

SWK202 Mental and Physical Health and Wellbeing

School: School of Law and Society

2024 Semester 2

UniSC Sunshine Coast
UniSC Moreton Bay
UniSC Fraser Coast

**BLENDED
LEARNING**

Most of your course is on campus but you may be able to do some components of this course online.

Online

ONLINE

You can do this course without coming onto campus.

Please go to usc.edu.au for up to date information on the teaching sessions and campuses where this course is usually offered.

1. What is this course about?

1.1. Description

In all fields of social work practice, the health, mental health and wellbeing of our clients is a key focus. It is important for social workers to understand, advocate for, and apply a 'social lens' that integrates biological elements with the social, psychological, cultural, and spiritual dimensions of health, mental health and wellbeing. This unit addresses core knowledge and skills required to be effective social workers in the broader health context.

1.2. How will this course be delivered?

| ACTIVITY | HOURS | BEGINNING WEEK | FREQUENCY |
|---|-------|----------------|-----------|
| BLENDED LEARNING | | | |
| Learning materials – Online Learning Materials | 1hr | Week 1 | 13 times |
| Tutorial/Workshop 1 – On Campus Tutorial - 2 hours | 2hrs | Week 1 | 13 times |
| ONLINE | | | |
| Learning materials – Online Learning Materials | 1hr | Week 1 | 13 times |
| Tutorial/Workshop 1 – Online/Zoom Tutorial | 2hrs | Week 1 | 13 times |

1.3. Course Topics

- Mental and physical health for social work practice.
- Knowledge and skills for social work practice in health settings.
- Social, psychological, spiritual and cultural dimensions of health.

2. What level is this course?

200 Level (Developing)

Building on and expanding the scope of introductory knowledge and skills, developing breadth or depth and applying knowledge and skills in a new context. May require pre-requisites where discipline specific introductory knowledge or skills is necessary. Normally, undertaken in the second or third full-time year of an undergraduate programs.

3. What is the unit value of this course?

12 units

4. How does this course contribute to my learning?

| COURSE LEARNING OUTCOMES | GRADUATE QUALITIES MAPPING | PROFESSIONAL STANDARD MAPPING * |
|---|---|--|
| On successful completion of this course, you should be able to... | Completing these tasks successfully will contribute to you becoming... | Australian Association of Social Workers |
| 1 Make explicit the judgements and evidence informing decisions and actions that are documented accurately and comprehensively. | Knowledgeable Creative and critical thinker Ethical Engaged | 1, 1.1, 2, 2.1, 2.2, 4, 4.1, 4.4, 5, 5.1, 5.3, 5.4, 6, 6.2, 7, 7.1, 7.2 |
| 2 Analyse the case study to formulate and document a biopsychosocial assessment, including risk and protective factors. | Knowledgeable Creative and critical thinker Ethical Engaged | 1, 1.1, 2, 2.1, 2.2, 3, 3.1, 3.2, 4, 4.1, 4.2, 4.4, 5, 5.1, 5.3, 5.4, 6, 6.1, 6.2, 7, 7.1, 7.2 |
| 3 Gather pertinent information by systematic questioning and discussions, incorporating the clients and service users' perspective. | Knowledgeable Creative and critical thinker Ethical Engaged | 1, 1.1, 2, 2.1, 2.2, 3, 4, 4.1, 4.2, 5, 5.1, 5.3, 5.4, 6, 6.1, 6.2, 7, 7.1, 7.2 |
| 4 Apply critical thought and judgement in identifying, formulating and documenting assessment conclusions with intellectual independence. | Knowledgeable Creative and critical thinker Empowered Ethical Engaged | 1, 1.1, 1.2, 2, 2.1, 2.2, 3, 3.1, 3.2, 4, 4.1, 4.2, 4.4, 5, 5.1, 5.3, 5.4, 6.2, 7, 7.1, 7.2 |
| 5 Transfer, adapt and apply knowledge and skills in diverse contexts. | Knowledgeable Creative and critical thinker Empowered Ethical Engaged | 1, 1.1, 1.2, 2, 2.1, 2.2, 4, 4.1, 4.2, 4.3, 4.4, 5, 5.4, 6 |
| 6 Demonstrate knowledge of the sociocultural factors influencing mental health, physical health and wellbeing. | Knowledgeable Creative and critical thinker Ethical Engaged | 1, 1.1, 1.2, 2, 2.1, 2.2, 3, 3.1, 3.2, 4, 4.1, 4.2, 4.4, 5, 5.1, 5.3, 5.4, 6, 6.1, 6.2, 6.4, 7, 7.1, 7.2 |
| 7 Demonstrate accuracy of knowledge. | Knowledgeable Engaged | 1.1, 2, 2.1, 2.2, 4, 4.1, 4.2, 4.3, 4.4, 5.4, 6, 7, 7.1, 7.2 |
| 8 Presentation of a clear, well-structured document to an 'developing professional' level | Knowledgeable Ethical Engaged | 1, 1.1, 2, 2.1, 2.2, 4, 5, 5.1, 5.4, 6, 6.2, 7, 7.1, 7.2 |
| 9 Demonstrates communication skills reflective of an emerging social work professional | Knowledgeable Creative and critical thinker Ethical Engaged | 2, 2.1, 4, 4.4, 6, 6.2, 7, 7.1 |

