

1.	Title	Health and Wellbeing in the public sector (05C)
2.	Level *	4
3.	Credits	20
4.	Indicative Student Study Hours	200
5.	Core (must take and pass), Compulsory (must take) or Optional	Compulsory

\* Foundation Level=3 Degree Year 1 = 4 Degree Year 2 = 5 Degree Year 3 = 6

PG (Masters) = 7

#### 5. Brief Description of Module (purpose, principal aims and objectives)

The pressure on the public services to provide excellent services with a more streamlined provision, can often create an environment in which expectations of staff performance can outweigh the physical and mental ability to do things properly. Shift work and awkward working hours can also contribute towards this and for some staff this can create much anxiety and stress, when things become too difficult for them. In this module students will learn how to recognise and self-manage stress at work, by considering a range of strategies from workload management, fitness, healthy eating and good general wellbeing

Mind (2018) *Blue Light Programme*<sup>1</sup> suggests research shows that new recruits can find life in the emergency services tougher than expected. They don't always feel prepared to deal with the difficult things they see and hear for the first time.

#### 6. Learning Outcomes - On successful completion of this module a student will be able to:

(Add more lines if required)

- |    |  |
|----|--|
| 1. | Understand the difficulties on new recruits when transitioning to the emergency services and identify coping strategies. |
| 2. | Consider the impact of fitness and nutrition on health and wellbeing.  |
| 3. | Create a personal coping strategy including a fitness and diet plan for the future wellbeing.                            |

#### Generic Learning Outcomes

<sup>1</sup> Mind (2018) *Blue Light Programme Research Summary 2016-18*. London:

4.	Generate and evaluate evidence.
5.	Make reasoned arguments.

7. Assessment						
<b>Pass on aggregate or Pass all components</b> <i>(modules can only be pass all components if this is a PSRB requirement)</i>					<b>Pass</b>	
Summary of Assessment Plan						
	Type	% Weighting	Anonymous Yes / No	Word Count/ Exam Length	Learning Outcomes Coverage	Comments
1	SWOT analysis and personal health plan	100	Yes	2,500	1,2,3, 4 & 5	Students must consider the change in lifestyle and its impact on their well-being and devise a health plan to help them cope with such change.
Further Details of Assessment Proposals						
Give brief explanation of each assessment activity listed						
<ul style="list-style-type: none"> <li>•2,500 word personal health plan, considering the impact of transitioning to the emergency services, to include work life balance, fitness and diet.</li> </ul>						

8. Summary of Pre and / or Co Requisite Requirements
None

9. For use on following programmes
Cert HE in Policing Practice Dip HE in Policing Practice BA (Hons) in Policing Practice

**Module Specification**

**Part 2- to be reviewed annually**

<b>1. Module Leader</b>	<b>TBA</b>
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<b>2. Indicative Content</b>
<ol style="list-style-type: none"> <li>1. Culture change in working practices</li> <li>2. Communication skills (ego states)</li> <li>3. Conflict resolution</li> <li>4. Performance expectations and ability to meet demand</li> <li>5. Nutrition and diet, Fitness, Shift patterns</li> <li>6. Dealing with trauma</li> <li>7. Work life balance</li> <li>8. Self-analysis</li> <li>9. Visiting speaker(s)</li> <li>10. Support from family and friends</li> <li>11. Internal support services</li> <li>12. External support services</li> </ol>

<b>3. Delivery Method</b> <i>(please tick appropriate box)</i>					
Classroom Based	Supported Open Learning	Distance Learning	E-Learning	Work Based Learning	Other (specify)
✓					
<i>If the Delivery Method is Classroom Based please complete the following table:</i>					
	<b>Activity (lecture, seminar, tutorial, workshop)</b>	<b>Activity Duration - Hrs</b>	<b>Comments</b>	<b>Learning Outcomes</b>	
1	Lecture	36	Taught contact time	1-5	
2	Preparation	10	Assignment preparation	1-5	
3	Tutorial	5	Group and individual	1-5	
4	Study	149	Self-study	1-5	
	<b>Total Hours</b>	<b>200</b>			

#### 4. Learning Resources

*To include contextualised Reading List.*

##### Highly Recommended:

1. Bookbinder, D., (2018). *The Art of Balance: Staying Sane in an Insane World*. Danvers, MA. USA: Transformations Press.
2. Cooper, C., (2017). *Managing Health and Wellbeing in the Public Sector: A Guide to Best Practice*. Abingdon, Oxon: Routledge.
3. Health and Safety Executive., (2006). *Managing shift work: health and safety guidance*. Norwich, UK: HSE Books.

##### Recommended

1. Conn, S., (2018). *Increasing Resilience in Police and Emergency Personnel*. Strengthening Your Mental Armor. New York: Routledge.
2. Hodgins, M., Fleming, P., and Griffiths, J., (2016). *Promoting Health and Well-being in the workplace. Beyond the Statutory Imperative*. London: Palgrave.

##### Websites/Journals/Other.

1. College of Policing [Online]. *Fitness Standards*. Available at: <https://www.college.police.uk/What-we-do/Standards/Fitness/Pages/default.aspx> Accessed: 4<sup>th</sup> February 2019
2. College of Policing [Online]. *Workforce Transformation*. Downloadable at: [https://www.college.police.uk/About/Workforce-Transformation/Documents/COP\\_workforce\\_transformation.pdf](https://www.college.police.uk/About/Workforce-Transformation/Documents/COP_workforce_transformation.pdf) Accessed 4<sup>th</sup> February 2019
3. Gov.Uk [Online]. *Policing partners sign up to wellbeing goal*. Available at: <https://www.gov.uk/government/news/policing-partners-sign-up-to-wellbeing-goal> Accessed: 5<sup>th</sup> February 2019
4. Police Federation [Online]. *Health and Wellbeing*. Available at: [https://www.polfed.org/fedatwork/Officer\\_Health\\_Well\\_Being.aspx](https://www.polfed.org/fedatwork/Officer_Health_Well_Being.aspx) Accessed: 5<sup>th</sup> February 2019.