

Programme Specification

Programme Summary Information			
1	Programme Title		BSc Health, Wellbeing and Social Care
2	University of Sunderland Course Code		UCAS Code
3	Awarding Institution		University of Sunderland
4	Teaching Institution(s) (if different from point 3)		University of Sunderland in London
5	Professional Statutory or Regulatory Body (PSRB) (if applicable)		N/A
6	For Apprenticeships:		
	Name of Apprenticeship Standard		N/A
	Apprenticeship Standard Number		N/A
	IfATE LARS Number		N/A

7	Programme Description
	<p>Overview</p> <p>The BSc (Hons) Health, Wellbeing and Social Care is a three-year undergraduate programme, designed to prepare graduates for employment, leadership development and postgraduate study within contemporary health and social care environments. The programme responds directly to workforce needs across health, social care and the voluntary sector, while aligning with institutional priorities around widening participation, employability, digital capability and social justice.</p> <p>The curriculum adopts a progressive, scaffolded structure across Levels 4, 5 and 6. At Levels 4 and 5, students develop strong foundations in person-centred practice, professional communication, psychology and mental wellbeing, applied skills, safeguarding, ethics, policy, leadership awareness and research literacy. Learning at these levels emphasises inclusivity, professionalism and applied understanding of health and social care systems, supporting students' transition into higher education and preparing them for increasingly complex practice contexts.</p> <p>At Level 6, students engage critically with contemporary policy, leadership and professional decision-making in health and social care. They undertake an applied research project and select an optional pathway aligned to their interests and career aspirations, enabling specialisation in areas such as public health, mental health and wellbeing, or management and leadership in care settings. This final stage consolidates students' analytical, research and professional skills, supporting autonomous learning and graduate-level employability.</p> <p>The programme supports institutional priorities through multiple entry and exit points, clear progression routes from Level 4 to Level 6, and the embedding of inclusive, flexible and digitally enabled learning approaches. It reflects the university's commitment to equality, community impact and workforce development by foregrounding lived experience, service improvement,</p>

ethical practice and evidence-informed decision-making. Digital capability, data literacy and responsible engagement with emerging technologies are integrated throughout the curriculum to ensure graduates are prepared for future-facing practice environments.

Employer requirements have informed the programme design through consultation with NHS trusts, local authorities, care providers and voluntary sector organisations. As a result, the curriculum places strong emphasis on communication, safeguarding, multidisciplinary working, leadership, quality improvement, policy awareness and applied research skills. The placement module further strengthens employability by ensuring that all students gain practical and professional experience through either a traditional placement or a structured digital placement pathway. This innovative approach reflects the increasing digitalisation of health and social care services and ensures equitable access to experiential learning opportunities.

Student feedback from related programmes has directly shaped the structure and delivery of the course, resulting in clearer progression between levels, increased use of applied and authentic assessment, enhanced academic and digital skills support and greater choice at Level 6. Overall, the programme offers a coherent, inclusive and vocationally relevant route to employment or further study in health and social care, equipping graduates with the knowledge, skills and professional identity required to contribute effectively to complex care systems.

What's covered in the course?

The BSc (Hons) Health, Wellbeing and Social Care provides a comprehensive exploration of the knowledge, skills and values required to work effectively within contemporary health and social care contexts. The course begins by introducing students to the structure and organisation of health and social care systems in the UK, including the roles of statutory, private and voluntary sector providers and the policy frameworks that shape service delivery. Students are supported to develop a strong understanding of person-centred, inclusive and rights-based practice, with particular attention to safeguarding, equality, diversity and ethical decision-making.

As students progress, the course deepens their understanding of human behaviour, health and wellbeing through the study of psychology, human development and mental health across the life course. This knowledge is applied to real and simulated practice scenarios, enabling students to understand how individual, social, cultural and environmental factors influence health outcomes. Communication and interpersonal skills are developed throughout the programme, supporting effective engagement with service users, families, carers and professionals, as well as the use of academic and digital communication in professional contexts.

The course also addresses the legal, ethical and policy dimensions of health and social care practice. Students examine contemporary legislation, professional standards and regulatory frameworks, and learn how to apply these to complex and ethically challenging situations. There is a strong focus on supporting people with complex needs, including those experiencing long-term conditions, mental ill health, disability, social exclusion or multiple disadvantages, with an emphasis on collaborative, multidisciplinary approaches to care and support planning.

