

Programme Specification

Programme Summary Information			
1	Programme Title		CertHE in 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><i>The Certificate of Higher Education (CertHE) in Health, Wellbeing and Social Care is a Level 4 programme designed to provide students with a strong foundation in the knowledge, skills and professional values required for work and further study within the health and social care sector. The programme introduces students to the structure and operation of UK health and social care services while developing an understanding of person-centred practice, safeguarding, equality, diversity and ethical responsibility. It is intended to support learners in becoming reflective, compassionate and professionally aware individuals who can engage effectively with service users, colleagues and wider multidisciplinary teams.</i></p> <p><i>The programme adopts an applied and student-centred approach to learning, combining academic study with practical and professional skill development. Through the study of communication, psychology, human development and mental wellbeing, students gain insight into the social, emotional and psychological factors that influence care and support across the lifespan. Alongside this, the curriculum develops essential academic, interpersonal and digital competencies that are increasingly important within contemporary care environments. Reflective learning is embedded throughout the programme to encourage students to evaluate their own development, recognise professional responsibilities and build confidence in their emerging practice identity.</i></p> <p><i>Structured around four integrated 30-credit modules, the programme provides a balanced introduction to both theoretical and practical dimensions of health and social care. Students engage with real-world case studies, collaborative learning activities and skills-based tasks that help them connect academic concepts with professional contexts. The programme is particularly suited to school leavers, mature learners and individuals already working in care-related roles who wish to enhance their qualifications or progress to further study.</i></p>

The CertHE also serves as a progression route into higher-level qualifications in health and social care and related disciplines. At the same time, it equips students with transferable skills valued across a wide range of care settings, including communication, teamwork, problem-solving, digital literacy and self-reflection. Through its inclusive and practice-focused design, the programme responds to the evolving needs of the health and social care workforce while supporting students in achieving their personal, academic and professional goals.

What’s covered in the course?

The CertHE in Health, Wellbeing and Social Care provides students with a broad introduction to the knowledge, skills and professional values that underpin contemporary health and social care practice in the United Kingdom. The programme explores how health and social care services are organised and delivered, introducing students to the structure of the NHS, social care provision and the roles of professionals working across different care settings. Students develop an understanding of the principles that guide effective care, including person-centred approaches, safeguarding responsibilities, equality, diversity and inclusion, as well as the ethical and legal frameworks that shape professional practice.

A significant focus of the course is the development of communication and interpersonal skills that are essential within health and social care environments. Students examine verbal, non-verbal and digital communication methods and learn how effective communication supports positive relationships with service users, families, carers and multidisciplinary teams. Professionalism, teamwork and appropriate conduct are also explored, enabling students to understand the behaviours and attitudes expected within care-related professions.

The programme also introduces students to psychological theory, lifespan development and mental wellbeing. Students explore how individuals grow and change throughout the life course and examine the social, biological and psychological factors that influence behaviour, wellbeing and mental health. This helps students appreciate the diverse experiences and needs of individuals accessing care and support services, while encouraging empathy and a holistic understanding of health and wellbeing.

Alongside subject knowledge, the course develops the academic and practical skills required for higher education and employment. Students learn how to locate, interpret and present information effectively using academic and digital tools. They are introduced to reflective practice and encouraged to evaluate their own learning, strengths and professional development through recognised reflective models. Practical learning activities, case studies and scenario-based exercises are used throughout the programme to connect theory with real-world care contexts and to help students build confidence in applying their knowledge.

Where will I study?

Students who enrolled on the CertHE in Health, Wellbeing and Social Care programme will be studying at the University of Sunderland in London. Teaching will be face-to-face.

Does the programme have an associated IFY? No

8	Programme Awards		
8a	Name of Final Award	Level	Credits Awarded
	Certificate of Higher Education in Health, Wellbeing and Social Care	4	120
8b	Exit Awards and Credit Awarded		
	N/A		

9	Programme Specific Regulations
	No

10a		
Mode(s) of Study	Location/Campus	Duration of Study
Full time	London	1 year
Part time	London	2 years

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

11	Entry Requirements
	<p>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</p> <p>This programme is suitable for students to enter with advanced standing (e.g. APL) YES</p> <p>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)</p>

12	Programme Learning Outcomes
	By the end of the programme successful students will be able to do the following:
1	<i>Describe the structure and principles of UK health and social care systems.</i>
2	<i>Explain key concepts in person-centred care, safeguarding, equality and diversity.</i>
3	<i>Communicate effectively using professional, interpersonal and digital skills.</i>
4	<i>Demonstrate understanding of lifespan development, mental wellbeing and psychological theory relevant to care.</i>
5	<i>Use reflective models to evaluate personal learning and professional behaviour.</i>
6	<i>Describe ethical and legal responsibilities in health and social care contexts.</i>
7	<i>Use academic and digital skills to locate, interpret and present information relevant to practice.</i>

13. Programme Requirements			
<i>There are optional modules on this programme No</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	<i>Foundations of Health and Social Care Practice</i>	30	PLO1, PLO2
HSCF101	<i>Communication, Professionalism and Interpersonal Skills</i>	30	PLO3
HSCF102	<i>Psychology, Human Development and Mental Wellbeing</i>	30	PLO4
HSCF103	<i>Applied Skills and Professional Development</i>	30	PLO5, PLO6, PLO7

14. Employability

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

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

The CertHE in Health, Wellbeing and Social Care contributes significantly to the development of professional, adaptable and engaged graduates through its integrated approach to academic learning, practical skill development and reflective practice. The programme is designed not only to provide subject knowledge, but also to cultivate the attitudes, behaviours and capabilities required for effective participation in contemporary health and social care environments.

Professional	<i>The programme supports the development of professional graduates by introducing students to the ethical, legal and behavioural expectations associated with health and social care practice. Through the study of safeguarding, equality, diversity, communication and professional conduct, students develop an understanding of accountability, respect and person-centred care. Professionalism is reinforced through reflective activities, academic conventions and scenario-based learning that encourage students to apply professional judgement and demonstrate appropriate behaviours in a range of contexts. Students also develop confidence in communication, teamwork and digital literacy, all of which are essential professional competencies within modern care settings. By engaging with real-world case studies and practice-informed assessment tasks, students begin to form a professional identity and gain insight into the standards expected within the sector.</i>
Adaptable	<i>The programme develops adaptable graduates by equipping students with transferable skills that can be applied across a variety of health, social care and community settings. The curriculum encourages students to respond thoughtfully to complex and changing situations through problem-solving activities, reflective practice and collaborative learning. Exposure to topics such as mental wellbeing, lifespan development and diverse service-user needs helps students appreciate the dynamic nature of care environments and the importance of flexibility in responding to individual circumstances. The emphasis on digital skills and independent learning further supports adaptability by enabling students to engage confidently with evolving technologies, changing workplace expectations and different forms of communication. The programme's supportive structure also encourages resilience and self-management, helping students become capable of navigating new academic and professional challenges.</i>
Engaged	<i>The programme fosters engaged graduates by encouraging active participation in learning and promoting awareness of social responsibility within health and social care practice. Students are encouraged to consider the wider social, cultural and ethical issues affecting individuals</i>

	<i>and communities, developing an appreciation of inclusion, advocacy and the importance of compassionate care. Through discussion, reflection and applied learning activities, students engage critically with contemporary issues in health and social care and recognise the value of collaborative and community-focused approaches. The programme also encourages students to take ownership of their personal and professional development through reflective planning and continuous skills improvement. This helps cultivate graduates who are motivated, self-aware and committed to making a positive contribution within their workplaces and wider society.</i>
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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	29/05/2026	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