

Funded 20-credit University of Glasgow School of Education Masters Course

Course Overview

The Child Healthy Weight (CHW) Course is a free 20-credit Masters level course run by the University of Glasgow School of Education. It is designed to enhance the delivery of Health and Wellbeing programmes aimed at children and young people across the 3-15 years age range, and to provide the opportunity for staff to engage in debate on the many factors influencing the nature and delivery of health and wellbeing programmes, thus enhancing the professional competence of participants. The 20-credits can be used towards obtaining an MEd Educational Studies.

Course Aims

The CHW Course will enhance the professional competence of participants in the area of health and wellbeing and healthy lifestyles by developing:

- the skills and knowledge required to deliver a school/community based CHW programme and to identify and respond to the needs of all young people;
- an appreciation of the value, and nature of, healthy eating and active lifestyles and the ability to reflect objectively on academic and professional issues in relation to this;
- an ability to undertake reflective study which integrates research, theory and practice;
- a critical knowledge and understanding of the public health issues and the impact of National and Local policy;
- an ability to self-evaluate and systematically analyse knowledge, skills and attitudes in relation to personal professional practice;
- increased understanding of the role of all agencies in health promotion and issues relating to collaboration and partnership in multi-agency approaches to support children and young people to achieve and maintain a healthy weight;
- an understanding of the interaction between lifestyle factors such as healthy eating and active living and a healthy weight range

Intended Learning Outcomes

By the end of this course students will be able to:

Knowledge and Understanding:

- present and justify a personal perspective of the value and place of CHW programmes in the school and community;
- extend their understanding of issues through integration of knowledge of literature, critical analysis, interpretation and objective reflection;
- understand the relationship between theory and practice and apply their academic understanding of issues to their professional work.

Subject-specific/practical skills

- apply current theories of effective community engagement and learning and teaching to their professional practice;

Intellectual skills

- engage in personal research and select and use appropriate methods of data collection and analysis;
- analyse, assess and develop the effectiveness of their own practices in planning, delivery and evaluation of effectiveness;
- critically review current programmes and initiatives in CHW;

Transferable/key skills

- use research, gather evidence and adopt a rational and critical approach to choice and decision making;
- justify a personal stance on health issues by reference to appropriate evidence.