

## MODULE DESCRIPTOR

### Module Title

Sociology and Psychology

Reference	HS2139	Version	1
Created	March 2018	SCQF Level	SCQF 8
Approved	July 2018	SCQF Points	15
Amended	August 2017	ECTS Points	7.5

### 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, 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 abnormal eating behaviour. Patterns of inequality and deprivation. An introduction to the sociology of health and medicine. Wider determinant of health (e.g. 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. E-health.

### Module Delivery

Lectures are supported by discussion sessions in tutorials.

**Indicative Student Workload**

	Full Time	Part Time
Contact Hours	36	N/A
Non-Contact Hours	114	N/A
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	150	N/A
<i>Actual Placement hours for professional, statutory or regulatory body</i>		

**ASSESSMENT PLAN**

If a major/minor model is used and box is ticked, % weightings below are indicative only.

**Component 1**

Type:	Examination	Weighting:	100%	Outcomes Assessed:	1, 2, 3, 4
Description:	An unseen, closed book examination.				

**MODULE PERFORMANCE DESCRIPTOR****Explanatory Text**

Component 1 (Examination) comprises 100% of the module grade. To pass the module, a D grade is required.

Module Grade	Minimum Requirements to achieve Module Grade:
A	A
B	B
C	C
D	D
E	E
F	F
NS	Non-submission of work by published deadline or non-attendance for examination

**Module Requirements**

Prerequisites for Module	Successful completion of Stage 1, or equivalent.
Corequisites for module	None.
Precluded Modules	None.

**INDICATIVE BIBLIOGRAPHY**

- 1 BARRY, A-M. and YUILL, C., 2016. *Understanding the sociology of health: an introduction*, 4th ed. London: Sage Publications Ltd.
- 2 BARKWAY, P., 2013. *Psychology for health professionals.*, 2nd ed. Sydney: Churchill Livingstone.
- 3 GIDDENS, A. and SUTTON, P.W., 2017. *Sociology*, 8th ed. Cambridge: Polity Press.
- 4 NETTLETON, S., 2013. *The Sociology of health and illness*. Cambridge: Polity Press.
- 5 OGDEN, J., 2012. *Health psychology: a textbook*, Maidenhead: McGraw-Hill Education.
- 6 OGDEN, J., 2010. *The psychology of eating: from healthy to disordered behaviour*, 2nd ed. Hoboken: John Wiley & Sons, Ltd.