



Module Specification

Health Psychology in Practice

Version: 2026-27, v3.0, Approved

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Part 1: Information

Module title: Health Psychology in Practice

Module code: USPK6S-15-3

Level: Level 6

For implementation from: 2026-27

UWE credit rating: 15

ECTS credit rating: 7.5

College: College of Health, Science & Society

School: CHSS School 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: Throughout the module students develop an understanding of how we make decisions about our health. We consider explanations of how we might predict healthy and less healthy behaviour, such as whether or not people exercise, smoke, or adhere to taking medication, and how we might improve health outcomes through psychological support. We also consider the psychological impact of having physical health conditions, and how we might best support patients receiving medical care

through interventions such as cognitive behavioural therapy and other forms of psychological support.

Features: Not applicable

Educational aims: Through completion of this module, students will also demonstrate qualities and transferable skills necessary for employment including the ability to:

Communicate effectively, both face-to-face or in writing.

Retrieve and organise information from different sources.

Handle primary source material critically.

Engage in effective team work.

Solve problems and reason scientifically to consider alternative approaches and solutions.

Make critical judgements and evaluations to gain different perspectives on a question.

Be sensitive to contextual and interpersonal factors, including behaviour and social interaction.

Be computer literate.

Outline syllabus: The module syllabus will typically include:

The development of health psychology as a discipline:

The emergence of health psychology as a cognate discipline including: coverage of the current focus on practitioner skills in health psychology, relevance to other areas within psychology practice (counselling, clinical, occupational and sports psychology);

Public health in the UK and internationally, including mortality and morbidity;

Definitions and models of health and illness including biomedical and biopsychosocial models.

Health behaviour change:

Determinants of health including consideration of health inequalities;

Theories and models applied to the understanding of health behaviours and behaviour change interventions in health psychology;

Critical approaches to understanding health;

Health-related behaviours and health promotion approaches including exercise, diet and smoking.

Experiences of illness and health care systems:

Psychoneuroimmunology and stress management;

Interacting with the health care system as a patient, including illness beliefs and patient-doctor communication;

Screening for health conditions (including genetically inherited conditions);

Adherence to treatment in healthcare settings;

Psychological interventions for patients with health concerns (including Cognitive Behavioural Therapy).

Contemporary issues and future directions in health psychology:

The content will alter from year to year to include emerging areas of interest and contemporary issues relevant to employability. For example:

LGBT health issues;

The use of technology/social media and health promotion;

Third wave therapies in health care (including mindfulness techniques).

Part 3: Teaching and learning methods

Teaching and learning methods: A variety of approaches will be used with the aim of maximising the active engagement of students. These may include:

Lectures

Seminars

Workshops

Independent learning: Students will be expected to engage in substantial and focused independent work in this module. Students will be expected to read widely in this area including engagement with essential reading and further reading, carry out assignment preparation and completion.

Student cohorts will also be provided with a virtual meeting space that they will be able to fully utilise independently for the purposes of peer-support, collaboration and discussion, in order to foster a sense of learning community.

Scheduled learning: The module will be delivered using interactive lectures combined with workshops and seminars. Lectures will be used to introduce main concepts and to guide and inform student-centred learning while workshops/seminars will provide students the opportunity to discuss issues in depth.

A university-supported virtual learning environment (VLE) will be used to support

students' learning, conduct activities, organise and communicate learning materials. Students will be able to engage with the material, other students and members of staff through this system and make use of the various functionalities built into it (for example, blogs, journals, audio, video, discussion boards, wikis) as appropriate and useful for the module learning. A culture of continuous learning will be developed through the implementation of regular on-line discussion groups which discuss identified topics in-depth.

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

MO1 Demonstrate a familiarity with the role of behavioural, social and environmental factors in health and illness, and the effectiveness of approaches to health behaviour change and health promotion.

MO2 Critically evaluate the usefulness of theories/models in health psychology and debate contemporary issues in the health psychology practice.

