BEHV 3010 HEALTH PSYCHOLOGY

Credit Points 10

Legacy Code 101193

Coordinator Tania Perich (https://directory.westernsydney.edu.au/search/name/Tania Perich/)

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 subject 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 fees 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

1. Recognise the basic principles, theories and methodologies of health psychology (APAC Graduate Attribute 1).
2. Apply knowledge of basic health psychology principles models and theories to a range of health and well-being issues across cultural contexts (APAC GA 2).
3. Demonstrate skills in the critical evaluation of empirical literature and theoretical positions in health psychology (APAC GA 3).

Subject Content

1. The nature and methods of studying health psychology and human behaviour in respect of health across cultural contexts.
2. Stress and health: Defining and measuring stress, understanding stress and illness and coping with stress.
3. Illness and help seeking behaviour.
4. Understanding pain.
5. Adhering to medical advice and compliance.
6. Investigating health specific issues which may include reproductive health, mental health, chronic conditions and appetitive behaviours.
7. 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.

Type	Length	Percent	Threshold	Individual/ Group Task
Critical Review	1,500 words	40	N	Individual
Presentation	10 minutes	20	N	Individual
Short Answer	350 words	40	N	Individual

Prescribed Texts

- Straub, 2023, Health Psychology (International Edition), 7th edition, Macmillan Learning.

Teaching Periods

Autumn (2024)

Bankstown City

On-site

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

View timetable (https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=BEHV3010_24-AUT_BK_1#subjects)

Penrith (Kingswood)

On-site

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

View timetable (https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=BEHV3010_24-AUT_KW_1#subjects)

Parramatta - Victoria Rd

On-site

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View timetable (https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=BEHV3010_24-AUT_PS_1#subjects)