



Waterford Institute of Technology  
INSTITIÚID TEICNEOLAÍOCHTA PHORT LÁIRGE



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

POSTGRADUATE

# Masters in Social, Personal & Health Education (SPHE)

Department of Health, Sport and Exercise Science/Adult  
and Continuing Education, in partnership with the HSE

LEVEL 9



The Masters in SPHE offers participants a unique opportunity to further enhance their personal development and to finely tune their facilitation skills. This programme enables participants to make an original and significant contribution at the forefront of this field of study, thereby advancing SPHE as an academic discipline.

[www.wit.ie](http://www.wit.ie)

# Master in Social, Personal & Health Education (SPHE)

## Programme Aims

On successful completion of the Masters in SPHE participants will be able to:

- Develop, plan and facilitate SPHE in a variety of settings;
- Exhibit a thorough grounding in the principles and concepts of health promotion;
- Develop and plan a programme of participative workshops;
- Apply the principles of SPHE in their social, personal and professional lives;
- Evaluate their process and performance and those of others;
- Understand introjection, projection and retroreflection;
- Formulate new understandings of the principles of health promotion and health education;
- Identify, describe and critique theories from health, education, life-span psychology and research relevant to SPHE;
- Demonstrate further planning and facilitation skills;
- Scrutinise and reflect on social norms and group processes;
- Research and write a Masters dissertation;
- Make an original contribution to knowledge in the field.

## Programme Subjects

For the award of Masters in SPHE you need to accumulate 90 credits.

<b>Semester 1</b>	
<b>Advanced Facilitation Skills</b>	20 credits
<b>Individual and Social Influences on Health</b>	5 credits
<b>Quantitative Research</b>	5 credits
<b>Semester 2</b>	
<b>Quantitative Research and Evaluation</b>	10 credits
<b>Applied Health Psychology</b>	5 credits
<b>Advanced Personal Development</b>	10 credits
<b>Negotiated Learning Module</b>	5 credits
<b>Semester 2</b>	
<b>Dissertation</b>	30 credits

## Unique Aspects of the Programme

Experiential learning is the methodology used throughout the course. The Masters in SPHE runs over three semesters and two academic years. The delivery of the course reflects the flexibility required for adult learners and all modules are delivered one evening per week from 7.00-10.00pm and one residential weekend. Participants must attend at least 80% of the course hours in order to pass the course. This programme may be delivered in a modular form. For further information contact the course leaders.

## Career Opportunities

For all people whose core work involves communication with others. This course is an invaluable asset to the following: **Teachers, Health Professionals, Community Workers, Youth Workers, Preschool Workers, Child Care Workers, Social Work, Gardaí, Other relevant disciplines.**

## Entry Details

Applicants must hold a level 8 qualification or its equivalent and have completed the Higher Diploma in SPHE, or the Extra Mural Certificate in SPHE or an equivalent programme deemed to be a suitable alternative which incorporates a high level of experimental learning and self development. Equivalent programmes being considered will require written confirmation of qualification and portfolio presentation, including applicants relevant experience and learning.

### Closing Date

5th May

### Fees

For information on fees please visit our web page at [www.wit.ie/pg](http://www.wit.ie/pg)

### How do I apply?

Apply online at [www.wit.ie](http://www.wit.ie) (from where you will be redirected to [www.pac.ie](http://www.pac.ie) the Postgraduate Applications Centre in Galway).

[www.wit.ie](http://www.wit.ie)

## Contacts

### Course Leaders

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