

Course Information Sheet

BSc (Hons)

Health and Social Care with Foundation Year

Mode and course length - Full-time (4 years)

Location - UCLan London campus (East India Docklands)

Awarding Body - University of Lancashire. As a registered Higher Education provider University of Lancashire is regulated by the Office for Students.

Overview

Our Health and Social Care degree equips you with the skills to manage and respond to diverse health and social challenges. You'll gain practical experience and insights into areas like human anatomy, mental health, and health promotion, preparing you for various careers in healthcare or further specialised studies.

This course will provide you with a range of skills and knowledge to excel within the health and social care environment, both home and abroad. Today's existing health and social care organisations are extremely varied and dynamic, and so successful practitioners need to be forward thinking and well-rounded. This course will offer you opportunities to use real-life case studies that draw on prioritisation, negotiation, and care planning skills.

Our lecturers are experts in their fields, and all have solid hands-on industry experience, and have been directly involved in the design of this course. Our location in London, home to over 90 NHS hospitals and numerous private healthcare and social care organisations, provides excellent insight into the sector and opportunities to engage with industry developments.

You will graduate with a solid sectoral awareness, with the knowledge and skills applicable to varied health and social care contexts. This should enable you to pursue relevant further education, careers and entrepreneurial opportunities within the health and social care sector.

Course Delivery

Our courses are delivered through a variety of teaching and learning methods that provide students with a modern and engaging higher education experience. These include lectures, seminars, workshops, practical sessions, group projects, reflective practice, case studies, and work-related learning. You will also use our Virtual Learning Environment (VLE) to access learning resources, submit assignments, and engage in online discussions.

Each course is structured into 'modules', each focusing on specific subject areas. Module information, including learning outcomes and assessment requirements, will be provided through Module Handbooks and the VLE.

Assessment

Assessment methods are varied and may include written assignments, essays, case study analyses, presentations, reports, health promotion campaigns, reflective logs, and research projects. These approaches allow you to demonstrate both your academic knowledge and your practical skills.

Most modules include more than one assessment, giving you the opportunity to develop a range of competencies. Formative feedback will be provided throughout your studies to help you progress and strengthen your performance.

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. 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

Foundation Modules

Foundation Year: COC009 Data Skills

This module builds the numerical and analytical skills needed for academic study and professional work. Students will apply core mathematical techniques such as percentages, ratios, and averages, while also learning to interpret and present data using Microsoft Excel. The focus is on developing confidence in problem solving, decision making, and understanding how data is used in academic and workplace settings.

Foundation Year: HIC004 Research Skills

This module builds students' ability to find, evaluate, and integrate academic research into their work. It includes training on navigating online libraries, assessing source reliability, and structuring written arguments. Students develop strategies for reading critically, writing effectively, and supporting ideas with credible evidence. These skills underpin academic success at degree level.

Foundation Year: BMC011 Communication Skills

This module focuses on developing professional communication skills essential for both academic success and workplace effectiveness. Students practise written and spoken communication in business contexts, including managing conflict, structuring arguments, and using appropriate registers. Group work, presentations, and public speaking are central to building confidence. By the end, students will be able to communicate ideas clearly and professionally in a variety of settings.

Foundation Year: HIC006 Professional Development for Practitioners

This module equips students with professional skills for practice in health, social care and psychology career pathways. Topics include person-centred practice, safeguarding, confidentiality, reflective practice, motivational interviewing, and mental health awareness. Students also strengthen transferable skills such as organisation, teamwork, and communication, supporting their progression into degree-level study and professional contexts.

Core Modules

Year 1: HN1002 Health and Safety in Practice

This module aims to provide students with an understanding of the principles, practices, and regulations related to Health and Safety in health and social care settings. The module equips students with the knowledge and skills necessary to create and maintain safe environments for service users, staff and the wider community.

Year 1: HN1003 Health and Social Care Professionals

This module introduces concepts of professionalism and interprofessional working and provides opportunities for students to explore the role of continuing professional development within health and social care practice. Students will develop and reflect upon their knowledge and understanding of professional values, ethics and boundaries to enhance service users' experiences.

Year 1: NU1034 Fundamentals of Human Anatomy and Physiology

This module adopts a systems approach to the study of the principles of human anatomy and physiology. Students will study basic medical terminology and the major body systems in order to gain an understanding of human biology. Students will learn about the usual structures, functions and key processes that control and regulate the activity of the human body and explore the consequences when such processes fail or are impeded.

Year 1: NU1109 Academic and Professional Skills

The module develops a range of academic skills, providing a basis for success and progression at university and beyond. The aim is to teach these skills explicitly at the first stage of the undergraduate journey, working to improve not only academic competence, but to develop the confidence, resilience and critical abilities of students. The module covers practical written skills including planning of written work and use of academic register. Other elements include the use and process of research, helping students to find appropriate sources, assess their reliability and then integrate these into their own work using academic referencing. The module also teaches techniques for delivering effective presentations as well as transferrable skills such as teamwork and time-management.

Year 2: NU2038 Lifespan Development

This module will explore the psychological and sociological underpinnings of development and behaviour across the lifespan. Students will examine and apply theoretical frameworks across the lifespan transitions from birth to death, to develop an understanding of the factors that can shape the life course. The module will also explore personal resilience and its effect on an individual's coping strategies; the role of personal attributes, culture, environment and support systems, such as local and national organisations that support people transitioning significant life events.

Year 2: NU2039 Safeguarding in Practice

This module explores concepts and conflicts of vulnerability, related to individuals and across populations. Students will identify signs of abuse and neglect experienced by individuals at risk and examine ways to assess and manage risk within regulatory frameworks, social policy, ethical considerations and codes of conduct.

Year 2: NU2046 Mental Health and Wellbeing

This module 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 potential impact of significant life events upon individuals and their wider social network, through the examination of personal resilience and coping mechanisms.

Year 2: NU2047 Health Promotion

This module will explore strategies and approaches to promote health and wellbeing across populations. Students will examine concepts and theories of health and wellbeing, apply research methods to assess and identify the need for health promotion in specific populations, implement appropriate strategies and evaluate the effectiveness of the health promotion interventions.

Year 3: HN3010 Inequalities and Social Justice

This module explores the relationship and impact of social inequalities to health and wellbeing across populations. Taking a social justice perspective, students will examine contemporary issues with a particular focus towards the precarity of vulnerable populations in achieving a high standard of health and wellbeing.

Year 3: HN3011 Comparative Healthcare Systems

A healthcare system is a complex, dynamic network of organisations, and agents working collaboratively to maintain and advance the health and wellbeing of a region. However, specific healthcare systems may take a variety of different approaches to the way in which they operate and deliver services to their populations. This module aims to explore, compare and contrast different healthcare systems and their methodologies, enhancing the student's understanding of factors that may contribute to population health outcomes.

Year 3: HN3012 Leadership and Change Management

This module acknowledges the continuous pace and complexity of change across the health and social care sector and supports students in developing effective leadership skills and knowledge, to transform health and social care services to better meet the needs of service users and other key stakeholders. Collaborative 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.

Year 3: HN3013 Undergraduate Project (Health and Social Contexts)

There is an expectation that professionals within the field of Health and Social care make judicious use of current evidence, to shape, advance and inform their scope of practice. The Undergraduate Project (Health and Social Contexts) module enables students to integrate and apply relevant skills and knowledge in an individual research project in order to develop their ability to undertake research and complete an extended written project.

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.

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