* Competencies by Professional Body

| CODE | COMPETENCY |
|--|------------|
| AUSTRALIAN ASSOCIATION OF SOCIAL WORKERS | |

| CODE | COMPETENCY |
|------|---|
| 1 | Values and ethics |
| 1.1 | Practise in accordance with the AASW Code of Ethics |
| 1.2 | Manage ethical dilemmas and issues arising in practice |
| 2 | Professionalism |
| 2.1 | Represent the social work profession with integrity and professionalism |
| 2.2 | Behave in a professional manner and be accountable for all actions and decisions |
| 3 | Culturally responsive and inclusive practice |
| 3.1 | Work inclusively and respectfully with cultural difference and diversity |
| 3.2 | Respect and strive to understand and promote the rights of Aboriginal and Torres Strait Islander peoples and their cultures |
| 4 | Knowledge for practice |
| 4.1 | Understand higher level systemic influences on people with respect to area of practice |
| 4.2 | Understand and articulate social work and other relevant theories and concepts |
| 4.3 | Understand the role of research and evaluation in obtaining and generating new knowledge for practice |
| 4.4 | Understand and articulate how and when theories, knowledge bases and knowledge sources inform practice |
| 5 | Applying knowledge to practice |
| 5.1 | Assess and analyse needs to inform practice |
| 5.3 | Use a range of social work methods and techniques appropriate to the area of practice |
| 5.4 | Apply critical and reflective thinking to practice |
| 6 | Communication and interpersonal skills |
| 6.1 | Communicate with a diverse range of people |
| 6.2 | Communicate the details and nature of the service offered to people |
| 6.4 | Use information technology to communicate and provide services |
| 7 | Information recording and sharing |
| 7.1 | Record and manage information appropriately |
| 7.2 | Keep and maintain information in accordance with ethical principles and relevant legislation |

5. Am I eligible to enrol in this course?

Refer to the [UniSC Glossary of terms](#) for definitions of “pre-requisites, co-requisites and anti-requisites”.

5.1. Pre-requisites

Not applicable

5.2. Co-requisites

Not applicable

5.3. Anti-requisites

SCS285 or SWK266 or SWK285

5.4. Specific assumed prior knowledge and skills (where applicable)

Not applicable

6. How am I going to be assessed?

6.1. Grading Scale

Standard Grading (GRD)

High Distinction (HD), Distinction (DN), Credit (CR), Pass (PS), Fail (FL).

