

BEHV 3010 HEALTH PSYCHOLOGY

Credit Points 10

Legacy Code 101193

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

Description Health Psychology is a branch of psychology concerned with the inter-relationship between psychological factors and physical health. It addresses such issues as the possible role of psychological characteristics in health maintenance and promotion, and in the development of illness. Other aspects include reactions to illness, the contribution of psychology to treatment, and explicit means by which health-relevant behaviours might be modified. This unit provides an introduction to Health Psychology and covers theoretical and research issues, the nature and management of stress and pain, issues concerning the receipt of health care and a selection of specific health problems.

School Psychology

Discipline Behavioural Science

Student Contribution Band HECS Band 4 10cp

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

Level Undergraduate Level 3 subject

Pre-requisite(s) BEHV 1016 AND BEHV 1018

Equivalent Subjects LGYB 5004 - Health Psychology

Assumed Knowledge

Basic understanding of core concepts of personality, biological, social and developmental psychology and research methods is desirable.

Learning Outcomes

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

1. Recognise the basic principles, theories and methodologies of health psychology (APAC Graduate Attribute 1);
2. Evaluate psychological techniques relevant to the experience and management of health behaviours (APAC GA 3);
3. Apply knowledge of basic health psychology principles models and theories to a range of health and well-being issues (APAC GA 6);
4. Demonstrate skills in the critical evaluation of empirical literature and theoretical positions in health psychology (APAC GA 3);
5. Develop skills in the design and practice of conducting psychological research in the field of health psychology (APAC GA 2);
6. Demonstrate skills in critical written communication, teamwork and time management (APAC GA 5).

Subject Content

The nature and methods of studying health psychology and human behaviour in respect of health

Stress and health: Defining and measuring stress, understanding stress and illness and coping with stress

Illness and help seeking behaviour

Understanding pain

Adhering to medical advice and compliance

Investigating health Issues including reproductive health, mental health, chronic conditions, appetitive behaviours

Health promotion

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
Critical Review	1,500 words	40	N	Individual
Presentation	10 minutes	20	N	Individual
Final Exam	350 words	40	N	Individual

Prescribed Texts

- Straub,2019, Health Psychology 6th Edition, Worth Publisher

Teaching Periods

Autumn

Bankstown

Day

Subject Contact Tania Perich ([https://directory.westernsydney.edu.au/search/name/Tania Perich/](https://directory.westernsydney.edu.au/search/name/Tania%20Perich/))

View timetable (https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=BEHV3010_22-AUT_BA_D#subjects)

Penrith (Kingswood)

Day

Subject Contact Tania Perich ([https://directory.westernsydney.edu.au/search/name/Tania Perich/](https://directory.westernsydney.edu.au/search/name/Tania%20Perich/))

View timetable (https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=BEHV3010_22-AUT_KW_D#subjects)

Parramatta - Victoria Rd

Day

Subject Contact Tania Perich ([https://directory.westernsydney.edu.au/search/name/Tania Perich/](https://directory.westernsydney.edu.au/search/name/Tania%20Perich/))

View timetable (https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=BEHV3010_22-AUT_PS_D#subjects)