



Higher National Unit specification: general information

Unit title: Health Promotion in a Changing Society

Unit code: FN28 34

Superclass: PA

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Version: 01

Unit purpose

This Unit is designed to develop knowledge and understanding of the concept of health. It will introduce candidates to a range of health perspectives and explore current factors and influences of health in today's society including social, cultural, medical and political issues. The Unit aims to allow candidates to investigate and analyse current health provision in relation to changing definitions and attitudes.

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

- 1 Investigate the range of definitions of health.
- 2 Explain the influence of different concepts of health and health promotion practice.
- 3 Explain the influence of national trends in relation to health.
- 4 Analyse and evaluate current initiatives which support health.

Recommended prior knowledge and skills

Candidates should have good communication skills. Some prior study of a health or social care related subject would be useful but is not essential.

Ultimately, entry is at the discretion of the centre.

Credit points and level

2 Higher National Unit credit at SCQF level 7: (16 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.*

General information (cont)

Core Skills

Opportunities to develop aspects of Core Skills are highlighted in the Support Notes of this Unit specification.

There is no automatic certification of Core Skills or Core Skill components in this Unit.

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.

This Unit is included in the framework for HNC/HND. It may also be suitable for delivery as a stand-alone Unit for candidates with a specific interest in this area, or those studying Health Care, Social Care or Social Science.

Assessment

The assessment for this Unit comprises two integrated assessments. Outcomes 1 and 2 could be assessed in an essay of not more than 1,500 defining what health is and Outcomes 3 and 4 could be assessed by means of a research report linking a current health issue to local or national trends.

Higher National Unit specification: statement of standards

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

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the Knowledge and/or Skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

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

Outcomes 1 and 2 can be combined in the form of a 1,500 word essay explaining what defines health and the concepts of health including current theories and how they impact on the individuals.

Higher National Unit specification: statement of standards (cont)

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Outcome 2

Explain and exemplify the influence of different concepts of health and health promotion practice.

Knowledge and/or Skills

Concepts of health — Health and illness continuum, holistic view

- ◆ Concepts of health: medical/Western Scientific, holistic, health-illness continuum, World Health Organisation
- ◆ Critiques of existing concepts of health
- ◆ Dimension of health — Physical, social, emotional, spiritual, cultural
- ◆ Current theories and government guidelines
- ◆ Influence of models of health promotion — behavioural, educational, political, client centred, community development
- ◆ Changing perspectives on 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 expect to influence an individual's health
- ◆ describe current guidelines that expect to influence individual needs
- ◆ explain how models of health promotion can be used in practice
- ◆ demonstrate how changing perspectives on health may influence the well-being of an individual.

Assessment Guidelines

Outcomes 1 and 2 can be combined in the form of a 1,500 word essay explaining what defines health and the concepts of health including current theories and how they impact on the individuals.

Higher National Unit specification: statement of standards (cont)

Unit title: Health Promotion in a Changing Society

Outcome 3

Explain the influence of health improvement strategies (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 health improvement strategies for health promotion
- ◆ explain the link between health improvement strategies for health promotion and health
- ◆ explain how the health of an individual can be understood in relation to current theories and the influence of health improvement strategies.

Assessment Guidelines

Outcomes 3 and 4 can be combined to research and evaluate a current health issue linked to local or national trends including an appropriate health promotion model in relation to the candidate's choice. Candidates will justify the health issue chosen with a rationale to support this. Candidates can present the evidence in the form of a group presentation with 300–500 supporting words or an academic poster with 300–500 supporting words from each candidate.

Higher National Unit specification: statement of standards (cont)

Unit title: Health Promotion in a Changing Society

Outcome 4

Analyse and evaluate current initiatives which support health.

Knowledge and/or Skills

Candidates should be able to:

- ◆ Identify and explain current initiatives
- ◆ Investigate the implementation of current initiatives
- ◆ Investigate the influences of current initiatives on the health and wellbeing of individuals
- ◆ Express informed and objective opinions in relation to controversial issues surrounding current initiatives

Evidence Requirements

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

- ◆ identify and explain a need for health awareness appropriate to a specific group/individual/topic
- ◆ identify local and national policies and procedures relevant to the specific group/individual/topic
- ◆ identify relevant current initiatives which support the individual's health
- ◆ analyse an appropriate health promotion model in relation to a specific group/individual.