MO3 Demonstrate an understanding of patients' experiences of health and illness and the UK healthcare system.

Hours to be allocated: 150

Contact hours:

Independent study/self-guided study = 117 hours

Face-to-face learning = 33 hours

Reading list: The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://uwe.rl.talis.com/modules/uspk6s-15-3.html) via the following link <https://uwe.rl.talis.com/modules/uspk6s-15-3.html>

Part 4: Assessment

Assessment strategy: The Assessment Strategy has been designed to support and enhance the development of both subject-based and employability skills, whilst ensuring that the module's Learning Outcomes are attained, as described below. Assessments are designed to underpin students' learning and skills acquisition in the

module and to provide for learning beyond the material delivered in the classroom.

Summative Assessment Task: A Portfolio which comprises two parts.

Task 1: A Written Assignment on Health Behaviour Change (1500 words maximum).

Task 2: A Presentation (5-minutes maximum, pre-recorded). Students will be provided with a selection of titles to choose from relating to some of the weekly topics from the module providing an opportunity for an element of choice in assessment and will be asked to create a pre-recorded PowerPoint presentation.

The content of the portfolio in its entirety is equivalent to 2000 words of written work (maximum).

Opportunities for formative assessment are embedded in the module teaching and take a variety of forms. Students will have the opportunity for formative feedback through discussion of their reports/presentation through workshops.

Assessment criteria will be made available to the students in the module guide at the start of the module.

Assessment tasks:

Portfolio (First Sit)

Description: Portfolio containing 2 tasks: Written (1500 words max) and a 5-minute (max) presentation.

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3

Portfolio (Resit)

Description: Portfolio containing 2 tasks: Written (1500 words max) and a 5-minute (max) presentation.

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3

Part 5: Contributes towards

This module contributes towards the following programmes of study:

Psychology with Criminology [Frenchay] BSc (Hons) 2023-24

Psychology with Criminology {Foundation} [Frenchay] BSc (Hons) 2023-24

Criminology with Psychology [Frenchay] BSc (Hons) 2023-24

Criminology with Psychology {Foundation} [Frenchay] BSc (Hons) 2023-24

Sociology with Psychology {Foundation} [Frenchay] BSc (Hons) 2023-24

Sociology with Psychology [Frenchay] BSc (Hons) 2023-24

Applied Psychology [Sep][PT][Frenchay][6yrs] BSc (Hons) 2021-22

Applied Psychology [Sep][PT][Frenchay][6yrs] BSc (Hons) 2022-23

Applied Psychology [Frenchay] BSc (Hons) 2022-23

Psychology [Frenchay] BSc (Hons) 2023-24

Psychology [Frenchay] BSc (Hons) 2024-25

Psychology with Criminology [Frenchay] BSc (Hons) 2024-25

Sociology with Psychology [Frenchay] BSc (Hons) 2024-25

Criminology with Psychology [Frenchay] BSc (Hons) 2024-25

Psychology {Foundation} [Frenchay] BSc (Hons) 2023-24

Sociology with Psychology {Foundation} [Frenchay] BSc (Hons) 2023-24

Sociology with Psychology [Frenchay] BSc (Hons) 2024-25

Criminology with Psychology [Frenchay] BSc (Hons) 2023-24

Applied Psychology {Foundation} [Frenchay] BSc (Hons) 2022-23

Criminology with Psychology {Foundation} [Frenchay] BSc (Hons) 2022-23

Criminology with Psychology [Sep][PT][Frenchay][6yrs] BSc (Hons) 2021-22

Sociology with Psychology [Frenchay] BSc (Hons) 2023-24

Sociology with Psychology {Foundation} [Sep][PT][Frenchay][8yrs] BSc (Hons) 2019-20

Sociology with Psychology [Sep][PT][Frenchay][6yrs] BSc (Hons) 2021-22

Sociology with Psychology {Foundation} [Frenchay] BSc (Hons) 2022-23

Sociology with Psychology {Foundation} [Frenchay] BSc (Hons) 2023-24

Criminology with Psychology {Foundation} [Sep][PT][Frenchay][8yrs] BSc (Hons) 2019-20

