

Course Information Sheet

BSc (Hons) Health and Social Care with Foundation Year

Mode and course length – Full-Time (4 years)

Location – ARU London Campus (East India Dock)

Awarding Body – Anglia Ruskin University. As a registered Higher Education provider Anglia Ruskin University is regulated by the Office for Students.



Overview

The health and social care sector is the largest sector in the UK, employing over 4 million people. The industry plays a crucial role in supporting the economy by maintaining the physical and mental health of the wider workforce.

Employers from the healthcare sector have been directly involved in the design of this course. Collaborations with these sector partners are used to explore those skill sets that employers are most interested in and to constantly ensure they are embedded within the delivery of the course. You will also benefit from lecturers who have significant industry experience.

Our location in London, with world-class private and public healthcare, boasts more than 90 NHS hospitals and a host of private hospitals and social care organisations, offering you unrivalled opportunities in the sector.

This course will provide you with a range of opportunities to develop the attitudes, abilities and competencies needed to work in a health and social care environment, both home and abroad. Today's health and social care organisations are exciting, complex, and varied.

Therefore, successful practitioners need to be innovative and resilient. This course will offer you opportunities to use real-life case studies that draw on prioritisation, negotiation, and care planning skills.

You will graduate with a solid sectoral awareness and sound understanding of the interplay between health and social circumstances. This should enable you to take advantage of the many jobs skills that draw on these, and any entrepreneurial opportunities that the sector offers.

Course Delivery

Our courses are delivered through teaching and learning methods that provide students with the broadest possible exposure to a modern and innovative higher education experience.

These methods may vary and could include attendance at lectures and seminars, undertaking laboratory exercises or work-based activities, practical work, performances, presentations, field trips, other relevant visits, and e-learning through the VLE, our online learning management system.

Each course is divided into a number of 'modules', each focusing on specific areas and employing a distinct approach to its delivery. This information is made available to students for each module they undertake via the Module Definition Form (MDF) and the VLE.

Assessment

Knowledge and understanding are assessed through various methods, including presentations and a range of assignments. These assignments may take different forms, such as a written management report on responding to an organisational issue, a presentation, an essay, a briefing document, or an analysis of a company report. Most

modules will include at least two assessments, offering the opportunity to evaluate both knowledge and understanding as well as a range of skills effectively.

Formative assessment will also be provided throughout the course. This feedback will help improve students' knowledge and development and allow for the evaluation of their academic needs.

Fees

Information about your course fee, including any annual fee increases or deposits (if required), can be found in your offer letter.

Additional Costs

During your course, you may be required to take extra or repeated modules to recover any modules you have failed. If you started your course on or after September 2019 and this extends your course end date beyond the original date stated in your offer letter, you will be charged an additional tuition fee to cover the costs of the extra or repeat modules. This additional fee will be based on the credits for the module(s) you repeat or take.

Modules

Core Modules

Foundation Year: MOD011684 Academic and Study Skills

This module equips students with the practical research and communication skills needed to succeed in higher education. Students will learn how to search for information using both physical resources and digital platforms, including online databases and the digital library, and how to evaluate sources for reliability and relevance. The module also covers academic integrity, referencing, and the role of artificial intelligence in academic research, while developing students' academic writing and oral communication skills so they can construct clear, well-supported arguments in both written and spoken form.

Foundation Year: MOD011685 Data and Digital Skills

This module develops students' confidence in working with data and digital technologies, building the numerical and analytical skills needed across a range of academic and professional contexts. Students will learn to perform calculations relevant to their field of study, carry out basic data analysis using digital tools and artificial intelligence, and interpret charts, graphs, and statistics. The module also focuses on communicating data effectively, both in writing and through oral presentations, helping students understand how data is used and applied within their chosen subject area.

Foundation Year: MOD011090 Personal and Professional Development in Health and Social Care

This module introduces students to the personal and professional skills needed to thrive in health and social care careers, with a particular focus on emotional intelligence, communication, stress management, and leadership. Students will explore the expectations of professionalism in the sector, alongside the ethics and values that underpin good practice, while identifying their own strengths and areas for development. Through groupwork, presentations, and reflective writing, students will build the resilience

and interpersonal skills required to handle high-pressure situations and maintain high standards of care.

