

## MODULE DESCRIPTOR

### Module Title

Health Psychology and the Principles of Behaviour Change

Reference	HSM139	Version	5
Created	April 2018	SCQF Level	SCQF 11
Approved	June 2013	SCQF Points	15
Amended	May 2018	ECTS Points	7.5

### Aims of Module

To discuss and justify the underpinning principles of health psychology and behaviour change which can influence work practice.

### Learning Outcomes for Module

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

- 1 Critically analyse the biopsychosocial model of health and the role of health psychology in public health.
- 2 Critically examine the theories of behaviour change.
- 3 Critically evaluate a range of interventions and approaches designed to influence health behaviours at individual and population levels.
- 4 Critically examine contextual, environmental and political facilitating and inhibiting factors impacting on health behaviours.

### Indicative Module Content

Behaviour change models; ethical implications; upstream and downstream working; predicting risk behaviour; environmental factors; promoting health and self management; prevention; health promotion programmes; decreasing the risks of ill health; adherence to interventions; health beliefs; inhibiting and facilitating factors; policy directives relating to health behaviour change; social marketing; communication and media.

### Module Delivery

Tutorials, workshops and seminars delivered online or on campus.

**Indicative Student Workload**

	Full Time	Part Time
Contact Hours	22	22
Non-Contact Hours	128	128
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	150	150
<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:	Coursework	Weighting:	100%	Outcomes Assessed:	1, 2, 3, 4
Description:	Case Study				

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

Specific details will be provided in the module assessment documentation.

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

**Module Requirements**

Prerequisites for Module	Refer Regulation A2: Admission for admission requirements and/or course specific entry requirements.
Corequisites for module	None.
Precluded Modules	None.

**INDICATIVE BIBLIOGRAPHY**

- 1 HUPPERT. F.A. and COOPER. C.L., 2014. Interventions and policies to enhance wellbeing. Wellbeing: a complete reference guide, Volume VI London. Wiley.
- 2 SARAFINO. E.P. 2014. Health psychology : biopsychosocial interactions. Oxford: John Wiley & Sons, Inc.
- 3 NETTLETON.S., 2013. The Sociology of Health and Illness. 3rd Edition. Cambridge. Polity Press.
- 4 OGDEN, J. 2012. Health Psychology: A textbook. 5th Edition. Maidenhead: Open University Press
- 5 McArdle et al 2014. Exercise physiology, nutrition, energy and human performance. 8th Ed. Philadelphia Lippincott Williams and Wilkins.
- 6 SARAFINO. E.P. 2014. Health psychology: biopsychosocial interactions. Oxford: John Wiley & Sons, Inc.