

POSTGRADUATE CERTIFICATE IN HEALTH AND WELLBEING

Overview

NFQ Level 9, Minor Award

(Joint Degree Between Munster Technological University and University College Cork)

The Postgraduate Certificate in Health and Wellbeing is a part-time, fully online, taught programme, which runs over 9 months. Students take modules to the value of **30** credits. There is no work placement as part of this programme.

UCC Code	MTU Code	Module Run by	Module Title	Credit
MX6013	TBD	UCC	Contemporary Issues 10 in the Field of Health and Wellbeing	
MX6019	TBD	MTU	Health and Wellbeing 10 across the Lifespan	
MX6014	TBD	UCC	Health and Wellbeing 10 across the Lifespan	
MX6020	TBD	MTU	Innovations in Workplace Wellness	10

Progression to the Postgraduate Diploma in Health and Wellbeing (NFQ Level 9, Major Award)

Following successful completion of the Postgraduate Certificate in Health and Wellbeing, a student may progress to the Postgraduate Diploma in Health and Wellbeing (not on offer until 2024/25).

Programme Requirements

For information about modules, module choice, options and credit weightings, please go to Programme Requirements (p. 1).

Programme Requirements

Code **Title** **Credits**

Students take **30** credits as follows - all listed core modules (**20** credits) and **10** credits of elective modules:

Core Modules

MX6013	Contemporary Issues in the Field of Health and Wellbeing	10
MX6019	Health and Wellbeing across the Lifespan ¹	10

Elective Modules

Students take modules to the value of **10** credits from the following: 10

MX6020	Innovations in Workplace Wellness (10) ¹
MX6014	Reflective Practice, Wellbeing and Resilience (10)

Total Credits **30**

¹ Module run by MTU.

Examinations

Full details and regulations governing Examinations for each programme will be contained in the *Marks and Standards Book* and for each module in the *Book of Modules*.

Programme Learning Outcomes

Programme Learning Outcomes for Postgraduate Certificate in Health and Wellbeing (NFQ Level 9, Minor Award)

On successful completion of this programme, students should be able to:

- Demonstrate an understanding of perspectives on the conceptualisation and measurement of health and wellbeing in a variety of settings.
- Critically examine their understanding of resilience and wellbeing in the context of their own professional practice.
- Demonstrate an understanding of lifespan approaches towards study of resilience and individual wellbeing.
- Summarise the basic principles of aerobic and anaerobic fitness and their relationship with health and disease.
- Identify the issues that diverse organisations are facing in relation to stress management and health and wellbeing promotion.
- Design and prepare a feasible and evidence-based workplace health-promotion initiative to include an implementation and evaluation plan.