Canterbury Christ Church University

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.

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We want to make sure you know about these changes. When you register for your course we will ask you to confirm you have read this information.

	Current published course related information	
Course title	Public Health and Health Promotion	
Award level	BSc - Single honours only	
How do you want to study?		
Start Date	Sept 2020	
Modes of study	Full-time	
Duration	3 years full-time	
UCAS code	B900	
Location	Canterbury	
Partner institution	N/A	
Available with a Foundation Year	Yes	
Overview		
	Develop the skills you need to become a public health professional, with exciting career opportunities in both the UK and abroad. Our Public Health and Health Promotion course will equip you with the knowledge and skills necessary to improve the health and wellbeing of individuals and communities. The World Health Organization and governments around the world are supporting the expansion of health promotion and public health. This is a growing and important area to be in. You will study the mental, emotional, social, physical, spiritual, political and environmental influences on health and how currently the government aims to address these.	
Why study Public Health and Health Promotion?		
	The Public Health and Health Promotion degree aims to develop knowledge, skills	

	and Graduate Attributes that a wide variety of employers, both in the private and public sectors, are looking for. Experienced lecturers will help you to learn through a blend of interactive activities, lectures, small group discussions, one-to-one tutorials, online resources, and peer support. You will have the opportunity to reflect on your personal strengths and values in a supportive environment that will assist you in planning your future study and preparing for a health-related career. The course will provide you with an in-depth understanding of public health and policies that apply to England. However, there are many opportunities, particularly in class discussions and assessments, where international students can show how a principal applies to a health concern in their own country, and in Year 4 we offer an international Global Health module.	
Entry requirements	A typical offer would be 88-112 UCAS Tariff points. More information about entry requirements.	
About the course		
	Public Health and Health Promotion focuses on teaching and learning around the growing understanding that the prevention of ill health and promotion of health and wellbeing is far better for individuals and society than a sole focus on curing illness. You will explore areas including: • understanding health, wellbeing and illness • communicating health information • promoting and improving health • health research • global health • mental health promotion.	
Core Year 1		
	Communicating Health Information Core module - (20 Credits) This module aims to facilitate the	This module is an optional module studied in Semester 2. Students can therefore choose to take a language module from the General Module

	development of your health-related communication skills across a range of media, including mass technology, print and electronic media. You will investigate verbal and non-verbal, written and graphic forms of communication. The module will give you the opportunity to develop and enhance your communication skills, explore the importance of good communication skills across the wider public health work force using and applying knowledge from theory, research and from other year one modules.	Scheme offering, as a study alternative.
	Environment and Health Core module - (20 Credits) You will study how the physical environment can impact on health. These aspects include housing, food security, air/noise and water pollution, waste disposal, climate change, and resource degradation. Students will be introduced to the principles of sustainability, health needs assessment of populations and asset mapping. Neighbourhoods, as a setting for health promotion, will be the basis for field research and will include an examination of multi-agency partnership working and community development. Contemporary literature, key publications from the World Health Organization and major UK strategy documents will be drawn upon to help reflect on current health promotion and public health practice in context.	
	Key Concepts in Health and Wellbeing Core module - (20 Credits) This module will help you to analyse health and illness from a social perspective. It aims to introduce you to the basic concepts of public health and health promotion while developing understanding of the range of factors that influence health. The historical development of public health will be discussed and you will be introduced to the newer discourses on health and wellbeing. You will be encouraged to explore the concept of health from a range of different perspectives.	
	Major Health and Lifestyle Issues Core module - (20 Credits)	

	This module will introduce you to the study of some of the diseases and risk behaviours which have a major impact on the health of the UK population such as cardiovascular disease, cancer, obesity, sexually transmitted diseases, poor mental health, smoking, physical inactivity and substance misuse. You will research, identify and discuss these conditions and behaviours and also identify and discuss Government policies that have informed health promotion and public health practice to address them.	
	Personal and Academic Development Core module - (20 Credits) This module has been designed to support you to develop the necessary personal and academic skills for success in Higher Education. Students will be encouraged to develop both written and oral communication skills, use information technology to support their researching skills and understand how to get the most out of University resources. Additionally, students will be encouraged to develop their ability to manage deadlines, proactively organize their own learning, become more independent and reflect on the development of their graduate skills.	
	Public Health and Team Skills Core module - (20 Credits) The aims of this module are to enable you to develop a holistic understanding of how the different components of the public health workforce work together to improve the health and wellbeing of individuals, communities and the whole population. You will be encouraged to gain insight into their own employability within this field, develop your communication and critical reasoning skills and acquire an awareness of effective team work.	

