



## **Programme Specification**

### **Health Psychology [Sep][PT][Frenchay][2yrs]**

Version: 2022-23, v1.1, 05 Jul 2022

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## Section 1: Key Programme Details

### Part A: Programme Information

**Programme title:** Health Psychology [Sep][PT][Frenchay][2yrs]

**Highest award:** MSc Health Psychology

**Default award:** MSc Psychology and Health

**Interim award:** PGCert Health Psychology

**Interim award:** PGDip Health Psychology

**Awarding institution:** UWE Bristol

**Affiliated institutions:** Not applicable

**Teaching institutions:** UWE Bristol

**Study abroad:** No

**Year abroad:** No

**Sandwich year:** No

**Credit recognition:** No

**Department responsible for the programme:** HAS Dept of Social Sciences,  
Faculty of Health & Applied Sciences

**Contributing departments:** Not applicable

**Professional, statutory or regulatory bodies:**

British Psychological Society (BPS)

**Apprenticeship:** Not applicable

**Mode of delivery:** Part-time

**Entry requirements:** For the current entry requirements see the UWE public website

**For implementation from:** 01 September 2022

**Programme code:** CB8942-SEP-PT-FR-CB8942

## **Section 2: Programme Overview, Aims and Learning Outcomes**

### **Part A: Programme Overview, Aims and Learning Outcomes**

**Overview:** The general aims for students taking the award are:

To develop student autonomy in the learning process and to encourage self-directed learning utilising and enhanced by suitable technology where appropriate.

To develop power of analysis shown by comprehensiveness of approach and depth of understanding.

To develop expertise in practice and application.

To achieve a high level of presentation and defence of own work.

**Educational Aims:** The specific aims are:

To develop an in depth understanding of theory research and practice in health psychology and health behaviour change

To develop expertise in research methods to underpin a dissertation in health psychology and equip students with the necessary research skills for a career in health psychology

To equip students with transferable professional and practical skills appropriate to a career in health psychology and health behaviour change

To prepare students who possess necessary qualifications with the additional training required to apply for stage two training in health psychology

To provide students with the opportunity to use learning outside formal HE settings to develop skills and knowledge in health psychology

**Programme Learning Outcomes:**

On successful completion of this programme graduates will achieve the following learning outcomes.

**Knowledge and Understanding**

- A1. Depth and systematic knowledge of current psychological theory in health psychology and new developments in health psychology
- A2. Awareness and ability to manage the implications of and provide solutions for ethical issues pertinent to health psychology
- A3. Comprehensive understanding of current research methods in health psychology

**Intellectual Skills**

- B1. Critically analyse relationship of current theoretical developments in health psychology and their relationship to practice
- B2. Synthesise complex and competing information currently used within health psychology in an innovative manner
- B3. Critically evaluate competing research methodologies and their utility in health psychology
- B4. Demonstrate initiative and originality in addressing current issues related to health psychology practice

**Subject/Professional Practice Skills**

- C1. Plan, conduct and report a programme of independent research and address relevant ethical issues
- C2. Apply professional skills independently to a range of problems and situations
- C3. Demonstrate a clear understanding and awareness of professional ethical practice and can apply application of this to current issues in health psychology

- C4. Apply theoretically grounded practical intervention skills to address health psychology issues

### **Transferable Skills and other attributes**

- D1. Work effectively within a group taking on a variety of roles
- D2. Utilise a variety of learning resources
- D3. Undertake self-reflection and reflect on others, providing constructive feedback
- D4. Undertake independent research to a standard appropriate to Masters Level
- D5. Act as an independent and self-critical learner
- D6. Engage confidently in academic and professional communication
- D7. Manage time and organise personal workloads in relation to individual goals, with reference to agreed deadlines

## **Part B: Programme Structure**

### **Year 1**

The student must take 120 credits from the modules in Year 1.

### **Year 1 Compulsory Modules**

The student must take 120 credits from the modules in Compulsory Modules.

<b>Module Code</b>	<b>Module Title</b>	<b>Credit</b>
USPJVU-30-M	Applications and Professional Skills in Health Psychology 2022-23	30
USPJVV-30-M	Biopsychosocial Perspectives on Health 2022-23	30
USPK7Y-30-M	Conducting and Evaluating Psychological Research 2022-23	30
USPJVW-30-M	Health, Stress and Cognition 2022-23	30

### **Year 2**

The student must take 60 credits from the modules in Year 2.

**Year 2 Compulsory Modules**

The student must take 60 credits from the modules in Compulsory Modules.

<b>Module Code</b>	<b>Module Title</b>	<b>Credit</b>
USPJW9-45-M	Dissertation in Psychology 2023-24	45
USPJVX-15-M	Health Psychology in Action 2023-24	15

**Part C: Higher Education Achievement Record (HEAR) Synopsis**

The award forms the foundation for the practice qualification. Health psychologists use their knowledge of psychology and health to promote general well-being and understand physical illness. They are specially trained to help people deal with the psychological and emotional aspects of health and illness as well as supporting people who are chronically ill. The MSc supports students to develop skills across a range of curriculum areas including an understanding of: the historical and current theories and approaches in health psychology; epidemiology of health and illness, including acute and long-term conditions, stress and psychoneuroimmunology; working with clients across the lifespan; a range of psychological interventions for behaviour change including health needs assessment, the process of formulation and how this informs the choice of intervention, management of acute and long-term conditions and some behaviour change techniques e.g. motivational interviewing, CBT assessment and formulation. This qualification enables -on pass with a Merit grade- the student to apply for Stage II training.

