



Higher National Unit specification

General information for centres

Unit title: Perspectives of Health

Unit code: F1BR 34

Unit purpose: This Unit is designed to raise an awareness of the perspectives of health. It will introduce candidates to a range of health perspectives and explore current factors and influences of health in today's society. The Unit aims to allow candidates to investigate current health provision in relation to changing definitions and attitudes.

On completion of the Unit the candidate should be able to:

- 1 Investigate the range of definitions of health.
- 2 Explain the factors underlying health and health promotion practice.
- 3 Explain the influence of national trends in relation to health.
- 4 Analyse and evaluate the factors and influences in relation to health and integrated health practice.

Credit points and level: 1 HN credit at SCQF level 7: (8 SCQF credit points at SCQF level 7*)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

Recommended prior knowledge and skills: Access to this Unit is at the discretion of the Centre. However it would be beneficial if candidates held the HN Unit F1BS 34 *Research and Methodology* or equivalent.

Core Skills: There are opportunities to develop the Core Skills of *Numeracy, Information Technology* and *Communication* at Higher in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

Context for delivery: If this Unit is delivered as part of a Group Award, it is recommended that it should be taught and assessed within the subject area of the Group Award to which it contributes.

Assessment: The Unit Outcomes will be assessed holistically by the production of a report and presentation of the summary.

Higher National Unit specification: statement of standards

Unit title: Perspectives of Health

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The sections of the Unit stating the Outcomes, Knowledge and/or Skills, and Evidence Requirements are mandatory.

Outcome 1

Investigate a range of definitions of health

Knowledge and/or Skills

- ◆ Personal
- ◆ Lay
- ◆ Medical
- ◆ Social
- ◆ Complementary therapy
- ◆ Professional

Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can:

- ◆ explain what defines health
- ◆ identify principles of health

Assessment Guidelines

This Outcome will be assessed holistically with Outcomes 2, 3 and 4. Details of the assessment are stated at Outcome 4.

Outcome 2

Explain the factors underlying health and health promotion practice

Knowledge and/or Skills

- ◆ Concepts of health — Health and illness continuum, holistic view
- ◆ Dimension of health — Physical, social, emotional, spiritual
- ◆ Current theories and government guidelines
- ◆ Influence of models of health promotion — behavioural, educational, political, client centred, community development
- ◆ Changing perspectives on health

Higher National Unit specification: statement of standards (cont)

Unit title: Perspectives of Health

Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can:

- ◆ describe concepts of health in line with current theories
- ◆ describe dimensions of health in line with current theories
- ◆ demonstrate an awareness of how government guidelines can influence an individual's health
- ◆ describe current guidelines that can influence individual needs
- ◆ explain how models of health promotion can be used in practice
- ◆ demonstrate how changing perspectives on health influence the well-being of an individual

Assessment Guidelines

This Outcome will be assessed holistically with Outcomes 1, 3 and 4. Details of the assessment are stated at Outcome 4.

Outcome 3

Explain the influence of national trends in relation to health

Knowledge and/or Skills

- ◆ Medical
- ◆ Educational
- ◆ Client
- ◆ Community
- ◆ Political

Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can:

- ◆ outline the major current national trends for health promotion
- ◆ explain the link between national trends for health promotion and health
- ◆ explain how the health of an individual can be understood in relation to current theories and the influence of national trends

Assessment Guidelines

This Outcome will be assessed holistically with Outcomes 1, 2 and 4. Details of the assessment are stated at Outcome 4.

Higher National Unit specification: statement of standards (cont)

Unit title: Perspectives of Health

Outcome 4

Analyse and evaluate the factors and influences in relation to health and integrated health practice

Knowledge and/or Skills

- ◆ factors which affect health
- ◆ the need for integrated health care
- ◆ appropriate sources of data — electronic, interviews, surveys
- ◆ selection of appropriate data — national targets, national/local statistics
- ◆ research analysis

Evidence Requirements

Candidates will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can:

- ◆ research and explain the short falls in conventional health care
- ◆ explain the increasing demand for complementary therapies within health care
- ◆ explain the need for integrated health care by identifying, individual contributions made in establishing and maintaining positive health
- ◆ explain the methods of selecting and analysing data
- ◆ evaluate the conclusion of the data researched in relation to the stated objectives

Assessment Guidelines for this Unit

The Unit is assessed holistically by combining Outcomes 1, 2, 3 and 4 for assessment purposes. The assessment for the Unit Outcomes will be in the form of a report including investigation, of a minimum of 3,000 words in open-book conditions. A summary of the report may be given in the form of a presentation.

The candidates may be given a brief, outlining relevant areas of content.