6.2. Details of early feedback on progress

6.3. Assessment tasks

| DELIVERY MODE | TASK NO. | ASSESSMENT PRODUCT | INDIVIDUAL OR GROUP | WEIGHTING % | WHAT IS THE DURATION / LENGTH? | WHEN SHOULD I SUBMIT? | WHERE SHOULD I SUBMIT IT? |
|---------------|----------|------------------------|---------------------|-------------|---|-----------------------|---------------------------|
| All | 1 | Activity Participation | Individual | 10% | 13 weeks course duration. | Refer to Format | In Class |
| All | 2 | Quiz/zes | Individual | 15% | 3 quizzes Online Multiple choice 1 hour duration | Refer to Format | Online Test (Quiz) |
| All | 3 | Case Study | Individual | 30% | 750 words | Week 8 | Online Submission |
| All | 4 | Written Piece | Individual | 45% | 1,800 words | Week 13 | Online Submission |

All - Assessment Task 1: Tutorial Participation and Course Engagement

| | | |
|------------------------|---|--|
| GOAL: | Students are to demonstrate consistent and active participation and engagement in tutorial class and group work activities. | |
| PRODUCT: | Activity Participation | |
| FORMAT: | Student participation and engagement. Tutorial attendance will be recorded to meet accreditation requirements of AASW. | |
| CRITERIA: | No. | Learning Outcome assessed |
| | 1 | Critical reflection on evidence informing decisions and actions that are documented accurately and comprehensively. 5 |
| | 2 | Transfer, adapt and apply knowledge and skills in diverse contexts. 5 |
| GENERIC SKILLS: | Communication, Organisation | |

All - Assessment Task 2: Quizzes

| GOAL: | To achieve a sound understanding of key concepts of the course through questions related to weekly readings and tutorial content. | | | | | | | | | | |
|------------------------|--|---------------------------|--|---------------------------|---|--|---|---|------------------------|---|--|
| PRODUCT: | Quiz/zes | | | | | | | | | | |
| FORMAT: | 3 online quizzes, employing multiple choice, multiple answer and other question methods. You are required to log on to the Canvas site and complete the quiz by following the prompts. Quizzes are to be completed in weeks 3,6 and 10. You have 1 hour to complete each quiz. The quizzes are open-book, but must be completed independently. | | | | | | | | | | |
| CRITERIA: | <table border="1"> <thead> <tr> <th>No.</th> <th></th> <th>Learning Outcome assessed</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Knowledge of the sociocultural factors influencing mental health, physical health and wellbeing.</td> <td>6</td> </tr> <tr> <td>2</td> <td>Accuracy of knowledge.</td> <td>7</td> </tr> </tbody> </table> | No. | | Learning Outcome assessed | 1 | Knowledge of the sociocultural factors influencing mental health, physical health and wellbeing. | 6 | 2 | Accuracy of knowledge. | 7 | |
| No. | | Learning Outcome assessed | | | | | | | | | |
| 1 | Knowledge of the sociocultural factors influencing mental health, physical health and wellbeing. | 6 | | | | | | | | | |
| 2 | Accuracy of knowledge. | 7 | | | | | | | | | |
| GENERIC SKILLS: | Problem solving, Information literacy | | | | | | | | | | |

All - Assessment Task 3: Case Note - Case Study

| GOAL: | To analyse a case study and complete a written case note that draws on learning from course readings and tutorial content. | | | | | | | | | | |
|------------------------|--|---------------------------|--|---------------------------|---|---|-----------|---|---|---|--|
| PRODUCT: | Case Study | | | | | | | | | | |
| FORMAT: | You will be provided with a case study and required to use this information, informed by an evidence base, to complete a case note with the template provided. The case note will be a professional and non biased documentation, that comprehensively details the client's physical and psychological health from a social work perspective. | | | | | | | | | | |
| CRITERIA: | <table border="1"> <thead> <tr> <th>No.</th> <th></th> <th>Learning Outcome assessed</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Identify key facts and record in a non-biased manner.</td> <td>4 5 6 7 9</td> </tr> <tr> <td>2</td> <td>Demonstrate writing skills of a developing professional standard (clarity of expression, correct grammar, spelling and punctuation), logically structured, and coherently argued.</td> <td>1</td> </tr> </tbody> </table> | No. | | Learning Outcome assessed | 1 | Identify key facts and record in a non-biased manner. | 4 5 6 7 9 | 2 | Demonstrate writing skills of a developing professional standard (clarity of expression, correct grammar, spelling and punctuation), logically structured, and coherently argued. | 1 | |
| No. | | Learning Outcome assessed | | | | | | | | | |
| 1 | Identify key facts and record in a non-biased manner. | 4 5 6 7 9 | | | | | | | | | |
| 2 | Demonstrate writing skills of a developing professional standard (clarity of expression, correct grammar, spelling and punctuation), logically structured, and coherently argued. | 1 | | | | | | | | | |
| GENERIC SKILLS: | Communication, Problem solving, Applying technologies | | | | | | | | | | |

