



Module Specification

Health Psychology in Practice

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Part 1: Information

Module title: Health Psychology in Practice

Module code: USPK6S-15-3

Level: Level 6

For implementation from: 2023-24

UWE credit rating: 15

ECTS credit rating: 7.5

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: 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: Indicative content:

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. This will potentially include hours engaged with: essential reading, 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.

Technology Enhanced Learning: MyUWE and Blackboard, the university supported learning portal and virtual learning environment, 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 these systems and make use of the various functionalities built into them (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.

Contact Hours:

As a 15-credit module this module assumes 150 hours of study on the part of the student.

36 hours of scheduled learning through lectures and seminar/workshops will be provided. Teaching sessions will be complemented with Technology Enhanced Learning opportunities including online discussions, a module Blog and youtube videos from the module team commenting on current health psychology issues.

114 hours of independent learning are required for the module. Students will be expected to read widely in this area including engagement with essential reading and further reading, (12 x 6 hours), carry out assignment preparation and completion (30 hours for coursework) and revision for the summative exam (12 hours).

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

MO2 Critically evaluate the usefulness of theories and models in health psychology

MO3 Evaluate the effectiveness of approaches to health behaviour change and health promotion including their own health behaviours

MO4 Demonstrate an understanding of patients' experiences of health and illness and the UK healthcare system

MO5 Debate contemporary issues in the health psychology practice

Hours to be allocated: 150

Contact hours:

Independent study/self-guided study = 117 hours

Face-to-face learning = 33 hours

Total = 150

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 modules 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.

Examination (online over a 24 hour period): An examination (Assessment task A) was selected to provide an opportunity to assess the understanding of health psychology theory.

Health Behaviour Change portfolio (1,500 words): The portfolio (Assessment task B) provides an opportunity to assess learning outcomes related to the application of theory to practice. The contents of the portfolio will potentially change from year to year but could comprise of a 2,000 word write up in several parts: 500 words introducing the health behaviour students are attempting to change, and their chosen health psychology model of change with which to compare and contrast their experiences; three short weekly diaries (end of week one, two and three) will then form the body of the portfolio, detailing their behaviour change attempts (500 words); an evaluation of the process (in week four) and the fit of the model to their experience (500 words).

Opportunities for formative assessment are embedded in the module teaching and take a variety of forms; students will have access to a range of exam questions and formative feedback regarding model answers relating to Assessment task A. Students will have the opportunity for formative feedback on Assessment task B

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: Behaviour change portfolio

Weighting: 60 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3

Examination (Online) (First Sit)

Description: Online Examination (24 hours)

Weighting: 40 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO4, MO5

Portfolio (Resit)

Description: Behaviour change portfolio

Weighting: 60 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3

Examination (Online) (Resit)

Description: Online Examination (24 hours)

Weighting: 40 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO4, MO5

Part 5: Contributes towards

This module contributes towards the following programmes of study:

Psychology (Applied) [Frenchay] BSc (Hons) 2023-24

Law with Psychology [Sep][FT][Frenchay][3yrs] LLB (Hons) 2021-22

Psychology [Sep][FT][Frenchay][3yrs] BSc (Hons) 2021-22

Applied Psychology [Sep][FT][Frenchay][3yrs] BSc (Hons) 2021-22

Health Psychology [Sep][FT][Frenchay][3yrs] BSc (Hons) 2021-22

Social Psychology [Sep][FT][Frenchay][3yrs] BSc (Hons) 2021-22

Biological Psychology [Sep][FT][Frenchay][3yrs] BSc (Hons) 2021-22

Psychology and Mental Health [Sep][FT][Frenchay][3yrs] BSc (Hons) 2021-22

Criminology with Psychology [Sep][FT][Frenchay][3yrs] BSc (Hons) 2021-22

Sociology with Psychology [Sep][FT][Frenchay][3yrs] BSc (Hons) 2021-22

Psychology with Criminology [Sep][FT][Frenchay][3yrs] BSc (Hons) 2021-22

Sociology with Psychology [Sep][SW][Frenchay][4yrs] BSc (Hons) 2020-21

Law with Psychology [Sep][SW][Frenchay][4yrs] LLB (Hons) 2020-21

Criminology with Psychology {Foundation} [Sep][FT][Frenchay][4yrs] BSc (Hons)
2020-21

Criminology with Psychology [Sep][SW][Frenchay][4yrs] BSc (Hons) 2020-21

Psychology [Sep][SW][Frenchay][4yrs] BSc (Hons) 2020-21

Health Psychology [Sep][SW][Frenchay][4yrs] BSc (Hons) 2020-21

Psychology {Foundation} [Sep][FT][Frenchay][4yrs] BSc (Hons) 2020-21

Applied Psychology [Sep][SW][Frenchay][4yrs] BSc (Hons) 2020-21

Social Psychology [Sep][SW][Frenchay][4yrs] BSc (Hons) 2020-21

Biological Psychology [Sep][SW][Frenchay][4yrs] BSc (Hons) 2020-21

Psychology and Mental Health [Sep][SW][Frenchay][4yrs] BSc (Hons) 2020-21

Sociology with Psychology {Foundation} [Sep][FT][Frenchay][4yrs] BSc (Hons) 2020-21

Psychology with Criminology [Sep][SW][Frenchay][4yrs] BSc (Hons) 2020-21

Psychology with Criminology {Foundation} [Sep][FT][Frenchay][4yrs] BSc (Hons) 2020-21

Criminology with Psychology {Foundation} [Sep][SW][Frenchay][5yrs] BSc (Hons) 2019-20

Sociology with Psychology {Foundation} [Sep][SW][Frenchay][5yrs] BSc (Hons) 2019-20

Psychology [Sep][PT][Frenchay][6yrs] BSc (Hons) 2019-20

Psychology {Foundation} [Sep][SW][Frenchay][5yrs] BSc (Hons) 2019-20

Psychology with Criminology [Sep][PT][Frenchay][6yrs] BSc (Hons) 2019-20

Psychology with Criminology {Foundation} [Sep][SW][Frenchay][5yrs] BSc (Hons) 2019-20

Sociology with Psychology [Sep][PT][Frenchay][6yrs] BSc (Hons) 2018-19

Psychology with Criminology [Sep][PT][Frenchay][6yrs] BSc (Hons) 2018-19

Psychology with Sociology [Sep][PT][Frenchay][6yrs] - Withdrawn BSc (Hons) 2018-19

Psychology [Sep][PT][Frenchay][6yrs] BSc (Hons) 2018-19

Criminology with Psychology [Sep][PT][Frenchay][6yrs] BSc (Hons) 2018-19

Applied Psychology [Sep][PT][Frenchay][6yrs] BSc (Hons) 2018-19