Course Outline

PSYC3331

Health Psychology

School of Psychology

Faculty of Science

T3, 2019

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1. Staff

Position	Name	Email	Consultation times and locations	Contact Details
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2. Course information

Units of credit: 6

Pre-requisite(s): PSYC2001, PSYC2061 or PSYC2101

Teaching times and locations: PSYC3331 Timetable

2.1 Course summary

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 will then cover health promotion strategies and methods (for example, improving diet-related behaviour and attitudes, initiating and maintaining exercise programs), and disease prevention skills and behaviours (for example, coronary heart disease, cancer, and smoking-related problems).

2.2 Course aims

Our aim is that, as a result of this course, you will understand some of the primary influences on the emergence of health psychology. In addition, our aim is to provide you with knowledge relating to some of the core topics in the area of health psychology and, in particular, further your understanding of the scientific relationships between behavioural principles on the one hand, and physical wellbeing on the other. We also aim to provide you with the knowledge that will enable you to critically evaluate the usefulness of psychological theory and research findings for understanding illness and enhancing health. We also want you to be able to communicate the knowledge you gain in clear, concise, and common-sense language.

2.3 Course learning outcomes (CLO)

At the successful completion of this course the student should be able to:

1. Explain what the primary objectives of Health Psychology are.
2. Identify and describe the content, principles and methods of past and contemporary health psychology research, and possible influences of past theory and research.
3. Discuss the role of environmental, psychosocial, and sociocultural factors in contributing to physical illness or its prevention.
4. Discuss strengths and limitations of various intervention techniques (at the individual, group, or community level) that could reduce disease risk by alternative health beliefs, attitudes or behaviours.
5. Demonstrate effective and diversity-sensitive communication skills.

2.4 Relationship between course and program learning outcomes and assessments

	Program Learning Outcomes						
CLO	1. Knowledge	2. Research Methods	3. Critical Thinking Skills	4. Values and Ethics	5. Communication, Interpersonal and Teamwork	6. Application	**Assessment**
1.	Lectures, tutorials, online activities, readings			Lectures, tutorials, online activities, readings	Lectures, tutorials, online activities, readings	Lectures, tutorials, online activities, readings	Participation, Mid-session test, Group project, Final exam
2.	Lectures, tutorials, online activities, readings	Lectures, tutorials, online activities, readings			Lectures, tutorials, online activities, readings	Lectures, tutorials, online activities, readings	Participation, Mid-session test, Group project, Final exam
3.	Lectures, tutorials, online activities, readings	Lectures, tutorials, online activities, readings	Lectures, tutorials, online activities, readings		Lectures, tutorials, online activities, readings	Lectures, tutorials, online activities, readings	Participation, Mid-session test, Group project, Final exam
4.	Lectures, tutorials, online activities, readings	Lectures, tutorials, online activities, readings	Lectures, tutorials, online activities, readings	Lectures, tutorials, group project	Lectures, tutorials, online activities, readings	Lectures, tutorials, online activities, readings	Participation, Mid-session test, Group project, Final exam
5.	Lectures, tutorials, online activities, readings			Tutorials, group project	Lectures, tutorials, online activities, readings		Participation, Mid-session test, Group project, Final exam

3. Strategies and approaches to learning

3.1 Learning and teaching activities

We want you to be independent in your learning and we will support you in your learning experiences. We want you be inspired to know more about Health Psychology, either by continuing on to participate as an academic researcher or as an applied professional who understands and acts on the basis of quality research, or as a professional in another field who can use the skills and knowledge to advantage.

To achieve the learning outcomes outlined above, you will need to attend the bi-weekly lectures and the weekly tutorials. **Attendance is compulsory.** In lectures we will also highlight the additional resources or development you will need to achieve these learning outcomes. Lecture slides and other relevant material will be made available ***AFTER*** each lecture.

The two-hour tutorials will contain activities that will enable you to practice and achieve each of the learning outcomes.

The prescribed textbook also provides a source of information and examples. The practical classes and the textbook will also assist you in fully achieving the learning outcomes.

Assignments are designed to provide the opportunity to consolidate knowledge acquired in both lectures and practical classes. All learning outcomes are relevant to the written assignments to some degree.

3.2 Expectations of students

It is expected that students are aware of UNSW Assessment policy and understand how to apply for special consideration if they are unable to complete an assignment/exam due to illness and/or misadventure.

It is expected that students have read through the School of Psychology Student Guide.

We expect that you will engage in private study (e.g., reading before and after each lecture and tutorial) because regular private study will mean that you become aware of any questions or clarifications you might need, because we will build on the knowledge you gain throughout the course.

Attendance at lectures and tutorials is compulsory to ensure students are consistently working towards achieving the foundational graduate competencies required by the APAC Accreditation Standards. These Accreditation Standards are incorporated in Program and Course Learning Outcomes. Attendance is monitored for tutorials. You should make sure your name has been marked on the class roll for each class you attend. Failure to meet these specified attendance requirements may result in course failure. Explanations for an occasional absence from a class or requests for permission to be absent from a class should be discussed with the lecturer/tutor, and where applicable, accompanied by a medical certificate.

