

BACHELOR IN HEALTH AND WELLNESS STUDIES (NQF LEVEL 7)

PURPOSE OF THE QUALIFICATION

The Bachelor in Health and Wellness Studies level 7 has been developed in response to the national need for healthy Namibian citizens as envisaged in Vision 2030. The purpose of this qualification is to develop long term changes in healthy lifestyles for all citizens, and to improve the patient's behaviour by alleviating the impact of lifestyle diseases and conditions such as cancer, diabetes, hypertension and obesity in order to further promote healthy ways of life.

The qualification is designed for health care providers and people who want to equip themselves with further knowledge and skills in health and wellness studies and management. The qualification equips candidates with the ability and skills to evaluate various concepts of Health, Wellness, Occupational Health, Counselling and Ethics.

The qualification will contribute to the alleviation of the identified shortage of life science, health and wellness professionals as indicated in the National Resource Plan for 2010-2025.

The qualification will thus complement government efforts in the provision of professional health and wellness practitioners. In the development of this qualification numerous stakeholders from Non-Governmental Organisations, public and private sector, were consulted during the period of 2015 and 2016 and unanimously endorsed the qualification.

OUTCOMES FOR WHOLE QUALIFICATION

Holders of this qualification are able to:

- Assess institutional needs and design health promotion and wellness programmes;
- Implement and manage health promotion and wellness programmes.
- Evaluate private and public health care policies;
- Develop policy for effective service provision in public and private health care services;
- Design and implement public relations programmes for health promotion.

QUALIFICATION DURATION

The study period for the programme is:

- Minimum: 3 Years
- Maximum: 4 Years
- The programme comprises 2 semesters, i.e. two (2) semesters per academic year. Semester 1 runs from January to June. Semester 2 runs from July to December.

ARTICULATION

The holder of this qualification will articulate to Bachelor in Health and Wellness studies Honours at NQF level 8 or any related qualification at NQF level 8 provided they meet the requirements of the IUM evaluation scale.

COURSES

Course Title

YEAR 1

- Mathematics for Business
- Communication Skills
- Basic IT Skills
- Applied English Language Skills
- Critical Thinking Skills
- Introduction to Health and Wellness Studies
- Introduction to Psychological Counselling
- Introduction to Occupational Health
- Years Course
- Anatomy and Physiology

YEAR 2

- Project Management
- Nutrition
- Home Based Care
- Psycho Social Counselling
- Year Courses
- Health and Wellness Studies I
- (With Practical Assessment)
- Wellness Counselling
- Occupational Health I

YEAR 3

Year Courses

- Integrative Health and Wellness
- Health and Wellness Studies II
- (With Practical Assessment)
- Health and Wellness Management
- Professional Ethics
- Occupational Health II
- Research Methodology

CREDIT TRANSFER

Credit is the value assigned for the recognition of equivalence in content acquired learning outcomes between different types of learning and/or qualifications. Credit reduces the amount of learning required to achieve a qualification and may be through credit transfer, articulation, recognition of prior learning or advanced standing. To be awarded these credits, IUM will need to assess the courses or combination of courses as equivalent to IUM courses

Generally, credit will be given if the courses were taken at an accredited institution of higher learning, the course was equivalent to courses offered at IUM, or compatible with Namibian Qualification Authority requirements.

Courses will be evaluated for its current relevance and may not transfer if the material is outdated more than 5 years since the course was attended and examination sat and passed and/or the course was not passed at the first examination sitting.

Credits earned at an accredited college may not transfer unless the credit earned is equivalent to courses offered in degree qualification.

Credits earned at IUM are also transferable to other institutions of higher learning.

Acceptance of credits earned at other institutions is limited to 50% of the total credits required for an IUM qualification. No more than half the major area course requirements can be earned through transfer and/or exemption credit.

The IUM reserves the right to reject any or all credits from other institutions, regardless of their accreditation status, when it determines through investigation or otherwise that the quality of instruction at such institutions is for any reason deficient or unsatisfactory. The judgment of the IUM on this question shall be final.

The IUM reserves the right to disallow transfer credit for courses if the student's subsequent grades in required courses in the same subject fall below average.

ASSESSMENT AND EVALUATION

Coursework/Continuous Assessment

Continuous Assessment (CA) attracts 40% of the final grade. This will come from the activities and evaluations undertaken by the student during study period.

Students must score at least 50% in each course / coursework to qualify to sit for the final examinations. This means a student whose continuous assessment mark is below 50%, fails the course.

Final Examinations

The final examination counts for 60% of the overall final mark. The final examination comes at the end of the course. Unless prescribed otherwise, the standard examinations will be of three hours duration. Examiners may, in addition to written examination, test any candidate orally.

Supplementary Examinations

A student who fails a course with an overall mark of 40-49% is eligible to sit for a supplementary examination.

A student who fails the project with a mark of less than 50% will be allowed one opportunity to re-submit the project three months after the publication of results. A student who fails a course with an overall mark of 39% and below will be required to repeat the same course until the course is passed. A student may not proceed from one level to the next higher level carrying more than 50% of the courses or credits.

TEACHING METHODS/STRATEGIES

The delivery methods for this qualification comprise of the part time and distance learning modes. Contact hours for the distance learning mode are face-to- face encounters on a monthly basis and block periods during IUM academic breaks and other public holidays such as Easter break.

The following are the methods of delivery:

- Face-to-face
- Design Thinking (Case Method) o Self-learning
- Social Media
- Online Learning Tools

The degree will be offered through a face-to-face mode in collaboration with the other faculties within the university.