



CENTRE FOR BIOETHICS AND HUMANITIES

HEALTH AND WELLNESS

MPU 3332
(2 credits)

2022

Module Guide

TITLE: HEALTH AND WELLNESS

COURSE CODE: MPU 3332

LEVEL: Semester 3

PROGRAMME: Bachelor of Medicine & Bachelor of Surgery (MBBS) & Bachelor of Dental Surgery

CONTENT SYNOPSIS

This course explores the key concept of health and wellness. The aim is to expose the student to the importance of healthy diet, physical and mental health. Topics such as balanced diet, Malaysian dietary guidelines, interpreting food labels, importance of physical activities and fitness, weight management, mental health, sleep, stress management will be delivered through lectures, tutorials and workshop. Students will be assessed through assignment and project to interpret the concept. Upon completion of this course, students will learn to apply the concept of Health and wellness on the daily basis.

OBJECTIVES:

The objectives of this module are to:

1. To provide knowledge and skills to students on the benefits of adopting a healthy eating habit and lifestyle.
2. To provide the foundation on the concept of health and wellness to enable individuals enhance their well-being across the lifespan

LEARNING OUTCOMES:

At the end of this course, students will be able to:

CL01: identify the key points stated in the Malaysian Dietary Guidelines.

CLO2: discuss the key information on food labels and issues concerning food

CLO3: discuss the benefits of exercise and importance of work life balance.

CLO4: identify the signs and symptoms of mental health disorders and substance abuse

LEARNING HOURS

**TEACHING & LEARNING
CONTACT HOURS :**

| | |
|-----------------|-----------------|
| Lecture | 10 hours |
| Tutorial | 10 hours |
| Workshop | 8 hours |

| | |
|--------------|-----------------|
| TOTAL | 28 hours |
|--------------|-----------------|

TOTAL LEARNING HOURS:

| | |
|-------------------|-----------------|
| Lecture | 10 hours |
| Tutorial | 10 hours |
| Workshop | 8 hours |
| Assessment | 14 hours |
| SLT | 38 hours |
| TOTAL | 80 hours |

ASSESSMENTS

Formative Assessment

Quizzes (online)

Summative Assessments

Assignment 40%

Students are required to write an essay. The topic of the essay will be assigned by respective lecturer.

Project 30%

Students are required to work in groups of 10 (Please refer to the Grouping List). The theme of the project will be assigned by the respective lecturer.

Final Examination (OBA) 30%

Students are required to answer all 40 OBA questions. There are 2 to 3 questions from each of the 15 topics covered in the module.

SYLLABUS

1. Concept of health & wellness (*Lecture:1h, Tutorial:1hr, Online Workshop:1hr*)
2. Importance of nutrition (*Lecture:1h, Tutorial:1hr, Online Workshop:1hr*)
3. Healthy food choices (*Lecture:1h, Tutorial:1hr, Online Workshop:1hr*)
4. Fats and facts about food and diet (*Lecture:1h, Tutorial:1hr, Online Workshop:1hr*)
5. Exercise and fitness (*Lecture:1h, Tutorial:1hr, Online Workshop:1hr*)
6. Work wellness (*Lecture:1h, Tutorial:1hr, Online Workshop:1hr*)
7. Mental health and fitness (*Lecture:1h, Tutorial:1hr*)
8. Tobacco, alcohol and substance abuse (*Lecture:1h, Tutorial:1hr, Online Workshop:1hr*)
9. Sleep wellness (*Lecture:1h, Tutorial:1hr*)
10. Oral health (*Lecture:1h, Tutorial:1hr, Online Workshop:1hr*)

ATTENDANCE-RELATED REQUIREMENTS

This module is conducted online. Students' attendance will be recorded for selected formative and summative assessments. Students must obtain 75% attendance or more to qualify for the Final Examination.

REFERENCES

1. National Coordinating Committee on Food and Nutrition (NCCFN). Recommended Nutrient Intakes for Malaysia. Ministry of Health Malaysia (2005).
2. Whitney EN, Rolfes SR (2005) Understanding nutrition, 9th Edition. Belmont, California: Wadsworth/ Thomson Learning
3. Geissler C, Powers H (2005) Human nutrition. USA: Churchill Livingstone
4. Malaysian Dietary Guidelines. National Coordinating Committee on Food & Nutrition. Ministry of Health. 2010.
5. Mahan LK, Escott-Stump S (2004) Krause's food, nutrition and diet therapy. 11th Edition. Philadelphia: WB Saunders Co
6. Leddy, S. K. (2006). Health Promotion: Mobilizing Strengths to Enhance Health, Wellness, and Well-Being. Philadelphia: F.A.Davis
7. Seislove, E. B. (2011). Pure and Simple: Work-Life Balance. Journal Of Trauma Nursing; 18(4): 193-194
8. Simmons, S. (2012). Striving for work-life balance. Retrieved from: www.nursingcenter.com Lippincott's 2012 Nursing Career Directory