

Module Code	BMOE7013
Title	Health, Well-being and the Outdoors
Date	10/08/2023
Level	7
Credits	30
Pre-Requisites	None

AIM(S)

- To explore the role of different outdoor settings to support health and well-being.

LEARNING OUTCOMES

Upon the successful completion of this module, the student should be able to:

- critically evaluate a range of theories that attempt to explain the benefits of engaging with nature;
- critically reflect on the benefits of physical activity and contact with nature on human health and well-being;
- demonstrate a systematic, extensive and comparative knowledge and understanding of strategies aimed at enhancing health and well-being through participation in all types of outdoor experiences.

INDICATIVE CONTENT

- Definition of key terms including: Health, Well-being; Physical Activity; Exercise; Fitness.
- Epidemiological research into physical activity/inactivity and sedentary behaviour will be explored in order to understand the associated health benefits/issues, and their impact on society and the National Health Service.
- The current increase in mental health and well-being issues associated with modernity and disengagement with the natural world will be studied. Statistics relating to the impact/cost on the Health Service, will be investigated, along with contemporary theoretical concepts such as Nature Deficit Disorder (Louv).
- A review of the evidence for the efficacy of Green and Blue Exercise as a means of combining the benefits of both physical activity and connection with nature, to combat many contemporary health/well-being issues.
- Environmental psychology theories linked to the benefits of engaging with nature will be explored, including: Biophilia (Wilson); Restoration Theory (Kaplan); Psycho-evolutionary Stress Reduction Theory (Ulrich) and Transient Hypofrontality Hypothesis (Dietrich and Sparling).
- Current Public Policy will be explored in Wales/UK along with looking at examples of good practice from overseas.

- Examples of community-based projects that attempt to improve health/well-being through the use of outdoor recreation and outdoor-led activities in the UK and overseas will be examined.
- Some of the practical issues concerned with implementing/measuring the effectiveness of interventions will be explored such as ethical concerns, measurement instruments, issues of validity/reliability, project/research design.

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	45	15%
Independent learning	255	85%
Placement learning	0	0%
TOTAL	300	100%

ASSESSMENT

Assessment Component 1

(Tick one)

☐ Written exam ☐ Coursework ☒ Practical

Mode of assessment	Volume	Weighting
Individual presentation with group discussion	30 mins (10 minutes presentation and 20 minutes group discussion)	50%

Assessment Component 2

(Tick one)

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
Essay	3750 words	50%

Assessment Summary

Activity type	Percentage
Written exam	0%
Coursework	50%
Practical	50%
TOTAL	100%