

Module Title Sociology and Psychology	Reference AS2024 SCQF Level SCQF 8 SCQF Points 15 ECTS Points 7.5 Created August 2002 Approved September 2004 Amended May 2011 Version No. 3
Keywords Psychology, sociology, health, inequality, eating behaviour, social policy.	

This Version is No Longer Current

The latest version of this module is available [here](#)

Prerequisites for Module

None, in addition to SCQF8 entry requirements.

Corequisite Modules

None.

Precluded Modules

None.

Aims of Module

To provide students with an understanding of key elements of psychology and sociology relevant to the study of health and eating behaviour.

Learning Outcomes for Module

On completion of this module.

Indicative Student Workload

<i>Contact Hours</i>	Full Time
Assessment	2
Lectures	24
Tutorials	12

<i>Directed Study</i>	
Directed Study	6

<i>Private Study</i>	
Private Study	106

Mode of Delivery

Lectures are supported by discussion sessions in tutorials.

Assessment Plan

	Learning Outcomes Assessed
Component 1	1,2,3,4

On completion of this module, students are expected to be able to:

- 1.Explain how the disciplines of sociology and psychology relate to lifestyle choices and health.
- 2.Explain relevant psychological and sociological theories as they relate to health and eating behaviour.
- 3.Explain a range of individual and social factors that influence human behaviour.
- 4.Describe the origin and development of current systems for the provision of healthcare, education and social services.

Indicative Module Content

An introduction to the disciplines of psychology and sociology and the main theoretical strands underpinning them. An overview of research methods in the behavioural sciences. Theories of human behaviour, psychological background to health behaviour and lifestyle choices. Theories of behavioural changes, modification and group processes. Psychological theories of learning including principles of adult learning, personality, memory, attribution and social interaction. Outline of the basis of normal and

Component 1 is a closed-book examination.

Indicative Bibliography

- 1.BARRY, A-M. and YUILL, C., 2012. *Understanding the sociology of health: an introduction*, 3rd ed. London: Sage Publications Ltd.
- 2.BARKWAY, P., 2013. *Psychology for health professionals*. Sydney: Churchill Livingstone.
- 3.GIDDENS, A. and SUTTON, P.W., 2013. *Sociology*, 7th ed. Cambridge: Polity Press.
- 4.NETTLETON, S., 2013. *The Sociology of health and illness*. Cambridge: Polity Press.
- 5.ODDEN, J., 2012. *Health psychology: a textbook*, Maidenhead: McGraw-Hill Education.
- 6.ODDEN, J., 2011. *The psychology of eating: from healthy to disordered behaviour*. Hoboken: John Wiley & Sons, Ltd.

abnormal eating behaviour. Patterns of inequality and deprivation. An introduction to the sociology of health and medicine. Social organization, inclusion, exclusion, diversity and inequalities. Concepts of status, role, social networks, and social mobility relating to health and healthcare, and food selection. Current systems for the provision of healthcare, education, and social services and the differences between devolved nations. An introduction to social policy and the welfare state.