

# POSTGRADUATE CERTIFICATE IN HEALTH AND WELLBEING

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## 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.