedness of development and learning, and its cultural, contextual and biological determinants.</p> <p>The complex nature of human development means you'll have many opportunities to explore this fascinating area of study from different perspectives. You'll discuss, analyse, critique, explore, and evaluate how humans develop in relation to the three key areas of mind, body and spirit. In addition, you'll consider wider issues such as health inequalities, poverty, the influence of politics and economics, and how society shapes human development across the globe.</p> <p>Throughout the course, you'll be encouraged to explore your own development as a human being and you'll have opportunities to enhance your skills set, build your confidence and develop graduate attributes to help you succeed in your chosen career path.</p>	
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Entry requirements	<p>A Disclosure and Barring Service (DBS) check is not an entry requirement, however, if you take part in work-related experience, visits or placements to settings or educational establishments where you are undertaking regulated activity, the setting may determine that a DBS check is required. You will be required to undergo a DBS check and arrange this through the University before undertaking the activity.</p> <p>More information about entry requirements.</p>	
<b>About the course</b>		
Years 1-3	<p>Throughout this course, you'll draw on and examine different aspects of mind, body and spirit by exploring the idea of lifelong development and considering the psychological and social perspectives of life phases.</p> <p>You'll study modules that include themes of emotional language, social and personal development, physical development and the importance of lifelong activity. Setting these topics in a broader context, you'll consider the spiritual aspects of landscape and international aspects of sustainability and 'global village'.</p> <p>As you progress through the course, you'll carry out more in depth study and will develop your research and analytics skills, so that you are prepared to carry out an individual study/research in your final year.</p>	
<b>Module information</b>		
<p>- Please note that the list of optional modules and their availability may be subject to change. We continually review and where appropriate, revise the range of modules on offer to reflect changes in the subject and ensure the best student experience. Modules will vary when studied in combination with another subject.</p>		
<b>Core year 1</b>		
	<p>Orientation to Higher Education and Research Core module - (20 Credits)</p> <p>This module aims to specifically support your transition into university life. You will learn to develop study skills geared towards being successful at undergraduate level. This includes exploring the importance of</p>	

	<p>research in allowing people to engage with information and developing an analytical approach to studying. You will be encouraged to debate, discuss and analyse the process of research and different research methodologies. You will also explore the concepts of knowledge and truth, and how these shape how we know and what we know about mind, body and the spirit.</p>	
	<p>Introduction to Psychological and Social Perspectives of Life Phases Core module - (20 Credits)</p> <p>In this module, you'll explore debates around lifelong human development from a psychological perspective. You will become familiar with theory and research related to lifelong development as well as the factors which may influence them.</p>	
	<p>Physical Development and Wellbeing Core module - (20 Credits)</p> <p>In this module, you'll develop your knowledge and understanding of physical development throughout the lifespan, including the overall development of human beings, their evolution and elements of physical, sensory and biological development, health, wellbeing and the notion of disease. You will gain an understanding of development using the dimension of health and the interplay and relationships between the individual their environment, politics, economics, society and healthy lifestyles and disease.</p>	
	<p>Contemporary Spirituality Core module - (20 Credits)</p> <p>In this module, you'll explore debates around contemporary issues in spirituality. You'll become familiar with some of the latest research in the field, looking at it from a variety of perspectives. You will also be encouraged to examine the role spiritual assumptions and practices may play in their life.</p>	
Optional year 1		
	<p>Whose Morals are They Anyway Optional module - (20 Credits)</p>	

	<p>In this module, you'll explore what and where morals come from, how we develop moral understanding and how this plays out in everyday life. You will explore right wrong justice and fairness among other societal norms and values connected to morals and morality. You will become familiar with theory, research and the factors that exert influence on moral codes.</p>	
	<p>Pedagogy Andragogy and Identity Optional module - (20 Credits)</p> <p>You will examine how children and adults are taught and learn, and you'll study the development of the individual within the widest contexts. You will examine how we co--create, negotiate and interpret everyday worlds around us to understand human development and social beings, considering the multi-dimensional factors that affect learning and teaching. You will draw on child development, social cultural psychology and other social sciences to support your study of humans in their complex physical and social worlds.</p>	<p>Unfortunately, owing to staffing constraints this module will not be offered in 2020-21, and may not be offered thereafter.</p>
	<p>Responding to Refugees Optional module - (20 Credits)</p> <p>You will examine the education of children who have been forced to leave their home nations because of issues such as war, persecution and famine. This module provides knowledge and understanding to give you authentic, emotionally meaningful and practical insights into the application of humanitarian values in the most challenging circumstances.</p>	
Core year 2		
	<p>Exploring Research Methods, Methodologies and Implications for Practice Core module - (20 Credits)</p> <p>The module aims to provide you with knowledge of conducting a theoretical small scale or desk-based research project with or about children, young people or adults. You will learn about appropriate research methods and methodological constructs and concepts, as well as ethical considerations</p>	

