

BEHV 0008 PSYCHOLOGICAL FOUNDATIONS OF HEALTH (WSTC)

Credit Points 10

Legacy Code 900123

Coordinator Ryan Sidoti ([https://directory.westernsydney.edu.au/search/name/Ryan Sidoti/](https://directory.westernsydney.edu.au/search/name/Ryan%20Sidoti/))

Description This unit provides an introduction to the psychology of health and behaviour relevant to understanding patient health decisions and outcomes. Students will be introduced to psychology and health to understand the tradition and relevance of psychology to nursing. This unit also includes foundation topics such as models of health and illness, health-behaviour change models, risk-taking behaviour, stress and health, learning and conditioning, personality and health, human development over the lifespan, death and dying, as well as group dynamics in health. These topics are offered as basic principles, theories, and models of psychology related to health behaviours, future learning, and professional practice in nursing.

School Western Sydney The College

Discipline Psychology

Student Contribution Band HECS Band 1 10cp

Check your HECS Band contribution amount via the Fees (https://www.westernsydney.edu.au/currentstudents/current_students/fees/) page.

Level Undergraduate Level 0 Preparatory subject

Restrictions This subject is only available to College students enrolled in Foundation Studies programs.

Learning Outcomes

On successful completion of this subject, students should be able to:

1. Apply basic terminology, principles, theories, and models of psychology to account for health decisions and behaviours.
2. Reflect on personal health decisions and behaviour and relate this to psychological principles introduced in this unit.
3. Demonstrate a foundational understanding of individual and group differences and the impact of these when working with people from diverse backgrounds.
4. Effectively present thoughtful, considered views, arguments and information in written and oral formats, and
5. Apply group dynamics principles for effective team work and group management, along with the ability to monitor one's own work and others' work and performance.

Subject Content

Introduction to psychology and health
 Models of health and illness
 Health-behaviour change models
 Risk-taking behaviours
 Stress and health
 Learning and conditioning
 Personality and health
 Human development
 Death and dying
 Group dynamics in health

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Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Item	Length	Percent	Threshold	Individual/Group Task
Presentation	300 Words: 15-minutes plus 5-minute group activity and audience questions (changed to 12 slides in term 1)	30	N	Individual
Reflection	500 – 700 words	35	N	Individual
Quiz	2 hours	35	N	Individual

Teaching Periods

Term 1

Nirimba Education Precinct

Day

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View timetable (https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=BEHV0008_22-T1_BL_D#subjects)

Term 3

Nirimba Education Precinct

Day

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View timetable (https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=BEHV0008_22-T3_BL_D#subjects)