Research literacy and evidence-informed practice are central to the programme. Students are introduced to research methods, data analysis and critical evaluation of evidence, and are supported to use research to inform service improvement and professional decision-making. This culminates in an applied research project in the final year, where students design and conduct an ethically sound investigation relevant to health and social care practice or policy.

Leadership, management and professional identity are developed progressively across the course. Students explore leadership theories, team working, quality improvement and service

	<p>development, and reflect on their own professional values, strengths and career aspirations. At the final level, students engage critically with contemporary issues and policy debates in health and social care and have the opportunity to specialise through optional modules focusing on public health and health promotion, mental health and recovery, or management and leadership in care settings. Students also gain practical and professional experience through either a traditional placement or a structured digital placement pathway.</p> <p>Throughout the programme, learning is grounded in authentic, practice-focused activities such as case studies, simulations and scenario-based tasks, ensuring that theory is consistently linked to real-world application. By the end of the course, students graduate with a strong understanding of health and social care systems, the ability to work ethically and collaboratively, and the academic, digital and professional skills required for employment or further study in the health and social care sector.</p> <p>Where will I study? Students who enrolled on the BSc Health, Wellbeing and Social Care programme will be studying at the University of Sunderland in London. Teaching will be face-to-face.</p> <p>Does the programme have an associated IFY? No</p>
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8	Programme Awards		
8a	Name of Final Award	Level	Credits Awarded
	Bachelor of Science with Honours in Health, Wellbeing and Social Care	6	360
8b	Exit Awards and Credit Awarded		
	Certificate of Higher Education in Health, Wellbeing and Social Care	4	120
	Diploma of Higher Education in Health, Wellbeing and Social Care	5	240
	Bachelor of Science in Health, Wellbeing and Social Care	6	300

9	Programme Specific Regulations
	No

10a		
	Mode(s) of Study	Location/Campus
	Full time	London
	Part time	London
		Duration of Study
		3 years
		6 years

10b		
	Is this programme delivered at a Transnational (TNE) partner?	No
	Is this programme delivered at UK Partner Institutions?	No

11	Entry Requirements	
	The admission requirements for this programme as stated on the course page of the University of Sunderland website at https://www.sunderland.ac.uk/ , or found by searching for the course entry profile located on the UCAS website are correct.	YES
	This programme is suitable for students to enter with advanced standing (e.g. APL)	YES
	Where applicable use the space below to detail any specific arrangements – e.g. APL only permitted to a specific level Accreditation of Prior Learning (APL)	

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12	Programme Learning Outcomes
	By the end of Stage 1 of the programme successful students will be able to do the following:
1	Critically analyse the structure, organisation and policy context of UK health and social care systems.
2	Apply person-centred, inclusive and safeguarding principles within diverse practice contexts.
3	Demonstrate effective professional communication using interpersonal, academic and digital skills.
4	Apply psychological, developmental and sociological theories to understand health, wellbeing and behaviour.
	By the end of Stage 2 of the programme successful students will be able to do the following:
5	Critically evaluate evidence, research methodologies and theoretical models relevant to health and social care.
6	Apply ethical, legal and professional frameworks to complex practice situations.
7	Demonstrate leadership, teamwork and quality improvement skills within real or simulated environments.
8	Design and justify evidence-based interventions or service improvements.
	By the end of Stage 3 of the programme successful students will be able to do the following:
9	Conduct an ethically sound applied research project using appropriate methods.
10	Critically reflect on professional identity, employability and lifelong learning.
11	Work autonomously, managing learning and professional development.
12	Engage collaboratively with diverse stakeholders in multidisciplinary contexts.

13. Programme Requirements			
<i>There are optional modules on this programme Yes</i>			
Level 4:			
<i>In order to complete this programme, a student must successfully complete all the following CORE modules (totalling 120 credits):</i>			
Module Code	Module Name	Credit Value	PLO(s) assessed
HSCF100	Foundations of Health and Social Care Practice	30	PLO1, PLO2
HSCF101	Communication, Professionalism and Interpersonal Skills	30	PLO2, PLO3,
HSCF102	Psychology, Human Development and Mental Wellbeing	30	PLO2, PLO4
HSCF103	Applied Skills and Professional Development	30	PLO3, PLO4
Level 5:			
<i>In order to complete this programme, a student must successfully complete all the following CORE modules (totalling 120 credits):</i>			
Module Code	Module Name	Credit Value	PLO(s) assessed
HSCD200	Health and Social Care Policy, Law and Ethics	30	PLO5, PLO6,
HSCD201	Supporting People with Complex Needs	30	PLO5, PLO6