Assessment Guidelines

Outcomes 3 and 4 can be combined to research and evaluate a current health issue linked to local or national trends including an appropriate health promotion model in relation to the candidate's choice. Candidates will justify the health issue chosen with a rationale to support this. Candidates can present the evidence in the form of a group presentation with 300–500 supporting words or an academic poster with 300–500 supporting words from each candidate.

Higher National Unit specification: support notes

Unit title: Health Promotion in a Changing Society

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 80 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 met.

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

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.

Outcome 2 looks at general concepts of health and factors affecting our health. Dimensions of health may include physical, mental, emotional, social and spiritual health. Candidates should be encouraged to explore differences between the medical/Western Scientific concept of health and alternatives such as the WHO definition (health as the resources for everyday life) and the Health illness continuum (health, illness and disease are not static but an ongoing process).

Social and cultural influences on concepts of health should be discussed, including differing concepts of need.

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: Health Promotion in a Changing Society

Guidance on the delivery and assessment of this Unit

Outcome 3 — this Outcome should develop an understanding of how health improvement strategies may 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 different actions can be taken to improve health.

Outcome 4 looks at recent and/or current local and national initiatives with respect to health and wellbeing.

Topics for investigation/discussion may include:

- ◆ Nutrition — healthy eating
- ◆ Obesity
- ◆ Heart Disease
- ◆ Alcohol and Alcoholic Liver Disease
- ◆ Cancer
- ◆ Exercise
- ◆ Mental Health Issues

These are for guidance only. Tutors should be aware that local and national initiatives are subject to change and revision. Tutors should ensure that up-to-date information is used.

Candidates are likely to have work and life experience relating to the issues raised in this Unit and wherever possible, links should be drawn from situations which candidates will understand. Outcomes 1, 2, 3 and 4 will be assessed together in the form of creating a health promotion campaign and a group presentation. Candidates will justify the health issue chosen with a rationale to support this.

Open learning

The Unit could be delivered by open or distance learning. However, it would require planning by the centre to ensure sufficiency and authenticity of candidate evidence. Arrangements would have to be made to ensure that the assessment was conducted under supervision.

Opportunities for the use of e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or e-checklists. Centres which wish to use e-assessment must ensure that the national standard is applied to all candidate evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. Further advice is available in *SQA Guidelines on Online Assessment for Further Education (AA1641, March 2003)*, *SQA Guidelines on e-assessment for Schools (BD2625, June 2005)*.

Higher National Unit specification: support notes (cont)

Unit title: Health Promotion in a Changing Society

Opportunities for developing Core Skills

Candidates will develop *Numeracy* skills as they interpret and apply key information from data handling techniques as part of research activities. Accuracy in the interpretation of figures and statistical data and the ability to present 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 and Communication 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.

Disabled candidates and/or those with additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering whether any reasonable adjustments may be required. Further advice can be found on our website www.sqa.org.uk/assessmentarrangements.

History of changes to Unit

Version	Description of change	Date

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General information for candidates

Unit title: Health Promotion in a Changing Society

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

On completion of the Unit you should be able to:

- ◆ investigate the range of definitions of health
- ◆ explain the factors underlying health and health promotion practice
- ◆ explain the influence of health improvement strategies in relation to health
- ◆ analyse and evaluate the factors and influences in relation to health and integrated health practice.

This Unit is designed to enable you to gain an understanding of the issues related to health and the knowledge and skills required to promote health awareness in a specific group/individual. 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 health promotion..

A variety of approaches could be used to deliver this Unit including investigations by candidates, visiting speakers, class discussion and tutor input.

You should be in a work placement or employed in the care sector.

Unit Outcomes will be assessed holistically in the form of creating a health promotion campaign and a group presentation. Candidates will justify the health issue chosen with a rationale to support this.