

# FdSc Health and Well-being



## Course Overview

This course combines study and practical work experience to equip you with a combination of technical abilities, academic knowledge, and transferable skills that are highly desirable to employers. You'll undertake a placement where you'll be able to put your learning in the classroom into practice and boost your employability.

Many practitioners will already have a range of rich and varied experiences of working within the sector. This course will help you become more aware of developmental approaches to learning and to reflect on your own practice, which will extend your professional competence and effectiveness in supporting individual care needs.

Sessions involve a range of learning opportunities including group work, formal lectures, workshops, case studies, and practical activities. Along with the structured sessions, you will engage in directed and self-directed study. As such, a high level of personal commitment is expected.

Nine hours of delivered lessons per week, plus 18 hours of self-directed study per week. Students are also able to access 3 hour per week of tutorial support for study at Level 4 and two hours support for Level 5.

Applicants will undertake a minimal employment or a voluntary placement in a relevant sector.

## What You Will Study

You'll study a range of theoretical and work-related components which will enhance your understanding of working with in the health and social care sector.

You will have the opportunity to choose a topic for a research project which will contribute to your knowledge of a specific area.

Modules studied can include:

- Life stages and development
- Nutrition and health
- Ethical principles in care practice
- Longer-term conditions
- Employability in health and well-being
- Study Skills
- Promoting health and well-being
- Neurocognitive health

### START DATE

September 2026

### LEVEL

Level 5

### STUDY MODE

Full-time

### DURATION

2 years

### AWARDING BODY

Leeds Beckett  
University

### LOCATION

Wakefield College



For further information about this course, including Entry Requirements, Assessments and Further Study, scan the QR code.

## Need More Information?

For additional course information please contact the Course Information Team on **01924 789111** or email [courseinfo@heartofyorkshire.ac.uk](mailto:courseinfo@heartofyorkshire.ac.uk).

To learn more about Wakefield College, our facilities and how we can support you please visit our website [www.heartofyorkshire.ac.uk](http://www.heartofyorkshire.ac.uk).

## Quick Links



How to  
Apply



Student  
Support



Virtual  
Tours

Mental health conditions  
Contemporary issues in care and well-being  
Employability in health and well-being  
Social Work  
Research Skills

## Attendance Expectations

9.00-17.00 for two days per week at College, plus a minimal placement expectation.

## How You Will Be Assessed

Knowledge is assessed by means of assignments, reports, portfolios and assessed presentations. You will also have the ability to demonstrate your competence in your workplace or placement and you will have the opportunity to choose a topic for a research project that will contribute to your knowledge of a specific topic. You will also be required to be employed in or undertake placement in a health and social care setting.

## Entry Requirements

Minimum 48 UCAS tariff points from relevant Level 3 study such as A Levels or a Level 3 diploma.

Non-traditional entry requirements:

Applicants who are studying the NCFE CACHE Technical Extended Diploma in Health and Social Care who attain an average grade score above pass level, but have not been successful in the Short Answer Examination may be considered following successful completion of a short-written piece on a Health and Well-being topic, selected by the HE Programme Leader, in order to assess writing skills.

Applicants with other qualifications may be considered, depending on experience. Applicants for the full-time route who have A Levels or Level 3 qualifications unrelated to the health and social care sector will be considered.

Applicants may be required to undertake a short-written piece in order to assess writing skills.

All applicants must have a GCSE at Grade 9-4 in English Language.

Applicants wishing to Accredited Prior Learning (APL) will also be considered. You will have to provide a portfolio of evidence detailing prior knowledge and achievements.

## Fee Information

£7,400

## Further Study

Successful completion will provide the opportunity to further your studies. A Level 6 BSc (Hons) Health and Well-being Top-Up degree is available at Wakefield College. Past students have also progressed to Top-Up degrees in Business and Management.