PSYC 3331

FACULTY OF SCIENCE SCHOOL OF PSYCHOLOGY

| 1. Information about the | 1. Information about the Course | | | | | |
|--|--|-----------------|----------------------|--|--|--|
| FACULTY | Science | | | | | |
| SCHOOL OR DEPARTMENT | Psychology | | | | | |
| COURSE CODE | PSYC 3331 | | | | | |
| COURSE NAME | Health Psychology | | | | | |
| SEMESTER | Semester 2 | YEAR | 2015 | | | |
| UNITS OF CREDIT | 6 | LEVEL OF COURSE | 3 rd year | | | |
| ASSUMED KNOWLEDGE, PREREQUISITES OR CO-REQUISITES | Prerequisite/s: PSYC2001, PSYC2061 or PSYC2101 | | | | | |
| SUMMARY OF THE COURSE | This course aims to introduce students to some of the major theoretical and empirical work in Health Psychology. Its primary focus will be on the promotion and maintenance of health-related behaviour and the prevention of illness. The course will begin with a brief overview of the history of the field of health psychology, as well as basic models of health behaviour. The application of that knowledge | | | | | |

| 3. Course Timetable | | | | | |
|---------------------|--------------|-----------|------|----------|--|
| Component | Class Number | Day | Time | Location | |
| Lecture 1 | 4062 | Wednesday | 12-1 | CLB 6 | |
| Lecture 2 | 4062 | Thursday | 1-2 | CLB 7 | |
| | | | | | |
| Tutorial | 4063 | Monday | | • | |

| 6. Graduate Attributes | | |
|--|--|--|
| School of Psychology Graduate Attributes [*] | Level of Focus 0 = No focus 1 = Minimal 2 = Minor 3 = Major | Activities/Assessment |
| Core knowledge and understanding | 3 | Tutorial discussion; group project; written report; mid- session test; final examination. |
| Research methods in psychology | 2 | Tutorial discussion; mid-session test; final examination. |

Critical thinking skills

clarifications you might need, because we will build on the knowledge you gain throughout the course.

| 9. Course | 9. Course Schedule | | | | | |
|-----------|--------------------------|------------------------|----------------------|--|--|--|
| Week | Lecture Topic & Lecturer | Tutorial Content | Required Readings | | | |
| | | | | | | |
| | | Self-change | | | | |
| | | Obesity | | | | |
| | | Nutrition and exercise | | | | |
| | | Body image | | | | |
| | | | | | | |
| | | Chronic disease | | | | |
| | | | | | | |
| | | Coping with stress | | | | |
| | | Pain tutorial | | | | |
| | | Presentations | | | | |
| | | Presentations | | | | |

| 10. Assessment | | | | | |
|-----------------|--------|----------------------------------|------------------------------------|---------|----------|
| Assessment Task | Weight | Learning Outcomes Assessed | Graduate Attributes Assessed | Date of | Feedback |

| 11. Expected Resources for Students | | | | |
|-------------------------------------|---|--|--|--|
| TEXTBOOKS | Sarafino, E. P., & Smith, T. W. (2014). <i>Health Psychology:</i> <i>Biopsychosocial interaction</i> (8 th edition). Wiley. Available at the UNSW bookshop and in electronic format | | | |
| COURSE MANUAL | N/A | | | |
| REQUIRED READINGS | Readings listed in the course schedule, pl | | | |

Further information and assistance

If you would like further information or assistance with avoiding plagiarism, you can contact the Learning Centre. The Learning Centre at The University of New South Wales has two locations: