



Module Specification

Applications in Health Psychology

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Part 1: Information

Module title: Applications in Health Psychology

Module code: USPJF5-20-M

Level: Level 7

For implementation from: 2023-24

UWE credit rating: 20

ECTS credit rating: 10

Faculty: Faculty of Health & Applied Sciences

Department: HAS Dept of Social Sciences

Partner institutions: None

Field: Psychology

Module type: Module

Pre-requisites: None

Excluded combinations: None

Co-requisites: None

Continuing professional development: No

Professional, statutory or regulatory body requirements: None

Part 2: Description

Overview: Not applicable

Features: Not applicable

Educational aims: See Learning Outcomes.

Outline syllabus: The Discipline of Health Psychology:

The emergence of health psychology as a cognate discipline. The relationship and contribution of other areas within psychology (eg clinical, counselling and social

psychology) and other disciplines (including the social sciences, epidemiology, health policy).

Health Psychology and Government Targets:

Definitions and models of health and illness; health psychology and the biomedical model of care; current statistics of morbidity and mortality; the role of health psychology in achieving government targets for the health of the nation.

Determinants of Health:

Social and cultural factors in health and illness; health inequalities. Health related behaviour including protective and risk behaviours (smoking, alcohol and other drug use, diet, sexual behaviour).

The relationship of exercise to health; concepts and definitions of fitness, wellbeing and physical activity; beliefs and attitudes about exercise; consensus views of the benefits of exercise to health. The body's response to exercise; mental health and exercise. Factors affecting motivation to exercise. Applications of exercise to health, pain management, stress control, exercise prescriptions. Current debates concerning national campaigns and approaches to active living.

Theories and Models in Health Psychology:

Evaluating theories and models of health related behaviour, behaviour change, health and illness representations and health promotion. The impact of social and cultural factors on health and illness behaviours. The way forward for theories and models in health psychology.

Applying Theories and Knowledge in Health Psychology:

Triumphs, trials and tribulations in theory based and a-theoretical research and interventions, with particular reference to interactions with the health care system. Perceiving symptoms and seeking help; patient-practitioner relationships, giving bad news, communication and satisfaction, the impact of hospitalisation, preparation for stressful procedures, adherence to treatment regimes. Health promotion in the workplace, community and hospital.

Current debates in health psychology:

The content will vary from year to year to include new topics of interest. Current issues include changing patterns of health care delivery; the escalating cost of health care; the role of health psychologists in the NHS.

Part 3: Teaching and learning methods

Teaching and learning methods: Workshops, student led discussions, group problem-solving sessions.

Module Learning outcomes: On successful completion of this module students will achieve the following learning outcomes.

MO1 Evaluate the application of theory and knowledge in health psychology to issues in health and health care.

MO2 Critically evaluate the advantages and limitations of using current theories and models in applied research.

MO3 Examine current theories and models in relation to their own experience of behaviour change.

MO4 Report their findings effectively in poster form and as an oral summary.

MO5 Debate current issues in health psychology.

Hours to be allocated: 200

Contact hours:

Independent study/self-guided study = 152 hours

Face-to-face learning = 48 hours

Total = 200

Reading list: The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://uwe.rl.talis.com/index.html) via the following link <https://uwe.rl.talis.com/index.html>

Part 4: Assessment

Assessment strategy: There are two summative assessment tasks for this module; a poster presentation and a critical evaluation.

Assessment. Task 1: Poster presentation and oral summary of critical evaluation of Health behaviour change.

Assessment Task 2: Critical evaluation of current theories and models in the light of the student's own attempt at health behaviour change (2000 Words).

Assessment tasks:

Poster (First Sit)

Description: Poster presentation and oral summary of critical evaluation of Health behaviour change.

Weighting: 25 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5

Written Assignment (First Sit)

Description: Critical evaluation of current theories and models in the light of the student's own attempt at health behaviour change (2000 Words)

Weighting: 75 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5

Poster (Resit)

Description: Poster presentation and oral summary of critical evaluation of Health behaviour change.

Weighting: 25 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5

Written Assignment (Resit)

Description: Critical evaluation of current theories and models in the light of the student's own attempt at health behaviour change (2000 Words)

Weighting: 75 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5

Part 5: Contributes towards

This module contributes towards the following programmes of study: