



Course syllabus

Faculty of Health and Life Sciences

Department of Psychology

4PS300 Hälsopsykologi, 7,5 högskolepoäng

4PS300 Health psychology, 7.5 credits

Main field of study

Psychology

Subject Group

Psychology

Level of classification

Second Level

Progression

A1N

Date of Ratification

Approved by Faculty of Health and Life Sciences 2019-04-29

The course syllabus is valid from spring semester 2020

Prerequisites

General entry requirements for second cycle level study and English 6.

Objectives

After completing the course the student should be able to:

Knowledge and understanding

- analyze the psychological basics and principles of health and ill-health,
- analyze important relationships between psychological factors, health, health behavior and disease,
- analyze health issues from a gender-, intercultural- and sustainability perspective,

Skills and Abilities

- compare health psychological intervention techniques,

Evaluation ability and approach

- reflect on ethical aspects in relation to health psychological issues.

Content

The course contains the following elements:

- relationship between psychological factors, health, health behavior and ill-health of specific importance for health science
- gender, intercultural and sustainability aspects of health and ill health
- stress and stress management
- health psychological intervention techniques
- health promotion and changing health behavior

Type of Instruction

The teaching is carried out in English and consists of lectures and group exercises.

Examination

The course is assessed with the grades Fail (U), Pass (G) or Pass with Distinction (VG).

Examination takes place through one individual paper.

Repeat examination is offered in accordance with Local regulations for courses and examination at the first and second-cycle level at Linnaeus University.

If the university has decided that a student is entitled to special pedagogical support due to a disability, the examiner has the right to give a customised exam or to have the student conduct the exam in an alternative way.

Course Evaluation

During the implementation of the course or in close conjunction with the course, a course evaluation is to be carried out. Results and analysis of the course evaluation are to be promptly presented as feedback to the students who have completed the course. Students who participate during the next course instance receive feedback at the start of the course. The course evaluation is to be carried out anonymously.

Required Reading and Additional Study Material

Morrison, V., & Bennet, P. (latest edition). *An Introduction to Health Psychology*. Pearson (about 680 pages).

Scientific reports and articles will also be added (about 100 pages).