The final exam for this course will take place on campus during the UNSW examinations period. Students should not arrange travel during the UNSW exam period until the date of the final exam has been released. Students who arrange travel prior to the release of the final exam date will not be granted consideration in the event they are scheduled to be out of country when the final exam is to occur. This is especially important for study abroad students – do not arrange travel home until the final exam date has been released.

Students registered with Disability Support Services must contact the course co-ordinator immediately if they intend to request any special arrangements for later in the course, or if any special arrangements need to be made regarding access to the course material. Letters of support must be emailed to the course coordinator as soon as they are made available.

4. Course schedule and structure

Each week this course typically consists of 2 hours of lecture material, 2 hours of face to face tutorials, and 1 hour of online modules. Students are expected to take an additional 5 hours each week of self-determined study to complete assessments, readings, and exam preparation.

Week	Lecture topic/s	Tutorial/lab topics	Online activities	Self-determined activities
Week 1 16/09/2019	Lecture 1: Models of health behaviour (LV) Lecture 2: Models of health behaviour (LV)	Self-change	Online module: Overview of course	Chapters 1-2, 4
Week 2 23/09/2019	Lecture 1: Obesity-causes and consequences (LV) Lecture 2: Obesity–causes and consequences (LV)	Project consultation		Chapter 14
Week 3 30/09/2019	Lecture 1: Nutrition, eating, and exercise (LV) Lecture 2: Nutrition, eating, and exercise (LV)	Nutrition & exercise		Chapter 15
Week 4 07/10/2019	Lecture 1: Risky behaviours (LV) Lecture 2: MID-SESSION TEST	NO TUTORIAL		Chapters 12-13
Week 5 14/10/2019	Lecture 1: Chronic pain (JN) Lecture 2: Health, wellbeing, and the internet (JN)	Project consultation	Online lesson: Pain	Chapter 7
Week 6 21/10/2019	Lecture 1: Sleep and its disorders (KF) Lecture 2: Medically unexplained symptoms (KF)	NO TUTORIAL	Online lesson: Chronic illness	Mayou & Farmer
Week 7 28/10/2019	Lecture 1: Chronic illness (KF) Lecture 2: Placebo and nocebo effects (KF)	Chronic illness	Online lesson: Placebo and nocebo effects	Chapters 9-11
Week 8 04/11/2019	Lecture 1: Healthcare utilisation (KF) Lecture 2: Healthcare utilisation (KF)	Project consultation		Chapters 2-3

Week 9 11/11/2019	Lecture 1: Stress and illness (BL) Lecture 2: Coping with stress (BL)	Coping with stress + Project consultation		Chapters 5-6
Week 10 18/11/2019	Lecture 1: Public health (LV) Lecture 2: Public health (LV)	Presentations		Chapter 16
Study period 26/11/2019				
Exam period 29/11/2019				

5. Assessment

5.1 Assessment tasks

All assessments in this course have been designed and implemented in accordance with UNSW Assessment Policy.

Assessment task	Length	Weight	Mark	Due date
Assessment 1: Tutorial participation	N/A	5%	/5	N/A
Assessment 2: Mid-session test	50 mins	20%	/20	Thursday 10 October (in class)
Assignment 3: Group project		35%	/35	
Component A: Presentation	15 minutes	10%		Week 10 tutorial
Component B: Written report	2000 words	25%		Friday 22 November 11:59pm
Assessment 4: Final exam	2 hours	40%	/40	Exam period

Assessment 1: Attendance at tutorials is an essential course requirement, and you must attend ***at minimum 80% of the tutorials to pass the course***. You must read any assigned articles, and complete any assigned homework, ***before the tutorial class***. Students are expected to actively, and respectfully, participate in discussions.

Assessment 2: In Week 4, a test will be given in the lecture theatre. This test will cover all lecture material from weeks 1-4, all relevant readings, and tutorials through week 3. The test will consist of multiple choice and short answer questions.

Assessment 3: Students will take part in a “learning in action” group project. This project will give students the opportunity to apply some of the concepts learned in class and, at the same time, try to make a difference to the health and well-being of people in the community. In addition to carrying out the project, groups will present their projects in tutorial (10%). Finally, each student will (individually) write a report on the project (25%). These reports should not exceed 2,000 words, and must be submitted electronically via the Moodle course site by midnight on Friday of Week 10. ***Please do not submit a hard copy of your report.***

Assessment 4: There will be a 2-hour examination held during the University examination period. No student should organise travel during this period until the final examination schedule has been released and the date of the exam is known. The examination will include two components. The multiple choice component will cover material from Weeks 5-10, and the second component will consist of short-answer written questions relating to the entire course (Weeks 1-10).

UNSW grading system: https://student.unsw.edu.au/grades

UNSW assessment policy: https://student.unsw.edu.au/assessment

5.2 Assessment criteria and standards

Further details and marking criteria for each assessment will be provided to students closer to the assessment release date (see 4.1: UNSW Assessment Design Procedure).

