

PSY375 Health and Well-being

Level: 3

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JULY

Synopsis:

Building on the fundamentals learnt in PSY265 Health Psychology, this course focuses on the application of health psychology principles in optimal functioning and well-being in everyday life. Examining lifestyle, social and biological factors, this course provides students with an in-depth understanding of how they can better manage their lifestyle choices to stay healthy. This course may serve as useful preparation for students who are keen to become certified leaders in the Chronic Disease Self-Management Program (CDSMP), and help others manage chronic diseases to maintain a healthy lifestyle. CDSMP is a certification course developed by Stanford University, and Ng Teng Fong General Hospital is licensed to run the course in Singapore.

Topics:

- Stress and health
- Stress and the Nervous System
- Stress, Illness, and the Immune System
- Personality and Stress
- Interpersonal stress
- Job Stress
- Physical Activity and Exercise
- Nutrition
- Cognitive and Behavioural Approaches
- Self-Regulation Relaxation Strategies
- Meditation, Yoga & Biofeedback
- Guidelines for Stress Management

Textbooks:

Harrington, R.: Stress, health, and well-being: Thriving in the 21st century. (2013). Boston, USA: Wadsworth, Cengage Learning.
ISBN-13: 9781111831615

Learning Outcome:

- Discuss the role of stress in health and well-being.
- Analyse the various factors that influence health and well-being from a transdisciplinary perspective.
- Evaluate the importance of health-protective factors in living a healthy lifestyle.
- Assess the effectiveness of coping strategies for improved health and well-being.
- Develop a multidisciplinary plan to help others lead healthier lifestyles.
- Apply theory to practice by monitoring and managing lifestyle choices for optimal functioning and well-being.

Assessment Strategies (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	TUTOR-MARKED ASSIGNMENT 1	20
	GROUP BASED ASSIGNMENT 1	30
Overall Examinable Components	ECA	50
Total		100