All - Assessment Task 4: Biopsychosocial Assessment

| | | | |
|------------------------|---|--|----------------------------------|
| GOAL: | Using a provided case study, you will develop a biopsychosocial assessment and treatment plan that includes a comprehensive assessment of risk and protective factors for the client. The biopsychosocial assessment will reflect social work informed understandings of physical and psychological wellbeing and provide appropriate recommendations for future care of the client. | | |
| PRODUCT: | Written Piece | | |
| FORMAT: | Students are to use the provided case study and template to complete a biopsychosocial assessment that considers relevant risk and protective factors. The biopsychosocial assessment will be informed by knowledge gained from set readings and tutorial content. | | |
| CRITERIA: | No. | | Learning Outcome assessed |
| | 1 | Identify and outline of a range of risk and protective factors for the case study client. | 4 |
| | 2 | Make explicit the judgements and evidence informing decisions and actions that are documented accurately and comprehensively. | 1 |
| | 3 | Presentation of a clear, well-structured document to an 'developing professional' level | 8 |
| | 4 | Logically structured, coherently argued analysis, within the word count, including clarity of expression, correct grammar, spelling and punctuation. | 8 |
| | 5 | Analysis and formulation of assessment | 2 |
| | 6 | Gather pertinent information | 3 |
| GENERIC SKILLS: | Communication, Problem solving, Information literacy | | |

7. Directed study hours

A 12-unit course will have total of 150 learning hours which will include directed study hours (including online if required), self-directed learning and completion of assessable tasks. Student workload is calculated at 12.5 learning hours per one unit.

8. What resources do I need to undertake this course?

Please note: Course information, including specific information of recommended readings, learning activities, resources, weekly readings, etc. are available on the course Canvas site– Please log in as soon as possible.

8.1. Prescribed text(s) or course reader

Please note that you need to have regular access to the resource(s) listed below. Resources may be required or recommended.

| REQUIRED? | AUTHOR | YEAR | TITLE | EDITION | PUBLISHER |
|-----------|------------------|------|--------------------------------|---------|-----------|
| Required | Melissa Petrakis | 2020 | Social Work Practice in Health | n/a | Routledge |

8.2. Specific requirements

Not applicable

9. How are risks managed in this course?

Health and safety risks for this course have been assessed as low. It is your responsibility to review course material, search online, discuss with lecturers and peers and understand the health and safety risks associated with your specific course of study and to familiarise yourself with the University's general health and safety principles by reviewing the [online induction training for students](#), and following the instructions of the University staff.

10. What administrative information is relevant to this course?

10.1. Assessment: Academic Integrity

Academic integrity is the ethical standard of university participation. It ensures that students graduate as a result of proving they are competent in their discipline. This is integral in maintaining the value of academic qualifications. Each industry has expectations and standards of the skills and knowledge within that discipline and these are reflected in assessment.

Academic integrity means that you do not engage in any activity that is considered to be academic fraud; including plagiarism, collusion or outsourcing any part of any assessment item to any other person. You are expected to be honest and ethical by completing all work yourself and indicating in your work which ideas and information were developed by you and which were taken from others. You cannot provide your assessment work to others. You are also expected to provide evidence of wide and critical reading, usually by using appropriate academic references.

