

Module S3 06	Health and Stress at Work				
	Gesundheit und Stress am Arbeitsplatz				
	Module type		Elective		
	Module ID number		215107060		
	Credit points (LP)		5 LP		
	Semester hours per week (SWS)		2 SWS		
	Semester	2nd semester	Workload (total)		150 h
	Term	Every spring semester (spring term)	of which	Classroom hours	30 h
	Duration	1 semester		Self-study	120 h
Qualification objective		<ul style="list-style-type: none">Students have a deepened understanding of the factors and mechanisms of well-being in the work context, which are the foundation of health-related interventions in organizations as well as psychosocial well-being of employees.Students know theoretical concepts of the association between work and illness respectively health and the extent of their empirical support; they know at least one way to assess the specific concepts.Students are able to deal with health-related issues and problems in work and organizational contexts and are in a position to plan interventions for these contexts.			
Expertise		Core topics: strain concepts (stressor-strain concept, cognitive stress concept/ person-related, action theoretical stress concept/situation-related), empirical evidence (salutogenesis, recovery, bullying, burnout), health-fostering interventions (health circles, operational health management, stress management)			
Methodological competence		Students acquire knowledge about essential theoretical concepts of stress and health at work as well as about empirical research, ways of measurements, and interventions regarding well-being. They are able to apply this knowledge in practical exercises conducted with their fellow students and thus, acquire training and instruction competencies by designing a course unit and taking over responsibility for its implementation. Finally, students will practice providing as well as receiving feedback in a constructive way, which fosters learning and transfer. As the course language is English, the respective language competency is developed.			
Social and personal skills		As students will be designing and preparing a whole class unit as a small group (or dyad), cooperation and coordination processes are needed. Leading a group and taking over responsibility for social processes are practiced. By receiving and providing feedback, students not only reflect on the content, but also about the training and instruction behavior. The latter fosters self-competency, as self-reflection improves self-efficacy and the evaluation of personal behavior. Time management is required for the preparation of the class unit as well as when actually holding the class. Furthermore, the knowledge about mechanisms of well-being may influence personal health-related behavior.			
Course and study formats		S: Presentations, group work, discussions, role play, training techniques (moderation, instruction, feedback etc.)			

Continuation of module S3 06:

Module coordinator	Prof. Dr. Tabea Scheel
Prerequisites	None
Applicable degree program	M.A. International Management Studies – BWL Module can be used in other degree programmes (e.g. M.A. vocational education).
Language of instruction	English
Comments / Other	Compulsory course in the specialisation S3.

S3 06: Submodule 1	Health and Stress at Work				
	Gesundheit und Stress am Arbeitsplatz				
	Submodule number	215107061	Study format		Seminar
	Semester hours per week (SWS)	2 SWS	Workload (submodule)		150 h
	Module Type	Required	of which	Classroom hours	30 h
	Planned Participants	30		Self-Study	120 h
	Preliminary examinations	Peer Review			
S3 06: Module exam	Exam				
	Modulprüfung				
	Exam number	215107065	Scope of the exam		90 min.
	Form of examination	Presentation	Exam preparation		0 h (see comments)
	Graded exam?	Yes			
	Comments regarding the module exam	The exam takes place as a presentation by a dyad or small group, encompassing 90 min (a course unit); the exam includes presenting core content as well as instructing practical exercises. Exam preparation takes place as part of self-study in SM 1.			
Letzte Änderung: 29.01.2025					