	within social science research.	
	<p>Applied cognitive, emotional, language and social development Core module - (20 Credits)</p> <p>In this module, you'll explore theories and evidence which attempt to explain how humans develop cognitive, emotional, language and social skills through life. You will focus on those factors which can promote or impede development in these areas.</p>	
	<p>Physical Activity, Development and Movement Core module - (20 Credits)</p> <p>You will develop knowledge and understanding of the importance of physical activity and how physical movement is developed in young children from birth throughout the lifespan. You will learn how to recognise the importance of supporting physical development and sensory exploration across the lifespan, and you'll gain an understanding of the inter-relationships between all developmental areas. You will also become familiar with a range of activities to promote purposeful physical activity and movement.</p>	
	<p>Critical Spirituality Core module - (20 Credits)</p> <p>You will explore the way that spirituality and religious experiences in general have been 'framed,' defined and criticised by academic and non-academic discourses in the last 100 years or so. There will be a focus on the problematic discourse of spirituality in the academy, as well as the marginalised nature of spiritual practices in society.</p>	
Optional year 2		
	<p>Contemporary issues in social politics Optional module - (20 Credits)</p> <p>In this module, you'll develop an understanding of the relationships between political ideology, political practice and social legislation in the UK, European and international contexts. You will analyse recent and contemporary issues in social policies, and you'll critically examine future</p>	<p>Unfortunately, owing to staffing constraints this module will not be offered in 2020-21, and unlikely to be offered thereafter. Students will instead be able to choose Politics and Education</p>

	<p>policies, as well as consider the impact on society, families and community contexts.</p>	
	<p>Sustainability and the global village Optional module - (20 Credits)</p> <p>In this module, you will develop your understanding of the phenomena 'sustainability' and 'globalisation'. You will examine contrasting views about globalisation and gain insight into its positive and negative impacts. This will enable you to become familiar with theory and research related to globalisation and sustainability, and the factors which may influence them. You will also be encouraged to take a critical perspective, evaluating the relative merits of theory and research.</p>	<p>Unfortunately, this module will not be offered in 2020-21 owing to staffing constraint, and may not be offered thereafter.</p>
	<p>Voluntary Action in Education (work-related experience) Optional module - (20 Credits)</p> <p>In this module, you will examine the relationship between voluntary activity and education in depth. You will explore two central themes of activity: the practical role of voluntary action in children's education and how voluntary activity helps us construct our ideas of normality. As part of the teaching strategies, four third sector organisations will be used as case studies to help you transition from the theories to practical realities. There will also be opportunities for you to debate, present and reflect on your own knowledge and understanding.</p>	<p>This module will not be offered in 2020-21 owing to Covid-19 related restrictions.</p>
Core year 3		
	<p>Independent Study Core module - (20-40 Credits)</p> <p>In this module, you'll follow a reasonably sustained line of enquiry in an area of interest related to human development, leading to a structured and relevant research project. You'll be expected to develop a critical understanding of the body of knowledge and theoretical perspectives within your chosen area of study by engaging in the research process. You will analyse and evaluate theories and concepts surrounding research, using your own perspectives and those of others.</p>	

	<p>Research in Action: Social Action and Participation (work-related experience) Core module - (20 Credits)</p> <p>The module will actively engage you in social action opportunities to address social inequalities and/or social needs, bringing together the knowledge, skills and concepts you've been developing throughout the course. You'll work in partnership with a community-based organisation and/or charity to research and investigate how to explore and address a community and/or social need related to human development. You'll work collaboratively with a lead academic, your fellow students and, most importantly, members of the community, to evaluate and advocate individuals and/or community's voices within a specific area of need.</p> <p>Work-related experience may require a DBS check.</p>	
	<p>Therapeutic approaches to personal development Core module - (20 Credits)</p> <p>In this module, you'll explore therapeutic approaches to human development, drawing on several theoretical traditions that are derived from clinical research and literature related to personal development.</p>	
	<p>Physical Activity Dilemmas Core module - (20 Credits)</p> <p>In this module, you'll examine and explore the current and contemporary issues of physical activity dilemmas, building on the knowledge and understanding developed earlier on in the course. This may include, for example, balancing personal freedom not to exercise with costs of unfit populations. You will consider historical and potential future physical activity dilemmas that are foreseen.</p>	
	<p>Spirituality, Imagination and the Landscape Core module - (20 Credits)</p> <p>You'll learn about several important contemporary discourses and practices which link spirituality and wellbeing with</p>	