Criminology with Psychology [Frenchay] BSc (Hons) 2024-25

Criminology with Psychology {Foundation} [Frenchay] BSc (Hons) 2023-24

Criminology with Psychology [Frenchay] BSc (Hons) 2024-25

Psychology with Criminology [Frenchay] BSc (Hons) 2024-25

Biological Psychology [Frenchay] BSc (Hons) 2022-23

Sociology with Psychology [Frenchay] BSc (Hons) 2023-24

Sociology with Psychology [Frenchay] BSc (Hons) 2024-25

Sociology with Psychology {Foundation} [Frenchay] BSc (Hons) 2022-23

Sociology with Psychology {Foundation} [Frenchay] BSc (Hons) 2023-24

Psychology with Criminology [Frenchay] BSc (Hons) 2022-23

Psychology with Criminology [Frenchay] BSc (Hons) 2023-24

Psychology with Criminology [Frenchay] BSc (Hons) 2024-25

Psychology with Criminology [Frenchay] BSc (Hons) 2024-25

Psychology with Criminology {Foundation} [Frenchay] BSc (Hons) 2022-23

Psychology with Criminology {Foundation} [Frenchay] BSc (Hons) 2023-24

Psychology (Applied) [Frenchay] BSc (Hons) 2026-27

Psychology [Frenchay] BSc (Hons) 2023-24

Psychology with Criminology [Frenchay] BSc (Hons) 2023-24

Psychology with Criminology {Foundation} [Sep][PT][Frenchay][8yrs] BSc (Hons)
2020-21

Psychology with Criminology {Foundation} [Frenchay] BSc (Hons) 2022-23

Psychology with Criminology {Foundation} [Frenchay] BSc (Hons) 2023-24

Psychology with Criminology [Frenchay] BSc (Hons) 2022-23

Psychology with Criminology [Frenchay] BSc (Hons) 2024-25

Psychology {Foundation} [Frenchay] BSc (Hons) 2022-23

Psychology {Foundation} [Frenchay] BSc (Hons) 2023-24

Psychology [Frenchay] BSc (Hons) 2022-23

Psychology [Frenchay] BSc (Hons) 2024-25

Psychology with Criminology [Sep][PT][Frenchay][6yrs] BSc (Hons) 2021-22

Psychology {Foundation} [Sep][PT][Frenchay][8yrs] BSc (Hons) 2019-20

Psychology {Foundation} [Sep][PT][Frenchay][8yrs] BSc (Hons) 2020-21

Psychology [Sep][PT][Frenchay][6yrs] BSc (Hons) 2021-22

Psychology with Criminology [Frenchay] BSc (Hons) 2022-23

Psychology with Criminology {Foundation} [Frenchay] BSc (Hons) 2022-23

Criminology with Psychology {Foundation} [Frenchay] BSc (Hons) 2022-23

Psychology [Frenchay] BSc (Hons) 2022-23

Psychology {Foundation} [Frenchay] BSc (Hons) 2022-23

Sociology with Psychology [Sep][PT][Frenchay][6yrs] BSc (Hons) 2021-22

Sociology with Psychology {Foundation} [Sep][PT][Frenchay][8yrs] BSc (Hons) 2019-
20

Sociology with Psychology {Foundation} [Frenchay] BSc (Hons) 2022-23

Criminology with Psychology [Sep][PT][Frenchay][6yrs] BSc (Hons) 2021-22

Criminology with Psychology {Foundation} [Sep][PT][Frenchay][8yrs] BSc (Hons)
2019-20

Psychology with Criminology [Sep][PT][Frenchay][6yrs] BSc (Hons) 2021-22

Psychology with Criminology {Foundation} [Sep][PT][Frenchay][8yrs] BSc (Hons)
2019-20

Psychology with Criminology {Foundation} [Sep][PT][Frenchay][8yrs] BSc (Hons)
2020-21