**Part D: External Reference Points and Benchmarks**

QAA UK Quality Code for HE

QAA Framework for Higher Education Qualifications:

The QAA Framework provides the points of reference for setting standards across various levels of education. UWE has incorporated these into its assessment and grading profiles, and this programme will adopt the Health and Applied Sciences standard marking and assessment criteria for level M. Some of the framework aspects are more closely tied to some modules than others: these are detailed below.

Master's degrees criteria (QAA framework):

A systematic understanding of knowledge, and a critical awareness of current problems and/or new insights, much of which is at, or informed by, the forefront of their academic discipline, field of study or area of professional practice.

“Dissertation in Psychology” module particularly, but all modules.

A comprehensive understanding of techniques applicable to their own research or advanced scholarship.

“Conducting and Evaluating Psychological Research”

Originality in the application of knowledge, together with a practical understanding of how established techniques of research and enquiry are used to create and interpret knowledge in the discipline.

All modules, but especially “Applications and Professional Skill in Health Psychology” and “Health Psychology in Action” modules.

Conceptual understanding that enables the student:

To evaluate critically current research and advanced scholarship in the discipline.

To evaluate methodologies and develop critiques of them and, where appropriate, to propose new hypotheses.

All modules

Typically, holders of the qualification will be able to:

Deal with complex issues both systematically and creatively, make sound judgments in the absence of complete data, and communicate their conclusions clearly to

specialist and nonspecialist audiences

All modules

Demonstrate self-direction and originality in tackling and solving problems, and act autonomously in planning and implementing tasks at a professional or equivalent level

“Dissertation in Psychology” and “Health Psychology in Action” modules particularly, but all modules.

Continue to advance their knowledge and understanding, and to develop new skills to a high level.

All modules, but particularly “Applications and Professional Skills in Health Psychology”.

And holders will have:

The qualities and transferable skills necessary for employment requiring:

The exercise of initiative and personal responsibility.

Decision-making in complex and unpredictable situations.

The independent learning ability required for continuing professional development.

Dissertation in Psychology module particularly, but all modules.

Benchmarking previously carried out for the MSc Health Psychology, which has been subject to internal and external review. There are no QAA subject specific benchmarks for psychology at M level. However, the programme has been developed to be consistent with the March 2010 QAA document, “Masters Degree Characteristics”.



In developing this programme the QAA Code of Practice has been consulted. Most issues highlighted in the Code of Practice are covered by general faculty or University systems, but specific attention has been paid to Career Education Information and Guidance.

Career education, information and guidance is embedded within the curriculum within the Applications and Professional Skills in Health Psychology module, as part of the emphasis within the programme on ensuring that students not only develop skills to enhance their employability, but also are able to articulate these and know where to best utilise them. The QAA code of practice states that where career education is embedded in the curriculum, awarding institutions ensure that intended learning outcomes contribute to the aims and objectives of the programme, clearly identify knowledge, understanding and skills, are assessed appropriately. This is clearly the case through the professional skills assessment and teaching, in particular through the work supporting students develop their ongoing professional development log within this module.

For students with the appropriate academic background (Psychology degree recognised as conferring eligibility for Graduate Basis for Chartership with the British Psychological Society, the Professional Statutory Regulatory Body (PSRB) for M level psychology), the taught modules on this programme have been designed to meet the BPS criteria for postgraduate training in health psychology.

University strategies and policies:

Specifically relevant strategic partnership themes include "Being globally connected" though strengthening internationalisation at M level. Furthermore, it is also part of "Providing clear progression opportunities", as it would provide a route onto the professional Doctorate in Health Psychology at UWE, and explicitly and most obviously, be part of "Increasing postgraduate taught opportunities for international students".

A second aspect to the strategic partnership themes is around "Making Knowledge

Exchange and Public Engagement thrive throughout UWE" by ensuring external facing provision is accessible, visible, and engages with interested users. As an applied discipline, health psychology modules are very attractive to potential students in the health workplace wishing to study them as CPD. This programme gives a route to not only attract such students in, but retain them with the potential of a full MSc award.

The delivery and ethos of the MSc aligns closely with UWE Strategy – outstanding learning and teaching; ready and able graduates; research for the real world and partnerships.

The health psychology teaching team are research active and contribute to the UWE REF entry. Health psychology is a superset of Appearance Psychology, and as such, an area of national and international expertise. The team comprises senior health psychologists who have held and do hold positions of national recognition within professional and scientific bodies, including the British Psychological Society and Health and Care Professions Council and the National Health Service.

What methods have been used in the development of this programme to evaluate and improve the quality and standards of learning?

Current students and former students have been consulted. The programme leader of the Professional Doctorate in Health Psychology has been integral to the redesign. Current and former members of the British Psychological Society Division of Health Psychology Training Committee have been consulted and involved in the design of the programme. This consultation has reinforced the view of the programme team that in order to be competitive with similar programmes elsewhere, and to promote employability amongst graduates, the "Health Psychology in Action" work based module is a timely and important aspect of the programme.

## **Part E: Regulations**

Approved to University Regulations and Procedures.