

PSY265 Health Psychology

Level: 2

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY SEMESTER

Synopsis:

This course introduces you to the growing field of Health Psychology. It introduces you to psychological theories and models that explain health and illness. It also examines important aspects within Health Psychology such as alcoholism, smoking, stress management, pain management, and the management of chronic and terminal illness. It also discusses various types of intervention that can address these illnesses.

Topics:

- Introduction to health psychology
- Health behaviours
- Obesity, Diet, Exercise and Sleep
- Goal setting and action planning
- Accident prevention, cancer behaviours and substance abuse
- Coping strategies
- Pain management
- Dealing with advanced/terminal illnesses
- Complementary alternative therapies
- Cardiovascular diseases
- Psychoneuroimmunology

Textbooks:

Taylor, S.E.: Health Psychology (eText) (International Edition). (11th ed.)(2021). McGraw-Hill.
ISBN-13: 9781260590296

Learning Outcome:

- Describe common terms, concepts, and theories of health psychology
- Explain the risks and protective factors of various health-related disorders and diseases
- Examine the models of behaviour change
- Develop different intervention methods for health promotion and prevention
- Apply different intervention methods for health promotion and prevention
- Appraise the effectiveness of different intervention methods for health promotion and prevention

Assessment Strategies (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	PRE-CLASS QUIZ 1	1
	PRE-CLASS QUIZ 2	1
	PRE-CLASS QUIZ 3	1
	PRE-CLASS QUIZ 4	1
	PRE-CLASS QUIZ 5	1
	TUTOR-MARKED ASSIGNMENT 1	20
	TUTOR-MARKED ASSIGNMENT 2	25
Overall Examinable Components	Written Exam	50
Total		100