In order to minimise incidents of academic fraud, this course may require that some of its assessment tasks, when submitted to Canvas, are electronically checked through Turnitin. This software allows for text comparisons to be made between your submitted assessment item and all other work to which Turnitin has access.

10.2. Assessment: Additional Requirements

10.3. Assessment: Submission penalties

Late submission of assessment tasks may be penalised at the following maximum rate:

- 5% (of the assessment task's identified value) per day for the first two days from the date identified as the due date for the assessment task.

- 10% (of the assessment task's identified value) for the third day - 20% (of the assessment task's identified value) for the fourth day and subsequent days up to and including seven days from the date identified as the due date for the assessment task.

- A result of zero is awarded for an assessment task submitted after seven days from the date identified as the due date for the assessment task. Weekdays and weekends are included in the calculation of days late. To request an extension you must contact your course coordinator to negotiate an outcome.

10.4. SafeUniSC

UniSC is committed to a culture of respect and providing a safe and supportive environment for all members of our community. For immediate assistance on campus contact SafeUniSC by phone: [07 5430 1168](tel:0754301168) or using the [SafeZone](#) app. For general enquires contact the SafeUniSC team by phone [07 5456 3864](tel:0754563864) or email safe@usc.edu.au.

The SafeUniSC Specialist Service is a Student Wellbeing service that provides free and confidential support to students who may have experienced or observed behaviour that could cause fear, offence or trauma. To contact the service call [07 5430 1226](tel:0754301226) or email studentwellbeing@usc.edu.au.

10.5. Study help

For help with course-specific advice, for example what information to include in your assessment, you should first contact your tutor, then your course coordinator, if needed.

If you require additional assistance, the Learning Advisers are trained professionals who are ready to help you develop a wide range of academic skills. Visit the [Learning Advisers](#) web page for more information, or contact Student Central for further assistance: +61 7 5430 2890 or studentcentral@usc.edu.au.

10.6. Wellbeing Services

Student Wellbeing provide free and confidential counselling on a wide range of personal, academic, social and psychological matters, to foster positive mental health and wellbeing for your academic success.

To book a confidential appointment go to [Student Hub](#), email studentwellbeing@usc.edu.au or call 07 5430 1226.

10.7. AccessAbility Services

Ability Advisers ensure equal access to all aspects of university life. If your studies are affected by a disability, learning disorder mental health issue, injury or illness, or you are a primary carer for someone with a disability or who is considered frail and aged, [AccessAbility Services](#) can provide access to appropriate reasonable adjustments and practical advice about the support and facilities available to you throughout the University.

To book a confidential appointment go to [Student Hub](#), email AccessAbility@usc.edu.au or call 07 5430 2890.

10.8. Links to relevant University policy and procedures

For more information on Academic Learning & Teaching categories including:

- Assessment: Courses and Coursework Programs
- Review of Assessment and Final Grades
- Supplementary Assessment
- Central Examinations
- Deferred Examinations
- Student Conduct
- Students with a Disability

For more information, visit <https://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching>

10.9. Student Charter

UniSC is committed to excellence in teaching, research and engagement in an environment that is inclusive, inspiring, safe and respectful. The [Student Charter](#) sets out what students can expect from the University, and what in turn is expected of students, to achieve these outcomes.

10.10.General Enquiries

In person:

- **UniSC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **UniSC Moreton Bay** - Service Centre, Ground Floor, Foundation Building, Gympie Road, Petrie
- **UniSC SouthBank** - Student Central, Building A4 (SW1), 52 Merivale Street, South Brisbane
- **UniSC Gympie** - Student Central, 71 Cartwright Road, Gympie
- **UniSC Fraser Coast** - Student Central, Student Central, Building A, 161 Old Maryborough Rd, Hervey Bay
- **UniSC Caboolture** - Student Central, Level 1 Building J, Cnr Manley and Tallon Street, Caboolture

Tel: +61 7 5430 2890

Email: studentcentral@usc.edu.au