

Faculty of Science  
School of Psychology

PSYC 3331  
Health Psychology

Semester 2, 2013

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	Science		
	Psychology		
	PSYC 3331		
	Health Psychology		
	Semester 2		2013
	6		3 <sup>rd</sup> year
	<p><b>Prerequisite/s:</b> PSYC2001, PSYC2061 or PSYC2101</p>		

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 mple, improving diet

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 behavioral 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 commonsense language.

By the end of this course you will be able to:

1. Explain
  - 1.1. what the primary objectives of Health Psychology are.

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.



	Sarafino, E. P., & Smith, T. W. (2011). (7 <sup>th</sup> edition). Wiley. Available in UNSW bookshop.
	N/A
	Readings listed in the course schedule, plus any additional readings that are assigned.
	You should be aware of policies regarding your behaviour at the university. Familiarise yourself with the following: <a href="#">Student Code of Conduct</a> <a href="#">Policy concerning academic honesty</a> <a href="#">Email policy</a> <a href="#">UNSW Anti-racism policy statement</a> <a href="#">UNSW Equity and Diversity policy statement</a> <a href="#">UNSW Equal opportunity in education policy statement</a>





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Friday: 9am - 2.30pm

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The \_\_\_\_\_, available on  
[http://www.psy.unsw.edu.au/students/current/files/Student\\_Guide.pdf](http://www.psy.unsw.edu.au/students/current/files/Student_Guide.pdf), 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 in the event of illness or misadventure;
- Student Code of Conduct;
- Student complaints and grievances;
- Student Equity and Disability Unit; and
- Occupational Health & Safety.

Students should familiarise themselves with the information contained in this \_\_\_\_\_.