	<p>the mythic imagination and the arts, with an emphasis on landscape. You will undertake a project which will be presented to your peers.</p>	
Optional year 3		
	<p>Embodying Education Optional module - (20 Credits)</p> <p>Through reflective workshops and embodied practices (e.g. mindfulness relaxation, yoga, martial arts and cross-curricular teaching practices), you will explore the philosophical and sociological theories of knowledge and how particular 'rational' forms of knowledge have taken dominance in educational settings.</p>	
	<p><b>Reflecting</b> on Ethics and Morals: Whose 'right' is it anyway? Optional module - (20 Credits)</p> <p>In this module, you will critically reflect on and develop your knowledge and understanding of approaches to morals and ethics which are embedded within a framework principally concerned with understanding the origins and implications of moral and ethical standpoints.</p>	
	<p>Global perspectives on health Optional module - (20 Credits)</p> <p>In this module, you'll develop a critical understanding of global health issues and global health initiatives on an international and global stage. You will examine the importance and progress in reaching and evaluating progress towards the sustainable development goals. You will also consider contemporary health issues across the globe and explore the role of public health, health promotion and protection systems policies and interventions. You will explore the role of non-government and government-organised organisations and agencies and how accountability, funding and research might support development of human society in future.</p>	<p>Unfortunately, this module will not be offered in 2020-21 owing to staffing constraint, and may not be offered thereafter.</p>

How you'll learn		
Teaching	<p>The course typically consists of lectures, seminars, group work, guided learning activities and tutorials.</p> <p>You will study 120 credits per year, with each module typically carrying 20 credits.</p> <p>You will also be offered optional modules although this will be subject to a minimum group size and timetabling restrictions. Teaching will be mainly based at the Canterbury Campus, however, there may be either off-site or sports facilities that are used.</p> <p>All courses are informed by the University's Learning and Teaching Strategy 2015-2022.</p>	<p>As a result of the ongoing COVID-19 situation, we have redesigned our courses so that they can deliver a mix of face-to-face and digital learning. This will mean that courses can continue while following social distancing rules, even if further lockdowns occur. We have tried to do this in a way that is purposeful, thoughtful and driven by your likely needs.</p> <p>All lectures will be delivered digitally. Small interactive lectures may happen on campus (if suitable rooms are available).</p> <p>This means that as part of 'contact hours' for the course, you can expect to engage with a structured mix of:</p> <ul style="list-style-type: none"> <li>• on-site face-to-face teaching</li> <li>• 'live' digital teaching</li> <li>• other digital activities.</li> </ul> <p>We will take into account any guidance from local or national governments and the University, and will keep you informed of any changes that are necessary.</p>
Independent study	<p>When not attending lectures, seminars, workshops or other timetabled sessions, you will continue learning through self-study. Typically, this involves reading journal articles and books, undertaking research in the library, working on projects, and preparing for coursework assignments/examinations, workshops and seminars.</p> <p>Your module tutor will direct you towards specific readings and/or activities to complete before class.</p>	
Overall workload	N/A	
Academic input	Our teaching team offers expertise across a range of disciplines and bring research expertise and enthusiasm for their specialist areas of knowledge, enabling you to engage	

	with the latest developments and insights from a wide variety of professions.	
<b>How you'll be assessed</b>		
Years 1-3	We will assess both your academic knowledge and the development and understanding of professional interpersonal skills. You will be assessed through a range of methods, including individual and group presentations, posters, assignments and timed essay. There are no exams.	
<b>Fees</b>		
FY UK/EU	Full-time £7,050	
	Part-time N/A	
FY Overseas	Full-time £9,910	
	Part-time N/A	
UK/EU	Full-time £9,250	
	Part-time £4,625	
Overseas	Full-time £13,000	
	Part-time N/A	
<b>Course specific costs</b>		
DBS Check	You will need to pay for a Disclosure and Barring Service (DBS) check if you undertake an activity that requires one.	
Professional accreditation	N/A	
Industry links	N/A	
<b>Other important information</b>		
Date of publishing	29/06/2020	