

DIPLOMA IN HEALTH AND WELLNESS STUDIES (NQF LEVEL 6)

PURPOSE OF THE QUALIFICATION

The Diploma in Health and Wellness Studies (Level 6) has been developed in response to the need for a healthy Namibian nation as envisaged in Vision 2030 and “Strengthening the School Health Programme in Namibia” (2012-2015). The purpose of this qualification is to develop long term changes in healthy lifestyles for all citizens, and to improve patients’ behaviour by alleviating the impact of lifestyle diseases and conditions such as cancer, diabetes, hypertension, and obesity.

The Diploma in Health and Wellness Studies (Level 6) is aimed at candidates/personnel in the health care services. The qualification further aims to expand the knowledge of health care professionals to acquire managerial skills necessary for effective implementation of health and wellness programmes. The development of Diploma in Health and Wellness Studies (Level 6) is informed by the university’s vision which is to encourage and develop an African cadre of men and women who can operate at international standards in business.

Graduates of the qualification will be able to apply for entry into the IUM Bachelor in Health and Wellness Studies at NQF Level 7 provided that they meet the requirements of the IUM evaluation scale.

OUTCOMES FOR WHOLE QUALIFICATION

Holders of this qualification are able to:

- Discuss the influence of culture, religion, and family history on an individual’s perception of health and illness;
- Apply acquired knowledge and skills in managing health and wellness promotion programmes;
- Identify and apply sound health and wellness skills to develop well balanced and healthy lifestyle;
- Assess public health information, health and wellness systems and programmes using basic research methods; and
- Use management information systems to effectively manage public and private health care services.

QUALIFICATION DURATION

The study period for the programme is:

- Minimum: 2 Year
- Maximum: 3 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

Vertically, the Diploma in Health and Wellness Studies (Level 6) grants admission to Bachelor in Health and Wellness Studies at NQF Level 7 and/or any qualification at NQF Level 7. Interfaculty students can apply for approval with the Deans of other Faculties for students to gain admission or any related Bachelor programme. Horizontally, students may, where applicable, and moved into existing or new related Diploma programmes.

COURSES

Year 1

- Semester courses
- Home Based Care
- Management Communication
- Year Courses
- Health & Wellness in the Workplace
- Wellness Counselling
- Occupational Health I
- Introduction to Health and Wellness Management
- Health and Wellness Studies I

YEAR 2

- Semester courses
- Project Management
- Nutrition
- Year courses
- Health and Wellness Studies II
- Occupational Health II
- Psycho Social Counselling
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CREDIT TRANSFER

Credit is the value assigned for the recognition of equivalence in content acquire 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

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