COURSE SPECIFICATION DOCUMENT

Academic School / Department: Humanities & Social Sciences

Programme: Psychology

FHEQ **Level:**   6

Course Title: Health Psychology

Course Code: PSYC 6104

Total Hours: 160 (Lev 3-5) (4 US Credit)
Timetabled Hours: 45
Guided Learning Hours: 15
Independent Learning Hours: 100

Credit   16 UK CATS credits
8 ECTS credits
4 US Credits

Course Description:
Although nowadays people live longer and are currently 'healthier' than in the past, not everyone has a sense of improved health or wellbeing. Health Psychology analyses the biopsychosocial factors which contribute to and maintain illness/disease in contemporary society. Health Psychology aims to improve wellbeing by applying psychological theories, methods and research to the promotion of health; prevention and treatment of illness and disability; analysis and improvement of the health care system and; health policy formation.

Prerequisites:
70 credits and PSYC 4101 Introduction to Psychology

Aims and Objectives:

- To provide students with an overview of contemporary approaches to health and illness.
- To provide students with an overview and understanding of various contemporary issues in health psychology, including health disorders, lifestyle-related health issues, and both chronic and terminal illness.
- To provide a background for eventual careers in fields (including work in government, international organisations, business and the media) which require articulate, clear-thinking individuals with a grasp of health psychology.
- To provide a framework to assist concerned citizens to think critically about issues that are of increasing importance in the 21st century.
- To promote critical engagement with a wide range of literature, and the development of both a succinct writing style, and the ability to present complex arguments orally.

Programme Outcomes:
6AI; 6BI; 6CI; 6DIII

A detailed list of the programme outcomes are found in the Programme Specification.

This is located at the archive maintained by Registry and found at: https://www.richmond.ac.uk/programme-and-course-specifications/

Learning Outcomes:
By the end of this course, successful students should be able to:

- Demonstrates a systematic understanding of key approaches and models of health psychology
- Demonstrates a systematic understanding of contemporary issues addressed in the study of health psychology
- Demonstrates the communication skills needed to plan and manage for changing contexts, audiences and levels of complexity
- Demonstrate entrepreneurial education in the form of skills and practices that translate directly into employment.

Indicative Content:
- Introduction & Conducting Health Research
- A health psychology approach to Stress and Illness
- Theories and methods for controlling pain
- Living with Chronic and Terminal Illness
- Patient-centred outcomes and patient-centred communication
- Eating, Weight and Exercise
- HIV/AIDS: psychology throughout the course of illness

Assessment:
This course conforms to the University Assessment Norms approved at Academic Board and located at: https://www.richmond.ac.uk/university-policies/

Teaching Methodology:
This course will be delivered face to face through a combination of lectures and interactive sessions. In addition to classroom activities, there are guided learning elements that are tutor led and arranged through Blackboard. These activities can be asynchronous online sessions, flipped classrooms, set readings with discussion boards or set guest lectures for example. Set activities are monitored by the instructor to ascertain student engagement. Students are encouraged to prepare for class and to play an active part, to raise questions, following-up ideas and interact with a wide range of provided material.

Indicative Text(s):
Brannon, L, J.A. Updegraff and Feist, J. (2021) *Health Psychology: An introduction to behavior and health.* 10th edn. Wadsworth Publishing.

Ogden, J. (2023) *Health Psychology.* 7th edn. McGraw-Hill.

See syllabus for complete reading list.

Change Log for this CSD:

Nature of Change	Date Approved & Approval Body (School or AB)	Change Actioned by Registry Services
First edition - November 2024		