HSCD202	Research, Evidence and Innovation	30	PLO6, PLO8
HSCD203	Leadership, Management and Professional Identity	30	PLO7, PLO8

Level 6:

In order to complete this programme, a student must successfully complete all the following CORE modules (totalling 90 credits):

Module Code	Module Name	Credit Value	PLO(s) assessed
HSCT300	Contemporary Issues and Policy in Health and Social Care	30	PLO10, PLO12
HSCT301	Applied Professional Practice Placement	30	PLO9, PLO11, PLO12
HSCT302	Applied Research Project in Health and Social Care	30	PLO9, PLO11

In order to complete this programme, a student must successfully complete Option modules totalling 30 credits: Option modules available on this programme are as below: please note that there may be instances where not all options will be available.

Module Code	Module Name	Credit Value	PLO(s) assessed
HSCT303	Public Health and Health Promotion	30	PLO10, PLO11, PLO12
HSCT304	Mental Health, Wellbeing and Recovery	30	PLO10, PLO11, PLO12
HSCT305	Management and Leadership in Care Settings	30	PLO10, PLO11, PLO12

14. Employability

The programme contributes to the development of the following graduate attributes.

Please refer to [Integrated Curriculum Design Framework](#) when completing this section.

Professional	The programme contributes to the development of professional graduates by embedding professional values, behaviours and standards throughout the curriculum. From the early stages of the course, students are introduced to the expectations of working in health and social care settings, including ethical practice, safeguarding, accountability, confidentiality and effective communication. These principles are reinforced through applied learning, scenario-based activities and assessments that mirror real professional tasks such as case analysis, support planning, policy briefing and service improvement proposals. Ongoing reflection on professional identity, alongside engagement with legal and regulatory frameworks, enables students to understand their responsibilities within multidisciplinary environments and to develop confidence, integrity and sound professional judgement.
Adaptable	The programme supports students to become adaptable graduates by equipping them with transferable skills and the ability to respond effectively to change within complex and evolving care systems. Students develop critical thinking, problem-solving and research skills that allow them to evaluate evidence, adapt interventions and make informed decisions in uncertain or unfamiliar situations. The curriculum explicitly addresses contemporary challenges in health and social care, including policy reform, workforce pressures, digital transformation and emerging

	technologies, enabling students to engage with change proactively. Progressive assessment design encourages increasing independence and autonomy, supporting students to manage their own learning and professional development and to remain flexible in diverse employment contexts.
Engaged	The programme fosters engaged graduates by encouraging active participation in learning, critical engagement with social issues and meaningful connection to communities and stakeholders. Students are supported to engage with lived experience, service-user perspectives and ethical debates, developing a strong sense of social responsibility and commitment to equality and inclusion. Collaborative learning activities, group projects and simulated multidisciplinary working promote engagement with peers and professional networks. Through applied research, service improvement tasks and reflection on employability and lifelong learning, students are encouraged to see themselves as active contributors to the health and social care sector, committed to continuous improvement, civic engagement and positive social impact.

15. Additional Costs: Are there any additional costs on top of the fees?

List any additional costs the students will have to meet and whether this is optional (e.g. an optional field trip) or essential (e.g. buying a lab coat). Give an estimation of the approximate cost which may be a range. This information should be replicated in the Module Guide and will be published on the course page.

No, but all students buy some study materials such as books and provide their own basic study materials	✓
Yes (optional). All students buy some study materials such as books and provide their own basic study materials. In addition, there are some additional costs for optional activities associated with the programme (see above)	
Yes (essential). All students buy some study materials such as books and provide their own basic study materials. In addition, there are some essential additional costs associated with the programme (see above)	

16. Version Control

Programme Specifications are checked annually and updated when changes are made to the programme.

Version Number		Date	Details of change	Author
V1	Document created	10/02/2026	New programme	Dr Yahaya Alhassan
V2	Document changed			

Version number:	5	Template owner:	Quality Team
Date reviewed:	Jun-24	Date of next review:	Jun-29