Core Year 2		
	Developing Employable Public Health Practice Core module - (20 Credits) The aim of the module is to enhance your employability skills and attributes through an understanding of competencies, commissioning and practical skills that are relevant to working in the area of health. You will be supported to develop insight into your own abilities, consider what kind of leader you might become and have opportunity to creatively and innovatively address real-world problems.	
	Health Promotion Core module - (20 Credits) The aims of this module are to facilitate your understanding about a wide range of concepts of health (including health as a right, health as a responsibility) and approaches to health promotion and health improvement. You will explore how the concept of health promotion has developed to become a process of enabling people to increase control over, and to improve their health. You will analyse the process of health promotion activity with individuals, small groups and within 'settings' as well as social and environmental interventions. You will learn how to plan and evaluate effective health promotion strategies.	
	Health Protection Core module - (20 Credits) This module will focus on protecting people's health by ensuring the safety and quality of food, water, air and the general environment. It will consider some of the important health risks associated with the transmission of infectious diseases, as well as chemical and nuclear incidents, and in doing so highlight some of the steps that can be taken to help deal with these threats.	
	Inequalities in Health Core module - (20 Credits) The study of health inequalities is an	

	important area of analysis that highlights and seeks to explain the differences in health status between and within social groups. You will examine local and national patterns of health and illness and explore sociological explanations for inequalities in health. The module also aims to critically evaluate initiatives and national and local policies that have focused on reducing health inequalities.	

	Researching Health and Wellbeing Core module - (20 Credits) During this module you will learn about some of the different types of research that can be carried out, and how to conduct a small research study of your own. You will be introduced to both quantitative and qualitative research approaches, followed by a step-by-step explanation of the research process. You will be provided with an understanding of how to search for evidence and to develop the ability to come up with aims and objectives for your research, pick the right research design, find participants to study, and then make sense of your findings in order to help you to answer your research question.	
Optional Year 2	Principles of Epidemiology Optional module - (20 Credits) The overall aim of this module is to introduce you to the field of epidemiology, the study of how and when diseases occur in different groups of people, so that you may understand how it relates to the practice of health promotion and public health. It will provide you with an overview of the approaches for describing patterns and measures of disease frequency and identifying factors that cause diseases in groups of people and to examine methods commonly used in epidemiology to evaluate them. You will examine the impact on society of selected major health issues and health/lifestyle behaviours, using identified sources of health data.	
	Psychology and Health Optional module - (20 Credits) This module will look at how psychology can help us to gain a better understanding of the health of individuals and whole populations. You will learn about theories of motivation, group processes and social perceptions and consider how these theories can be used to help explain healthy lifestyle behaviours, such as physical activity and exercise, sexual behaviour, substance misuse and eating behaviour.	
Core Year 3	Dissertation: Public Health and Health	

	Promotion Core module - (40 Credits) The aim of this module is to give you the opportunity to undertake an in-depth study of a health promotion or public health topic of particular interest. You will be given the choice of completing an empirical (research) study or a literature-based study. You will select a topic of personal interest, based on previous modules within the course and also your career aspirations. Group sessions will be organised during Year 2 to guide you in selecting an appropriate topic for your dissertation and to ensure that you fully understand the requirements and scope of the dissertation. You will be individually supervised, and given guidance about the key databases you will be using, the essential features of systematic searching and research methods. In addition to the dissertation module, students will be able to choose 4 other modules from a range of options which complements their personal interests and employability.	

Optional Year 3	Aspects of Mental Health Promotion Optional module - (20 Credits) This module aims to develop your understanding of the concepts of mental health, wellbeing and happiness and examine ways in which these concepts can be measured. You will consider the effectiveness of interventions designed to improve mental health, such as physical activity, the arts, music, spirituality and complementary and alternative medicine.	
	Global Health Optional module - (20 Credits) This module aims to provide you with the opportunity to explore, in depth, the global factors that influence health and wellbeing and the role of the United Nations, the World Health Organisation (WHO) and other international agencies in addressing the challenges. The basic biological factors involved in major global health issues will be considered, but greater emphasis will be given to major global threats to health – including poverty, food insecurity, gender inequality, and lack of health services, housing and sanitation, the consequences of globalisation in trade, international conflicts, climate change, resource depletion, pollution, and migration. Turning to efforts to address global health issues, the module will critically assess the work of the United Nations, the WHO, World Bank, and other international agencies including non-governmental organisations.	
	Health and Work Optional module - (20 Credits) This module aims to provide you with the opportunity to explore, in depth, the contemporary political, social and contextual factors that influence health and wellbeing in the workplace. Contemporary issues such as absence and presenteeism, sedentary work, musculoskeletal health and mental health will be examined along with the consequences of not managing these positively and proactively. The management of good health and wellbeing at work will be contextualised within health promotion,	

	and organisational and behaviour change theory and existing recognised best practice standards.	