Foundation Year: MOD011713 Foundations of Healthcare

This module explores the fundamental principles underpinning healthcare practice, with a focus on communication, safety, and person-centred approaches to care. Students will learn the basics of active listening, empathy, and motivational interviewing, alongside core counselling skills and the importance of clear, careful communication in health and social care settings. The module also examines how the interconnected principles of duty of care, advocacy, and personalisation work together to empower individuals while safeguarding their wellbeing, giving students a solid grounding in equality, diversity, and safe practice.

Year 1: MOD003325 Academic and Professional Skills

The skills that employers look for in potential employees are precisely those needed to gain academic benefit from a course. By developing these skills, students simultaneously improve their success in their university experience and enhance their employability.

Designed to promote the academic development of entering students, this entry-level module applies basic management concepts to the process of learning. It covers note taking, using numbers, information sources, critical thinking skills, working in groups, and the academic tools needed for success in core curriculum courses and for navigating the transition into university-level study.

Year 1: MOD005910 The Health and Social Care Professional

This module focuses on understanding professional roles, responsibilities, and ethics in health and social care. Students will explore professional values, boundaries, and relevant codes of practice. The module also covers the nature and benefits of team working, including types of teams and their purposes. Students will examine potential barriers to effective teamwork and develop strategies to overcome them. Additionally, the course encourages self-assessment, allowing students to evaluate their own professional practice and identify areas for improvement. This knowledge supports ethical practice and effective collaboration in health and social care settings.

Year 1: MOD005911 Health and Safety in Care Settings

This module provides students with essential knowledge of health and safety in health and social care settings. Key areas include hazard identification, risk assessment, infection control, personal protective equipment, and waste management. Students will study relevant legislation and policies, focusing on accident and incident reporting, as well as the importance of record keeping. The module also covers the specific challenges of lone working and maintaining personal safety in client-worker relationships. Through analysis of current policies and scenarios, students will identify potential hazards and develop strategies to address them, ensuring effective health and safety practices.

Year 1: MOD009196 Fundamentals of Human Anatomy and Physiology

This module focuses on the essential knowledge of human anatomy and physiology, crucial for promoting health, preventing illness, and caring for the ill and disabled. Students will learn basic terminology and study major body systems, understanding

their structure, function, and integration. The module covers key processes that regulate normal body activity and examines the consequences when these processes fail. Students will also debate factors impacting physiological health in children and adults, including the influence of health behaviours.

Finally, students will evaluate strategies to support individuals experiencing pathophysiology, applying their fundamental knowledge to real-world scenarios.

Year 1: MOD007961 Sustainability in Career Development

This module addresses the rapid advancements in technology, global movement, information exchange, and climate science shaping the 21st century. It emphasizes the importance of developing a dynamic skill set for future graduates, who will operate as global citizens in an ever-changing world. Students are encouraged to adopt a critical approach to global situations, recognizing that professions are evolving rather than static. The module also highlights the need for sustainability in personal and professional contexts. Through reflective practice, students will enhance their skills and prepare for future career paths while contributing to a sustainable future.

Year 2: MOD009205 Principles and Practice of Safeguarding

This module focuses on safeguarding in health and social care, covering principles, theories, and various forms of abuse, including financial, sexual, physical, and psychological. Students will explore contexts where abuse occurs, such as relationships, caregiving, and the wider community. Through case studies, ethical aspects like protection, empowerment, and power dynamics will be examined. The course also addresses identifying at-risk individuals, providing person-centred support, and critically analysing relevant legislation, social policy, and ethics.

Students will also consider issues like vulnerability, informed consent, competence, mental capacity, confidentiality, and the role of health and social care workers.