Administrative Information

Unit code:	F1BR 34
Unit title:	Perspectives of Health
Superclass category:	PA
Original date of publication:	February 2007
Version:	02 (February 2009)

History of changes:

Version	Description of change	Date
02	Outcome 4: 'Assessment Guidelines for this Unit' — changed to 'A summary of the report may be given in the form of a presentation'. 'Guidance on the delivery and assessment of this Unit' — changed to 'A summary of the report may be given in the form of a presentation'.	12/02/09

Source: SQA

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Higher National Unit specification: support notes

Unit title: Perspectives of Health

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

Guidance on the content and context for this Unit

The candidate will be asked to investigate a variety of definitions of health to include personal, lay and professional. This will involve the study of the various dimensions of health and the relative value placed on each. Candidates will investigate different experiences that may be responsible for shaping lay definitions of health and the fact that health can be multi-faceted.

Candidates will be expected to examine various dimensions of health — physical, mental, emotional, social, spiritual, cognitive and societal (inequalities in health). The concepts of health that are linked with people's eco-social, environment and cultural influences should be identified. A range of different health resources will be studied looking at historical perspectives and the emergence of current official approaches to health in particular the move towards a more holistic approach to health care.

Candidates should examine the significant factors and influences of health and integrated health practice. Use should be made of appropriate publications and electronic data to gather relevant information. Areas to address should include client/group/individual, needs, ethical issues, methods of achieving aims and objectives, resources and evaluation methods.

Guidance on the delivery and assessment of this Unit

It is envisaged that an integrated approach to teaching the Unit will be adopted. Examples should be relevant to the specialist area being studied.

The Unit Outcomes will be assessed holistically in the form of a report including investigation, of a minimum of 3,000 words in open-book conditions. A summary of the report may be given in the form of a presentation.

It is recommended that candidates are encouraged to learn through self research while being supported by a tutor.

Outcome 1 Candidates are required to understand the wider definitions and principles of health. It is essential that candidates are orientated to the current structure of the local health service, Social Services and the funding arrangements for care services. On completion of this Outcome the candidate should understand how complementary therapies can contribute to health.

Outcome 2 This Outcome requires the candidate to display knowledge and understanding which focuses on factors that effect health such as spiritual, emotional, social and physical well being. Candidates should have a working knowledge of relevant legislation, which underpins health promotion and practice and the concept of health should focus on how it contributes to the establishment and maintenance of changing perspectives.

Higher National Unit specification: support notes (cont)

Unit title: Perspectives of Health

Outcome 3 This Outcome should develop an understanding of how national trends help explain individual behaviour in relation to health promotion and practice. Discussion on the different perspectives will help give some insight into how behaviour can be understood and explained. A link should then be made to demonstrate how current therapeutic approaches use these perspectives as a basis for the different actions that can be taken to improve health.

Outcome 4 The candidate will understand the importance of integrated healthcare, through focusing on the changing perspectives in health to include why society is demanding complementary therapies relating to the short falls in conventional medicine. Candidates should know how to access current information on legislation and to remain up to date with initiatives in relation to health in Scotland. Candidates should be able to access statistical information in relation to health issues and be aware of health targets and initiatives in relation to these issues.

Opportunities for developing Core Skills

Candidates will develop *Numeracy* skills as they interpret and apply key information from a minimum of two data handling techniques as part of research activities. Accuracy in the interpretation of figures and statistical data and the ability to calculate and present complex resource information graphically and in writing underpins the competencies developed in the Unit, and the Core Skill is overtaken at SCQF level 5. Skills in completing sustained complex calculations and effective presentation of data could be further enhanced by access to appropriate technology, and by on line support packages.

Instruction in the most effective use of learning resource centre systems will support candidates in using Information Technology as a research tool. Formative work accessing and evaluating electronic sources which provide a range of complex information, current facts and ideas on professional concerns and issues should be encouraged, in order that candidates are able to read in depth and in detail reference materials from a range of Internet sites, electronic databases and journal archives. Checklists which might be provided to support analytical evaluation could include criteria to ensure a check on the currency, authority, accuracy, and balance of all information accessed. The need to develop efficient systems of recording, coding and storing outline research information for ease of reference, such as logs, diaries, and notes folders will be emphasised. Where practical, candidates should have opportunities for computerised record keeping and be aware of the importance of saving and performing back ups. Although skills in Written Communication are not formally assessed, candidates should be expected to produce and present written materials to a professional standard. They should express essential ideas, information and conclusions accurately and coherently, use a formal structure, recognised format, and accurate, spelling punctuation and syntax.

Open learning

As this Unit involves individual research it is suitable for delivery by some form of open, distance or online learning, assessed in conditions where arrangements have been put in place to assure the authenticity of the candidate's work.

Higher National Unit specification: support notes (cont)

Unit title: Perspectives of Health

Candidates with disabilities and/or additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering alternative Outcomes for Units. Further advice can be found in the SQA document *Guidance on Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs* (www.sqa.org.uk).

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In this Unit you will be required to carry out research supported by your tutor/lecturer to enable you to gain an understanding of who is involved, what is involved and the external factors that influences decision making processes in perspectives of health.

The Unit Outcomes will be assessed holistically in the form of a report including investigation, of a minimum of 3,000 words in open-book conditions. A summary of the report should be given in the form of a presentation.