	Negotiated Workplace Learning Optional module - (20 Credits) This module aims to offer you an enhanced opportunity to build upon your prior learning across the programme and examine this within a neighbourhood, a specific community group, workplace or setting for health. This module requires students to be systematic, reflective and critical in examining health and consider the development or application of skills and competencies.	
	Physical Activity, Health and Wellbeing Optional module - (20 Credits) This module will examine the link between physical inactivity and health and the type, frequency and intensity of physical activity needed to prevent long term disease such as cardiovascular disease and certain types of cancer. You will examine physical activity and sedentary behaviour patterns in the UK and those methods of surveillance and monitoring that are used to assess them. The role of physical activity as an emerging area of priority within public health will be outlined, and the effectiveness of different health promotion strategies using physical activity promotion will be discussed using both the available evidence and an understanding of behavioural theory.	
	Relationships and Sex Education Optional module - (20 Credits) The importance of effective communication with young people, colleagues and other professionals on matters of relationships, sex education, sexual health and screening will be identified and explored within this module. The influences of society, culture, age and sexual orientation will be examined, together with their possible implications on practice. These influences will be used to challenge personal belief systems and constraints. International, national and local provision of services related to sex and relationship education and sexual health will be explored.	
	Substance Misuse and Health Optional module - (20 Credits)	

	This module will examine different patterns of drug and alcohol use in different groups of people and consider the impacts on physical, mental and social health. You will develop an understanding of how patterns of drug use are influenced by personal and environmental factors and critically evaluate measures taken to reduce drug and alcohol use in individuals, nationally and globally.	

How you'll learn		
Teaching	The Public Health and Health Promotion programme includes a wide range of teaching and learning strategies. These strategies are designed to encourage you to develop as independent learners as you progress through the three years. Individual strategies will be appropriately chosen, bearing in mind factors such as the numbers of students undertaking a module, and the specific content of the module. Most modules emphasise active learning in order to develop the qualities, knowledge and skills outlined in the course aims. Some modules will include organised visits. The course is supported by University's virtual learning environment. Most modules on the courses consist of 50 hours contact (teaching) time supported by 150 hours of independent learning. Extensive reading lists are given for each module and students will be navigated through the learning material with a structured lecture and seminar schedule. All programmes are informed by the University's Learning and Teaching Strategy 2015-2022.	**Blended Learning statement – July 2020** Our top priority within the School of Allied and Public Health Professions is providing you with high-quality teaching and learning opportunities that enable you to successfully complete your programme of study. Due to Covid-19 things may seem a little different at University this September, as we are working hard to ensure the safety and wellbeing of our community. We are doing everything possible to limit the impact of Covid-19 on your enjoyment of your studies. We are extending our blended Learning approach to teaching and learning that refers to learning design that purposefully, thoughtfully and effectively integrates on-site face-to-face and online learning opportunities, informed and driven by student needs. This will ensure you receive everything you need to be successful in your programme. We aim to increase your time on campus as and when the restrictions on physical distancing are lifted and it is safe and appropriate to do so. We look forward to supporting you throughout your studies with us, and welcoming new and returning students to the new academic year. The Public Health and Health Promotion programme includes a wide range of teaching and learning strategies. These strategies are designed to encourage you to develop as independent learners as you progress through the three years. Individual strategies will be appropriately chosen, bearing in mind factors such as the numbers of students undertaking a module, and the specific content of the module. Most modules emphasise active learning in order to develop the qualities, knowledge and skills outlined in the course aims. Some modules will include organised visits. The course is supported by University's virtual learning environment.

		Most modules on the courses consist of 50 hours of academic direction supported by 150 hours of independent learning. Extensive reading lists are given for each module and students will be navigated through the learning material with a structured lecture and seminar schedule. All programmes are informed by the University's Learning and Teaching Strategy 2015-2022.

How you'll be assessed

The assessment methods aim to provide a wide range of possible methods for students to demonstrate and enhance their abilities and Graduate Attributes. Each module generally has one or two assessments from the following range: essays (includes reflective essays, case study essays, or essays that review or critique research), individual presentations, research reports, literature reviews, projects, seen and unseen examinations (usually 2 hours) and portfolios.

For each 20 credit module, there will be 200 hours of learning time and the assessments are usually weighted at 4,000 words or equivalent.

Your future career

The degree provides suitable entry qualifications which will contribute to becoming a registered health promotion or public health practitioner. It also opens up routes into teaching, through PGCE, and prepares you for further postgraduate study at all levels through to PhD. The course is normally accepted for graduate entry into health professional and social work programmes of study.
Typical areas of employment that you can enter after completing this degree are:

- Commissioning public health services
- Public health intelligence and surveillance
- Health trainer
- Project management: bid writing, community engagement and empowerment
- Health policy and electoral reform
- Health research
- Communicating health information through social marketing and health-related media
- Health services improvement and administration
- Criminal justice system work in prisons and probation

	• Housing support, welfare and citizen's advice • International development and global health: education programmes, tackling poverty, human rights • Charity work: fundraising, improving life-chances for vulnerable people and those with disabilities Non-Governmental Organizations • Undertake further study to become a Psychological Wellbeing Practitioner • Improving healthy lifestyles (e.g. physical activity, sexual health, smoking cessation, drugs and alcohol, weight management) • Town planning, urban development and regeneration, healthy places • Health protection, health improvement, environmental health, health and safety officer, risk management, emergency planning • Occupational health – workplace health and wellbeing, human resources • Coaching, mentoring, counselling, supporting people with mental health issues, youth support work Leisure industry • Food sustainability, pollution reduction, climate change • Teaching and the wider education sector • Civil service	
Fees		
Full-time	UK/EU £9,250 Overseas £13,000	
Other important information		
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