

Lifestyle and Wellbeing

This document gives a range of useful information for this course including general information, a course schedule, assessment information and how to get help. Ready to enrol? Take the next step at uonline.ac.nz/online-courses/lifestyle-and-wellbeing.

General Information

Item	Description
Course Length	<p>The course runs over nine weeks (with a one-week study break in the middle of the term) plus a two-week review period for making and feedback.</p> <p>While you have the option of moving through the course at your own pace, we recommend committing around six – seven hours a week over nine weeks (excluding the one-week study break).</p>
Course Description	<p>Explore practical and scientifically proven lifestyle changes to boost your health and happiness. Developed by Clinical Psychologist, Professor Julia Rucklidge, explore expert insights and approaches to enhance wellbeing.</p> <p>With buzz around fasting, meditation and the latest wellbeing apps, it can be hard to know what to do first in the search for a healthier, happier life.</p> <p>In Lifestyle and Wellbeing, you'll explore the evidence behind what makes the most difference in boosting our health and happiness.</p> <p>Expand your knowledge and learn how to apply a range of practical techniques and lifestyle changes that help regulate stress and grow resilience. You'll explore the science behind proven techniques like spending time in blue and green spaces, mindfulness, and practicing creative arts and music that can enhance wellbeing.</p>
Learning Outcomes	<p>Once you've successfully completed this course, you'll be able to:</p> <ul style="list-style-type: none"> • Compare and contrast models of wellbeing. • Outline the biological and sociological factors involved in the development and maintenance of wellbeing. • Discuss a range of lifestyle changes and activities that can enhance wellbeing. • Develop specific strategies to enhance personal wellbeing and/or the wellbeing of others using lifestyle change and/or activities.
Learning Impact	<p>You will acquire practical steps to improve your wellbeing through changes to your lifestyle and an understanding of what aspects of your lifestyle have an impact.</p>
Delivery	<p>This course is 100% online, which means you can log on when it suits you each week to fit learning into your life, so long as you meet assessment deadlines.</p> <p>You'll need to work through the course materials and assessments in the relevant weeks, as outlined below in the course schedule</p>
Estimated hours per week	<p>We estimate your engagement will be around six – seven hours a week over the nine learning weeks (excluding the one-week study break).</p>
Qualification	<p>Micro-credential: This is a standalone course that recognises the achievement of specific skills, experience, or knowledge.</p>

	Upon successful completion of the course you will be issued a digital badge to recognise your learning achievements . This can take up to 2 months to be delivered after the marking and feedback period.
Academic points	Each course has a points value that reflects the workload for the course. Successful completion from this course will result in you being awarded 5 points at NZQF level 6.
Recommended prior learning	There is no specialist prior learning required to enrol on this course. However, you will need to have confidence listening to, reading, and writing in English with an interest in wellbeing. Under 20? You'll also need University Entrance or an equivalent to enrol.
Who is this course for?	<ul style="list-style-type: none"> • Health and Wellbeing industry professionals • HR professionals • Managers • Teachers • Parents • Wellbeing Representatives
Technology Requirements	We recommend: <ul style="list-style-type: none"> • A laptop or desktop computer and a reliable internet connection. • Word processing software (like Microsoft Word or Google Docs) to complete your assignments.
How the course works	<p>You'll need to work through this course sequentially. It's divided into six modules that run over nine weeks (excluding the one-week study break). Use the navigation block on the left to move from one module to another. Each module includes the following material:</p> <ul style="list-style-type: none"> • A module introduction with specific learning objectives. • Topic content using a range of media. • Activities to apply what you've learnt and/or discuss with your peers and course facilitator. • A quiz to assess understanding of key concepts. • A list of references used in the module topic content. • A 'temperature check' survey to seek your feedback about your experience as a learner. <p>You will gain access to the following module only if you complete content in the previous module. Learning online doesn't mean learning alone. Our courses have been designed to enable a cohort community so you can learn and grow from each other's experience. We also have a facilitator for each course who is there to offer support as you work through your learning, in addition to our Enrolment Advice and Online Learning Support teams.</p>
Assessment	To receive a passing grade for this course, you need to have attempted all activities and to have received an overall grade of at least 50%. For more details see the assessment schedule below.
Pricing	<p>Domestic learners: \$315 incl. GST where applicable International learners: \$1,004 incl. GST where applicable</p> <p>Note: Pricing is subject to change, please check our website for the most up-to-date fees. GST is only applicable for learners living in New Zealand during their study.</p>

Group discounts: get your colleagues together to take advantages of our group discounts. Enquire now at partnerships@uonline.ac.nz.

- 10% for 3 – 6 learners
- 15% for 7+ learners

Course schedule

Week	Module	Assessment
0-1	Getting started	
	About this course	
1	Module 1: Introduction to wellbeing and the role of lifestyle	Quiz and Models of wellbeing forum activity
2	Module 2: Social connections and social media	Quiz and social connections social media forum activity
3	Module 3: Being present	Quiz and being present forum activity
4	Catchup week	
5	Study break	
6	Module 4: Physical interventions	Quiz and physical interventions forum activity
7	Module 5: Enhancing wellbeing	Quiz
8	Module 6: Nature and environments	
9	Catch up week	Course reflection assignment

Assessment

There are 10 assessments in this course:

Assessment	Name	Weight	Due date	Feedback
1	M1 Quiz	5%	End of module 1 (suggested schedule being week 1)	Automatic immediately after completing quiz
2	M2 Quiz	5%	End of module 2 (suggested schedule being week 2)	Automatic immediately after completing quiz
3	M3 Quiz	5%	End of module 3 (suggested schedule being week 3)	Automatic immediately after completing quiz
4	M4 Quiz	5%	End of module 4 (suggested schedule being week 6)	Automatic immediately after completing quiz
5	M5 Quiz	5%	End of module 5 (suggested schedule being week 7)	Automatic immediately after completing quiz

6	M1 Small discussion forum activity	10%	End of module 1 (suggested schedule being week 1)	Grading and comment by end of week 3.
7	M2 Small discussion forum activity	10%	End of module 2 (suggested schedule being week 2)	Grading and comment by end of week 4.
8	M3 Small discussion forum activity	10%	End of module 3 (suggested schedule being week 3)	Grading and comment by end of week 5.
10	M4 Large discussion forum activity	15%	End of module 5 (suggested schedule being week 7)	Grading and comment by end of week 8.
11	Course reflection assignment	30%	End of module 6 (suggested schedule being week 9)	Grading and comment by end of week 11.

Your course total grade is calculated based on the weighting of each assessment. To pass the course you need a course total of over 50 out of 100.

You may attempt each assessment up to two times. You do not need a passing grade for every single assessment, but you do need to engage with/complete all assessments.

You will find more information about each assessment, including instructions and submission links in the Tuihono UC | UC Online course (use the navigation block on the left to access the Assessment section).

How to get help

- For general help on how to use the Tuihono UC | UC Online learning environment, select Help at the top of the course screen.
- If you can't find the answer that you are looking for, please email our Learner Support team: support@uonline.ac.nz