Year 2: MOD009200 Lifecycle Development

This module examines human development across the life cycle, focusing on birth, growth, reproduction, and death. Students will explore genetic, biological, social, cultural, and environmental factors influencing development, and apply various lifecycle theories to different stages. Through case studies, students will analyse the impact of nature versus nurture, considering factors like parenting style, socio-economic conditions, and physiological needs. The role of genetics in development will also be explored. Additionally, students will examine systems approaches to health and social care, and the role of professionals in supporting individuals at different life stages.

Year 2: MOD005915 Health Promotion

This module focuses on health promotion, teaching students how to identify the need for health interventions, implement strategies, and evaluate their effectiveness. Students will explore the concepts of health and wellbeing, learning differing perspectives on what these terms mean. The course emphasizes the importance of holistic assessment—addressing physical, psychosocial, and spiritual needs—in creating effective, personalized care plans.

Additionally, students will study the role of effective communication in health and social care, exploring different communication models, identifying barriers, and developing strategies to overcome them. This knowledge supports personalized and effective care delivery.

Year 2: MOD009203 Mental Health and Wellbeing

It is growing increasingly important for individuals working within the Health and Social Care sector to understand mental health and wellbeing. As such, this module will familiarise students with the terminology associated with mental health and mental illness.

Students will examine a variety of factors (biological, environmental, social and cultural) which can influence the mental health of individuals and groups.

In particular, students will explore the impact of significant life events and how these may impact individuals, and their wider social network. It is acknowledged that individuals have different levels of personal resilience, which may be influenced by cultural norms and values, education, personality and previous experiences. This module will therefore also analyse different expressions of coping and coping strategies in light of an individual's personal resilience.

Using case studies students will develop their professional skills in being able to respect the preferred coping strategies used by an individual and/or group.

Year 3: MOD005916 Comparative Healthcare Systems

This module explores and compares different healthcare systems, examining how they operate and deliver services to populations. Students will analyse local, regional, and national systems, identifying factors influencing population health outcomes. The course also addresses inequalities that affect health outcomes, such as access to care, infrastructure, education, and societal norms. Students will critically evaluate these disparities, identifying at-risk groups or regions, and propose best practices to improve equity in healthcare. The module enhances understanding of how various factors shape healthcare systems and influence the health and wellbeing of different populations.

Year 3: MOD009193 Contemporary Issues in Healthcare

This module explores the evolving nature of healthcare driven by emerging technologies, changing population needs, and client expectations. Students will assess contemporary issues, such as childhood obesity, ICT, robotics, and informatics, and their impact on healthcare organizations. The focus will be on researching and evaluating these issues across various sectors, including management, client care, policy formation, and stakeholder engagement.

The module content will adapt to reflect new and emerging healthcare challenges.

Year 3: MOD009199 Leadership and Change Management

Team working is of paramount importance in Health and Social Care.

This module will provide students with the knowledge and understanding of team formation, group dynamics and team working. Students will assess different leadership styles and skills which may be utilised to effectively lead teams.

Further, Health and Social Care organisations need to continually implement change(s) in order to meet the needs of the populations that they serve and the demands of the external environment. Therefore, through the use of case studies and practical application, students will explore different types of change and change management theories. In particular, students will examine and critically assess how change may be successfully introduced, implemented and evaluated in organisations.

Throughout the module students will be encouraged to reflect upon and self-evaluate their own leadership style.

Year 3: MOD009352 Undergraduate Major Project (Healthcare)

There is an expectation that professionals working within the Health and Social care sector are informed by, and advance, current evidence within their scope of practice. The Undergraduate Major Project module enables students to integrate and apply relevant skills and knowledge in a substantial piece of individual research, relevant to current health and social care practice.

The module is designed to enable students to consolidate their prior learning through conducting secondary research. The student will have the opportunity to further develop and systematically investigate a project topic. The module aims to enhance the student's understanding of research approaches and promotes active engagement with research methods relevant to their project topic. The student will also consider the ethical implications of research and practice within the health and social care context.

The student will conduct searches to identify appropriate data and evidence, suitable to answer and defend research questions. Students will apply models or techniques appropriately to analyse and evaluate current health and social care practice and evidence, drawing relevant conclusions and justifying how findings develop or advance practice for service users, practitioners or service providers.

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