5.3 Submission of assessment tasks

Written assessments: In accordance with UNSW Assessment Policy written pieces of assessment must be submitted online via Turnitin. No paper or emailed copies will be accepted.

Late penalties: deduction of marks for late submissions will be in accordance with School policy (see: Psychology Student Guide).

Special Consideration: Students who are unable to complete an assessment task by the assigned due date can apply for special consideration. Students should also note that UNSW has a Fit to Sit/Submit rule for all assessments. If a student wishes to submit an application for special consideration for an exam or assessment, the application must be submitted prior to the start of the exam or before an assessment is submitted. If a student sits the exam/submits an assignment, they are declaring themselves well enough to do so and are unable to subsequently apply for special consideration. If a student becomes ill on the day of the exam, they must provide evidence dated within 24 hours of the exam, with their application.

Special consideration applications must be submitted to the online portal along with Third Party supporting documentation. Students who have experienced significant illness or misadventure during the assessment period may be eligible. Only circumstances deemed to be outside of the student's control are eligible for special consideration. Except in unusual circumstances, the duration of circumstances impacting academic work must be more than 3 consecutive days, or a total of 5 days within the teaching period. If the special consideration application is approved, students may be given an extended due date, or an alternative assessment/supplementary examination may be set. For more information see https://student.unsw.edu.au/special-consideration.

Alternative assessments: will be subject to approval and implemented in accordance with UNSW Assessment Implementation Procedure.

Supplementary examinations: will be made available for students with approved special consideration application and implemented in accordance with UNSW Assessment Policy.

5.4. Feedback on assessment

Feedback on all pieces of assessment in this course will be provided in accordance with UNSW Assessment Policy.

Assessment	When	Who	Where	How
Tutorial participation	N/A	Tutors	Online/on campus	Moodle/verbal
Mid-session test	Within 10 days of due date	Vartanian/Faasse	Online/on campus	Moodle/verbal
Group project	Within 10 days of due date	Vartanian/Faasse/ tutors/peers	Online/on campus	Moodle/verbal
Final exam	N/A	N/A	N/A	N/A

6. Academic integrity, referencing and plagiarism

The APA (6th edition) referencing style is to be adopted in this course. Students should consult the publication manual itself (rather than third party interpretations of it) in order to properly adhere to APA style conventions. Students do not need to purchase a copy of the manual, it is available in the library or online. This resource is used by assessment markers and should be the only resource used by students to ensure they adopt this style appropriately:

APA 6th edition.

Referencing is a way of acknowledging the sources of information that you use to research your assignments. You need to provide a reference whenever you draw on someone else's words, ideas or research. Not referencing other people's work can constitute plagiarism.

Further information about referencing styles can be located at https://student.unsw.edu.au/referencing

Academic integrity is fundamental to success at university. Academic integrity can be defined as a commitment to six fundamental values in academic pursuits**:** honesty, trust, fairness, respect, responsibility and courage.[1] At UNSW, this means that your work must be your own, and others' ideas should be appropriately acknowledged. If you don't follow these rules, plagiarism may be detected in your work.

Further information about academic integrity and **plagiarism** can be located at:

- The *Current Students* site https://student.unsw.edu.au/plagiarism**,** and
- The *ELISE* training site http://subjectguides.library.unsw.edu.au/elise/presenting

The *Conduct and Integrity Unit* provides further resources to assist you to understand your conduct obligations as a student: https://student.unsw.edu.au/conduct.

7. Readings and resources

Textbook	Brannon, L., Updegraff, J.A., & Feist, J. Health Psychology: An Introduction to Behavior and Health (9th edition). Cengage Learning. Available at the UNSW bookshop and in electronic format.
Course information	Available on Moodle
Required readings	School of Psychology Student Guide.
Recommended internet sites	UNSW Library UNSW Learning centre ELISE Turnitin Student Code of Conduct Policy concerning academic honesty Email policy UNSW Anti-racism policy statement

[1] International Center for Academic Integrity, 'The Fundamental Values of Academic Integrity', T. Fishman (ed), Clemson University, 2013.

	UNSW Equity and Diversity policy statement UNSW Equal opportunity in education policy statement

8. Administrative matters

The School of Psychology Student Guide contains School policies and procedures relevant for all students enrolled in undergraduate or Masters psychology courses, such as:

- Attendance requirements
- Assignment submissions and returns
- Assessments
- Special consideration
- Student code of conduct
- Disability Support Services
- Health and safety

It is expected that students familiarise themselves with the information contained in this guide.

9. Additional support for students

- The Current Students Gateway: https://student.unsw.edu.au/
- Academic Skills and Support: https://student.unsw.edu.au/academic-skills
- Student Wellbeing, Health and Safety: https://student.unsw.edu.au/wellbeing
- Disability Support Services: https://student.unsw.edu.au/disability-services
- UNSW IT Service Centre: https://www.it.unsw.edu.au/students/index.html